


March 2009



Field Officers
Conference Facilities
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Support Services.
Disabilities Resource Centre Trust
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Whakatane

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Latest News

DRCT CELEBRATES 20 YEARS

On 13 November 2008, our Organisation celebrated its 20th anniversary with a Gala Dinner.

- [more >>](#)

DISABILITIES RESOURCE CENTRE TRUST NEWSLETTER NOW ONLINE

Our quarterly newsletter "The Resourceful Digest" is now linked to our website. If you would prefer to read this online, and save a tree or two, please contact us 0800 227 363 and advise us to take you off the mailing list.

- [more >>](#)

Phone: 0800 227 363

Our Mission: Assisting people with disabilities to achieve their goals

Home | About Us | Home Care | Become a Care Worker | Become a Friend | Independent Living | Meals on Wheels | Information Services | Travel

RESOURCEFUL DIGEST NOW ONLINE

Our quarterly newsletter is now available to you on our website.

www.drct.co.nz

Note: At present it is featured on the home page, but it will soon be moved to a link of its own.

Consumer Forum/Hui/Fono

The Ministry of Health's Disability Support Services (DSS) Group is visiting towns and cities throughout New Zealand to find out how the disability support system is working for disabled people, their families, whanau and carers. These meetings provide an opportunity for you to talk about the disability support services funded by the Ministry and to share your ideas and priorities for the future provision of services.

Forum and Hui closest to Whakatane are:

Hamilton	3 March (forum) and 4 March (Hui)
Rotorua	21 April (hui)
Gisborne	22 April (hui)

Registration is preferred prior to the day to ensure adequate resources are available, however you are also welcome to just turn up. For further information or to register please contact us, or go to www.moh.govt.nz/dsdconsumerforums, call free on 0800 373 664 or email dsdforum@moh.govt.nz

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Mission Statement: To assist people with disabilities to achieve their goals.

Greetings from the Chair



The saying “the older you get the faster the year goes” certainly seems to be true. In January I was able to visit my son and family in the highlands of the Indonesian island of Sulawesi where they have lived for the past 2½ years and then enjoyed a few days with them all in Bali. (yes, I even had an elephant ride)

I don't know what they do with their disabled people in Indonesia as I didn't see anyone in a wheelchair, using crutches or walking aids at all. The elderly just seem to keep working, although it is difficult to put an age on some. Years spent bending in a wet rice paddy takes its toll on the body and there is no such thing as hip and knee replacements, so when you can't work any longer you then become a babysitter or just sit in a chair and smoke. The ratio of smokers in the population is extremely high, which could also have an impact on their life span.

Where my son lives in Soroako, it is a mining town so a lot of the facilities have been provided by the mining company but you don't have to go far out into the country to see the subsistence living. The one thing you notice is everyone wears a smile. We complain about our health services in New Zealand but at least they exist.

Getting used to the 44 degree heat in Indonesia was a challenge as it was so humid. Although not quite so hot here, the weather in our sunny Eastern Bay for the past two months has none the less made life stressful for some of our client group as it adds to the difficulty of every day living. The need to be vigilant about keeping hydrated in the heat is so important and planning outings to minimise energy loss by avoiding the middle of the day all helps. The recent rain has hopefully averted the threat of the nasty salty water returning to Whakatane town supply.

The new Government is now hitting their straps and so far there haven't been too many surprises for us. Let's hope it continues, as often small changes can have big impacts on an organisation such as ours.

There are many and varied initiatives planned by the staff this year so they are all busy making things happen to meet your needs.

It is not always easy keeping the mind and body active but the rewards are well worth it.

Keep Safe,
Glennis Wilson
Chairperson



General Manager's Update

Every year at this time, I have the opportunity to reflect on the accomplishments of the year completed and look forward to the New Year beginning. But this year, this has melted away so quickly and already we are almost at the end of February.

The change of Government keeps us waiting to see what new changes and development will unfold. Community Organisations like the Disabilities Resource Centre Trust need to continue to grow and develop and we look forward to seeing what fresh blood in Government will bring.

At present the Health and Disability Commission Code of Rights is being reviewed (<http://www.hdc.org.nz/publications/review-act-code-09>) with submissions being sought from the public on this issue. If you believe there is feedback you would like us to provide, feel free to contact Dale, our Information Service Co-ordinator with your feedback for the DRCT submission.

Two exciting new projects will come into fruition this year, the Weka (What Everybody Keeps Asking) Website is undergoing a significant upgrade and transformation and will be relaunched in May 2009. If you have not seen the website, check it out at www.weka.net.nz

The second project is the launch of the National Certificate in Community Support—Disability Information Provision. This qualification will be used as the national benchmark qualification for people providing Disability Information Service. It is also a very important for Government to recognise that we are delivering professional services.

If you have feedback on our services, either complaints or compliments, we would really love to hear from you. We can't provide better or higher quality services without your feedback. All issues are dealt with sensitivity.

Enjoy the last of the summer season.

Bronwen Foxx
General Manager

Home Care Services

Tena Koe; Konichiwa; Hello

We hope you all had an enjoyable Christmas and New Year spending valuable time with friends and family, and revelling in the fine weather. For those who celebrated the Chinese New Year January 26th we are sure your celebrations would have been just splendid.

You may recall in August 2007 the Disabilities Resource Centre was assessed against the Home and Community Sector Standards and we proudly achieved a three year certification. In January 2009 we participated in a surveillance audit and once again received full attainment in all areas assessed, and we are proud of this achievement.

As a part of our quality assurance and improvement of services delivered we have re-designed what was previously called your "Care Plan" and it is now called a "Service Delivery Plan". This new and improved form captures a lot more information in line with the 'Sector Standards' that enables us to provide care to you in a holistic manner. Over the next few months a Co-ordinator will be making contact with you to arrange a suitable time to work with you and/or your whanau to develop a new plan to meet your needs and goals.

TRAINING

As we continue to provide training and support to Support Workers to achieve national qualifications, at times your Support Worker may be required to attend training sessions at the centre. This training will be organised well in advance of the scheduled day and we will contact you to make alternate arrangements for your care needs. We take this opportunity to thank you for your support and encouragement and hope it causes you little inconvenience.

SERVICE DELIVERY

On public holidays only essential personal care and meal preparation services are provided. However, you are entitled to your full allocation of care which you may receive on another day so please do not hesitate to contact a Co-ordinator if you wish to discuss your care needs further.

Periodically we receive requests to provide chores outdoors. This is not a service we provide but you may be entitled to receive funding through Work and Income New Zealand or ACC to assist with costs.

To ensure that we are providing you with the best care possible, please feel free to call us and provide feedback. We rely on your comments to help us to improve service delivery and systems and we will continue to provide you with updates and developments within the sector throughout the year

Kerryn Smith

Home Care Services Manager

VOLUNTEER DRIVERS NEEDED!!!

Do you have a clean drivers licence and a warranted and registered car?
Do you have some free time?

If so..... Call Alison Today..... 07 307 1447

Often people have appointments out of town and are unable to attend due to transport issues. If you have the desire to help, we would love to hear from you. Petrol costs will be reimbursed by the client.

POST POLIO

Hopefully everyone had a good summer break and can enjoy the lovely weather. The last few months of 2008 were very busy for our support group.

In October we were able to invite Massey University Professor Steve La Grow who is based at the [School of Health and Social Services at Massey University](#) and has over thirty years experience in rehabilitation with a specialisation in the needs of those who are blind or visually impaired. Professor La Grow is an Executive Member of the New Zealand Rehabilitation Association Inc. and gave a talk on "Late Onset of Disability" to over fifty people with different disabilities from the community. The onset of a disability later in life can have a significant impact on one's sense of wellbeing.

The losses in functional ability and independence associated with the onset of disability often result in a variety of reactions including feelings of shock, grief, depression, devaluation and anxiety. These in turn may lead to social isolation and engender a sense of loneliness.

While common reactions to the onset of disability, they are not unique to it. Yet, unless effectively addressed, they may compound the problems associated with living with a disability and ultimately affect one's quality of life. He pointed out that the problem is often not the disability itself, but what is lost because of the disability. For example, the loss of legs and not being able to walk brings the loss of being unable to play golf. Even further, it might not be the loss of playing golf, but not being able to meet a friend at golf that gives the main grief.

Our final support group meeting for the year fell on the same day as World Disability Day – 3 December. To mark the occasion we enjoyed a lovely lunch at the Pinelands Motel in Kawerau with post polio representatives from Tauranga and Rotorua and the Whakatane Disabilities Resource Centre Trust Chairperson, Glennis Wilson, and the General Manager, Bronwen Foxx.

If you want to know more about poliomyelitis or post polio syndrome please contact me at the Disabilities Resource Center Trust.

Gisela Sonntag
Post Polio Field Officer

Chronic Obstructive Pulmonary Disorder (COPD)

We start the New Year with some exciting news - **We are launching a new COPD support group in Opotiki!**

Have you ever wondered what happens at these support group meetings and whether you should attend but didn't have the courage or security to just turn up? The COPD field officer and a respiratory nurse are facilitating these meetings and are available for questions. You are welcome to bring a support person or contact me if you need transport. All our COPD support groups are free of charge.

Normal meeting times are as follows:

- Kawerau:** Third Monday of a month at 10.00am at the Senior Citizen Hall in Porritt Drive, Kawerau
- Opotiki:** Third Tuesday of a month at 10.00am at the St. Joseph's Catholic Church meeting room in Kelly Street, Opotiki
- Whakatane:** Third Wednesday of a month at 1.00pm at the Disabilities Resource Centre Trust, 141 King Street, Whakatane.

If you have a breathing problem and want to know more about COPD, please contact me at the Disabilities Resource Centre Trust or come to any of the support group meetings.

SMOKING IS THE MAIN CAUSE OF PREVENTABLE DEATH IN NEW ZEALAND

Currently 620,000 people smoke in NZ, which means that one in five adults is smoking. Half of these people will die of smoking related diseases. If you or anyone you know wants to stop smoking we can assist with free quit smoking support and nicotine replacement therapy (patches, lozenges and gum) for a small fee. For more information contact me at the DRCT

Gisela Sonntag

COPD Field Officer and Smoking Cessation Coach

Vocational Voice

Welcome to 2009. Summer is here with a vengeance. With that in mind we have a new Programme starting (**Gardening 101**). This will go over the basics of plant rearing and growing. It will show you how plants work and what the different parts are.

Armchair Travel Club is on again. If you love hearing about other places either here or overseas then this is the group for you. This takes place on the last Friday of the month 10.00am to 11.00am. This month the topic will be Wales and we have a guest speaker coming to share their knowledge. Bring a friend and stay for a cuppa afterwards. **Art and Craft** has new and exciting things for you to have a go at. We will be learning two new crafts each term and this term it is mosaics and tee shirt art. You will need to bring your own tee shirt (or pillow case if you like), preferably a pale one that you will be able to decorate.

These classes do need booking into as some have limited numbers. Don't forget to check the calendar on our website www.drct.co.nz. If you see something you like, please do not hesitate to give me a ring on 307 1447. I look forward to hearing from you soon.

Alison Baker

Community Programmes Co-ordinator

BOOK CORNER

Hi again from the Book Corner. The year seems to be moving along quite quickly and with it the change of seasons. Already the sun is a little later each morning.

I have been working hard to find books for our library that are different and useful. I have been lucky to access some gardening books aimed at people with disabilities, or physical limitations. Only one has arrived to date but I have featured it this month.

THE ABLE GARDENER — OVERCOMING BARRIERS OF AGE & PHYSICAL LIMITATIONS

(No photo available).

This book is in easy-to-read format and features suggestions for successful gardening despite physical barriers. Tips on planning gardens, practical techniques like raised beds, and adapting tools make this a handy book for the avid gardener to peruse. The only downfall is that it is an American publication so some seasonal references may need to be altered to our year.



To Come: *The Enabling Garden: Creating Barrier Free Gardens and Accessible Gardening: Tips and Techniques for Seniors and the Disabled.*

If you have any suggestions for future book purchases, please do not hesitate to contact me **0800 227 363**. Your feedback will be welcomed.

Dale Hikuroa

Information Services Co-ordinator

THE RESOURCEFUL DIGEST

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