



# Ability Advocacy

## NEWSABILITY

WINTER ISSUE 2018

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# 2018 Get Together

**18+**



## Activities Weekend for People with Disabilities

**14-17 September 2018**

**\$500**

All Inclusive

Linen/Food/Accommodation/Facilities

Bring your carer or support person for free

**FUN**

- ♦ Want a fun and informative weekend away
- ♦ Karaoke, Movie Night
- ♦ Activities include, Beach Cricket, Canoeing, Archery, Beach Walks,

tennis, swimming, Rock climbing, basketball.

- ♦ Information sessions on: Advocacy & NDIS

### Aims of the Get-Together

To empower consumers to build personal capacity, be included in the community, achieve personal goals and live an active and healthy lifestyle.

*All Welcome, come along, meet our staff, have a great weekend away and meet some new people or meet up with old friends.*

Lennox Head Sport & Rec



**For more information contact**  
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We are not a registered NDIS provider, therefore payment of the Get Together would come directly from the participant. We will issue invoices for each participant or as a group, whichever is applicable to your requirements (see information sheet).

# 2018 Get-Together

Hello All,

I hope everyone has received our flyer about the upcoming get-together. We have information and registration information on our website at [www.abilityincorporated.org.au](http://www.abilityincorporated.org.au).

If you need any further information please don't hesitate to contact Donna in the office at Alstonville and have a chat.

Ability Advocacy staff facilitate the get-together, we do not act as carers. If you require medications or assistance with personal care, you need to bring a carer/family member to assist you. If not, then perhaps a shared carer with other participants can be arranged at your end.

Lennox Head Sport & Rec have fantastic facilities and you can use all the facilities when you stay.

All meals are plentiful and tasty. Special diets are catered for however prior information is required on your registration forms. Medical forms are to be done online this year on the Sport & Rec website, an information sheet will be provided with an registration pack requested.

Entertainment is provided at night on-site, with Karaoke always very popular. This year's theme night is "favourite movie character". That means anything you can think of from any movie, such as stormtroopers from Star Wars, Indiana Jones, King Kong, the list goes on —it could be quite a show!

We hope you can all make it again this year, and we look forward to catching up over a cuppa or a meal.

# NDIS APPEALS & REVIEWS

Ability Advocacy has been given the role of NDIS Appeals for the Northern Rivers (Grafton to Tweed)

Julia Clancy has been an advocate with Ability Advocacy for 10 years and has a Legal degree. She has stepped away from the direct advocacy to concentrate on the NDIS Appeals process. This means dealing with the AAT, Legal Aid, NDIA.

We have seen over 20 cases allocated since January 2018 for appeal.

This highlights just how difficult some people have found accessing the NDIS.

So far we have been very successful in this process. However it takes up to 6 months to manoeuvre through all the meetings and proceedings.

# TRAINING INFORMATION

Did you know that Ability Inc Advocacy Services offers training to service providers, TAFE Colleges and ADE's. The training can be carried at your workplace with a power point presentation that covers some of the following Advocacy topics:-

- What is Advocacy (Staff & Cert IV Students)
- What is Advocacy (People with a Disability)
- Working in the Community (People with a Disability)
- Self Advocacy (People with a Disability)
- New Standards for Disability Services (All)
- Decision Making (People with a Disability)

If you are interested in any of our training sessions, please contact our Alstonville office for dates and times.

We have trainers in Tweed & Clarence Valleys and Lismore/Ballina areas.

# Cooking Corner



Preheat oven to 180C/160C fan-forced. Grease a 5cm-deep, 20cm x 26cm roasting pan.

Combine lentils, pasta sauce, onion and parsley in a large bowl. Season with salt and pepper.


Layer 1/6 of the potato slices over the base of prepared pan. Top with 1/5 of the lentil mixture, spreading to Repeat layering, finishing with a layer of potato. Sprinkle with cheeses. Cover tightly with baking paper, then Bake for 1 hour.

## INGREDIENTS

- 400g can lentils, drained, rinsed
- 525g jar Heinz Tomato and Garlic Bolognese Pasta Sauce
- 1 green onion, thinly sliced
- 2 tablespoons chopped fresh flat-leaf parsley leaves
- 1kg Sebago potatoes, peeled, very thinly sliced
- 1 1/2 cups grated tasty cheese
- 1/4 cup finely grated parmesan
- Chopped fresh flat-leaf parsley, to serve

## Thought of the Day

*Our prime purpose  
in this life is to help  
others. And if you  
cant help them, at  
least dont hurt them.*



## Joke of the day



# Who we are and what we do

**I n d i v i d u a l a d v o c a t e s c a n h e l p a p e r s o n w i t h a d i s a b i l i t y , t h e i r f a m i l y o r c a r e r i n t h e f o l l o w i n g w a y s :**

- ◆ **Advocating one-on-one with the person with disability**
- ◆ **Speaking on behalf of a person at meetings and on the phone**
- ◆ **Providing information and developing a plan of action in partnership with that person**
- ◆ **Directly deal with a landlord and services on your behalf (this may be regarding rent arrears, or a dispute with your service providers, abuse or neglect)**
- ◆ **Provide non-legal support at court and tenancy tribunal hearings**
- ◆ **Support with a legal issue by arranging an appointment for legal advice with a Solicitor, and attending the meeting**
- ◆ **Meeting and negotiating with service providers for a better deal**
- ◆ **Support with dealing with Family and Community Services (removal of children matters and contact)**
- ◆ **Assistance with preparing guardianship and financial management applications to the Guardianship Tribunal and non-legal representation at Guardianship Tribunal Hearings**
- ◆ **Assistance with problems at work, attend school meetings, TAFE or Uni etc**
- ◆ **Discussing a problem with your advocate can result in helping to think through options for moving forward**



- ◆ **Supporting an individual to make a formal complaint involving disability discrimination against your employer or school (e.g. assisting by lodging a complaint to the Human Rights Commission or Anti-Discrimination Board.**
- ◆ **Debts -negotiate with creditors on your behalf to enter into a repayment plan or apply for a waiver of debt (excessive mobile phone bill, rent arrears, credit card debts etc)**
- ◆ **Centrelink matters, including correspondence nominee or appeals**
- ◆ **We welcome people with disability from culturally and linguistically diverse backgrounds (CALD), and Aboriginals and Torres Strait Islanders with disability.**
- ◆ **NDIS assistance, pre-planning, independent assistance at your plan, Appeals & reviews.**

### Who can make a referral?

- ◆ **Any person with a disability, family member or carer whose fundamental needs are not being met can access the service.**
- ◆ **We advocate for people with physical disability, intellectual disability, acquired brain injury, neurological disability (sensory, epilepsy), autism spectrum disorders, or a combination of such, and psychiatric (PTSD, depression).Ability Advocacy. welcomes parents and service providers to seek information and support whenever needed.**
- ◆ **Referrals can be made by ringing us yourself, instructing another service to ring us on your behalf or asking your family or carer to help you contact us.. Please check out our website for a blank referral form or call us.**

# Ability Incorporated Advocacy Service



## CONTACT US



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### **Tweed Advocate & Training Officer**

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