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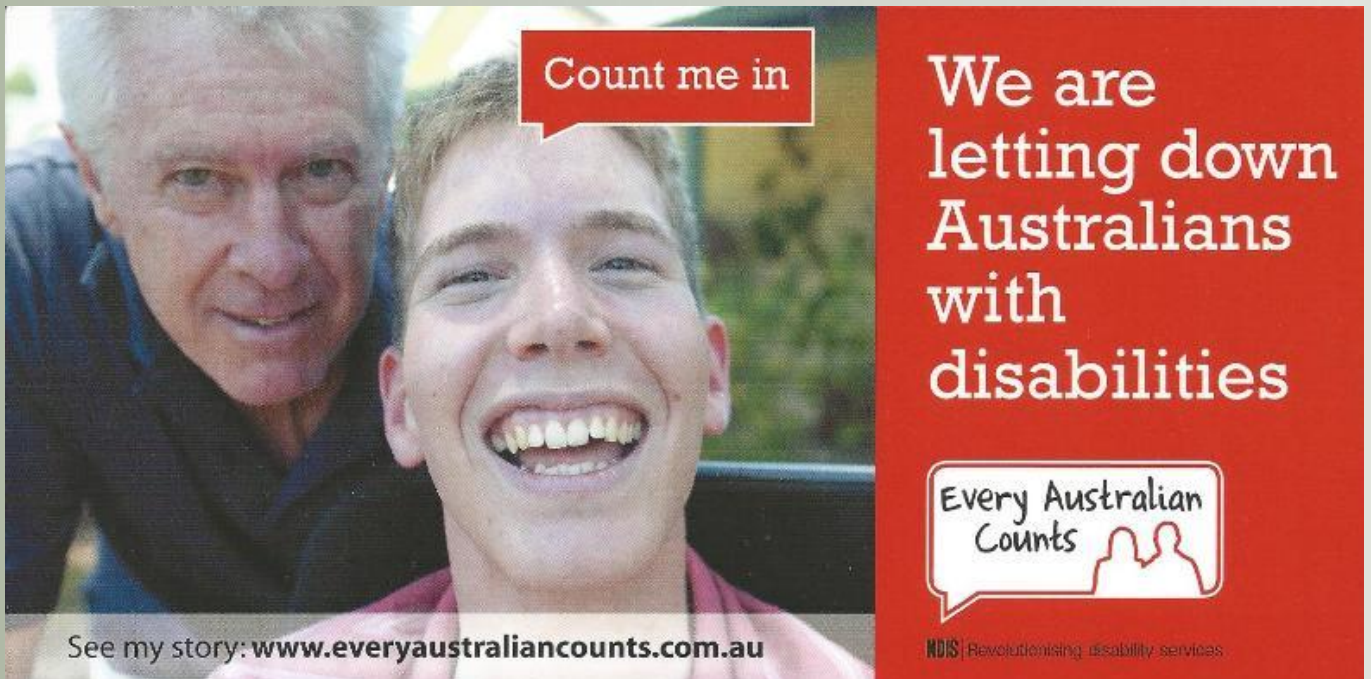
December 2011

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Merry  
Christmas



***Belinda and Joy from Parent to Parent in Gympie would like to say hello and Happy Christmas to you all. We look forward to meeting you and working with you in the New Year. Happy safe holidays to you all***



# TAKE ACTION

We need the NDIS to make it easier for people to access essential care, support, therapy equipment and early intervention and training.

This doesn't just apply to people born with a disability, but also anybody acquiring a disability through accident or illness at any time in their life they will be covered.


You can support this simply by going to the web site and registering your name.

[www.everyaustraliancounts.com.au](http://www.everyaustraliancounts.com.au)

# FOR YOUR INFORMATION

## PCT WORKSHOP

28<sup>th</sup> & 29<sup>th</sup> February 2012

 BELINDA 0401768040 or JOY 04322031

Venue to be advised

## Person Centred Thinking

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*For people and families, this course can help you organise your thoughts, to think about what supports you want and how you want those supports to work for you and your family member.*

*When receiving support, it is not person centred planning that matters as much as the pervasive presence of person centred thinking.*

*If people who use services are to have positive control over their lives, if they are to have self directed lives within their own communities, then for those who are around the person, especially those who assist with the day-to-day support, it would be a great benefit to have Person Centred Thinking skills. Only a small percentage of people need to know how to write good person centred plans, however everyone involved needs to have good skills in using person centred thinking as well as the value and skills that underlie the planning.*

*There are a number of reasons for this. Teaching and supporting the use of person centred thinking skills will mean that:*

- *it is more likely that plans will be used and acted upon,*
- *the lives of people who use services will improve,*
- *there will be a number of ways to get plans started,*
- *updating the plans will occur naturally, needing less effort and time.*

*Every style of person centred planning requires a person centred way of thinking. It is made up of a set of thinking skills and values that result in seeing what is **Important To** the person and provides a way of acting on this and what is learned in the process.*



## Looking for local respite sites?

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The tranquil settings of our retreat offer visitors peaceful, relaxing environments, yet are close to all essential services. With no more than five visitors at any one time, the retreats have a wonderful family-like feel. These well appointed, comfortable homes offer visitors a safe and secure environment, and are tastefully furnished and fully equipped to cater for all care needs.

North Arm Retreat – Permanent and respite disability care. This new retreat is a stylish modern home located on 1.5 acres at North Arm, just 5 minutes from Yandina.

Ellendale Retreat – Wheelchair accommodation on the Sunshine Coast. Ellendale is situated on 40 peaceful acres, also within the North Arm community.

Cooran Retreat – Sunshine Coast accommodation for the disabled. Situated in Cooran, just 10 minutes from Noosaville this retreat offers visitors all the delights of a close knit rural community.

Visitors enjoy a great range of lifestyle options and regular community interaction, including sailing, sport, restaurants, beach outings and many more

### Respite Living

BE Lifestyle Retreats can meet your individual needs with respite blocks (minimum 4 days) and can include Community Access and Allied Health Packages.

\* Prices for all care services available on application – due to varying individual needs.

## HEALTH CORNER

### Nutrition & Wellbeing.

#### Getting your 2 Fruit and 5 Vegetables

- Try frozen vegetables if you are short on time. When steamed, frozen vegetables can provide just as many benefits as fresh vegetables.

Remember to check out the nutrition label of some of your favourite packaged foods to learn more about nutrition.



### Integrative Wellbeing Solutions:

Sylvia Smith (B.A.) Hons, Psychologist. 0400739489, [solve101@tpq.com.au](mailto:solve101@tpq.com.au)

#### Melatonin promotes weight loss, improves mood:

Melatonin is a natural hormone produced by the pineal gland at night, triggering sleep. Taking a small amount of melatonin at night has been shown to help people fall asleep more quickly and to improve the quality of sleep- potentially boosting mood and keeping off unwanted fat.

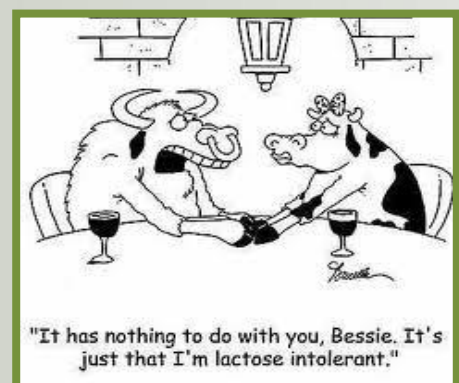
Sleep has long been associated with weight. The recommended amount of sleep is seven to nine hours and less than seven hours could add up to an average of about one kilogram of extra fat. Lack of sleep releases the stress hormone cortisol, and elevated cortisol levels are associated with increased appetite and cravings for sugar, leading to unwanted weight gain.

Reference: Melatonin effectively controls weight gain, obesity and associated heart disease. *Natural News* 05 May, 2011.

### Heard about this?

Allergy Friendly Foods [www.allergyfriendlyfoods.com.au](http://www.allergyfriendlyfoods.com.au)

At Allergy Friendly Foods they provide specialty low allergen foods to cater for those with multiple allergies, specialty diets and conditions such as asthma, eczema, autism, PKU, coeliac disease, ADHD and reflux. We also have a great range of Vegan and Kosher foods.



## HOT TOPIC



## File it and Find it

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Disabled Surfers Assoc of Australia Inc.  
CRU (Community Resource unit)  
Ozmates Travel  
Northcott Disability Services  
Autism support line  
Education guide for parents with children with a disability  
Medical Aid Subsidy Scheme

[www.disabledsurfers.org](http://www.disabledsurfers.org)  
[www.cru.org.au](http://www.cru.org.au)  
[www.disabilitytravel.com.au](http://www.disabilitytravel.com.au)  
[www.northcott.com.au](http://www.northcott.com.au)  
1800 004957  
[www.education.qld.gov.au](http://www.education.qld.gov.au)  
[www.health.qld.gov.au/mass](http://www.health.qld.gov.au/mass)

*Merry Xmas and a safe & joyous New Year from all of us at  
Parent to Parent*

Christmas is not as much about opening our presents as opening our hearts.

Janice Maeditere



# Links & Contacts

## Useful Centrelink Numbers

Disability, Sickness and Carers Phone: 132717

For more information go to Centrelink website at [www.centrelink.gov.au](http://www.centrelink.gov.au)

Human Rights and Equal Opportunity Commission: Disability Standards and Guidelines

[www.hreoc.gov.au/disabilityrights/standards/standards.html](http://www.hreoc.gov.au/disabilityrights/standards/standards.html)

Home Medical Aids Subsidy Scheme Phone: (07) 3136 3636 <http://www.health.qld.gov.au/mass/>

Queenslanders with Disability Network [www.qdn.org.au](http://www.qdn.org.au)

QPPD (Qld parents for people with a disability) [www.qppd.org](http://www.qppd.org)

## Parent to Parent Regional Contacts

<u>Brisbane</u>	<u>Fraser Coast</u>	<u>Gladstone</u>
Emma Bennett	Sue Campbell	Susie Lawler
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