

Summer is certainly upon us. Looking around the district is truly spectacular at this time. With abundant flowers and the not so Winter brave spilling into the outdoor café nooks; The Southern Highlands shines at this time. 2015 has moved at such pace and we have all been so busy that Christmas has snuck up more quickly than ever before. I would like to thank the wonderful group of people that have supported our clients during the year.

I hope you realise the enormous difference you make

to the lives of individuals who, in many cases are able to enjoy a full life due to the care and dedication from our team. With the NDIS so close; I urge you to keep up with developments via the internet and any training opportunity. The Disability Trust looks to be the preferred provider for not only our current clients but new families we have not even met.

In a regional area; word of mouth testimonials go a long way so keep up the good work and a Happy and Safe Christmas to you all!



Pandora

Paws Pet Therapy bring smiles

Ollie has been visiting our day options participants with his handler Craig.

Paws Pet Therapy support people by way of a tactile experience which may be

taking him for a walk (he gets plenty) or simply a pat or a cuddle. This has multiple benefits. Generally; most of the clients in this group may have had a pet historically and miss the contact and friendship. Some may be scared of dogs and Ollie has been a great advocate for his kind in that regard. He is much appreciated and his ego is well supported.



(above) Janine, Craig and the star of the show 'Ollie.' (right) that tickle is in just the right spot Sam—with Les looking on.



Get NDIS ready

By Deb

A National Disability Insurance Scheme (NDIS) Forum was held at Camden in October.

Three people from the Nepean Blue Mountains and Hunter regions presented their experiences of the roll out of the Scheme and the impact it has had on them. Each case was quite unique. The dominant message of the day was the need to "plan, plan, plan" and "document" prior to the initial assessment meeting in order to maximise the outcome for each person.

Disability and Dementia

By Barb

Recently I participated in a workshop delivered by Alzheimer's Australia: "Working with people who have an intellectual disability & dementia". Although aimed at educating community workers, I highly recommend this workshop to anyone supporting a person with an intellectual disability and/or diagnosis of dementia.

The workshop took us through the types of dementia; signs, symptoms, impacts and causes, difficulties and potential reasons for late diagnoses in people with intellectual disability. Ways of overcoming these difficulties, likely risk reductions via healthy



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lifestyle choices, an understanding of the impact of dementia on behavior; communication changes, using strategies and appropriate responses to support, preserve and maximise life function for people who live with an intellectual disability and dementia. Further research—a 'must watch' website:

www.isitdementia.com.au

For enquiries and contributions

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