



Road to recovery

Frances Harvey, back at work

After being in a serious road accident, Frances Harvey, a resident of Minda, overcame great odds to make a full recovery and return to work.

On December 31st 2007, the life of Frances Harvey was dramatically changed. Much to the horror of family, friends and staff, Fran was struck by a truck and left in a critical condition.

Initially it was feared that we would lose Fran, but after some time, the news appeared brighter, although it was doubtful that she would ever walk again.

However, one of Fran's doctors at the Flinders Medical Centre, along with Minda staff, family and friends, put a strong case forward for her chance of rehabilitation.

This meant taking on not only those who were dubious of Fran's strength and ability, but also the insurance company, to ensure that Fran received the benefits that she was entitled to.

Eventually, Fran left Flinders and was transferred to Griffiths Rehabilitation Hospital. With some fairly intensive support from her physiotherapist,

occupational therapists, district nurses and with a lot of love and encouragement from friends, family and staff at Minda, Fran has made an amazing recovery.

When speaking about her accident, Fran said, "In December 2007, I was in a serious road accident, which left me in hospital for a very long time. My friends, family and staff were very worried about me.

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BOARD UPDATE

From the President

Association Members and families are often unaware of the broad range of issues the Board of Minda is dealing with at any one time. To improve this communication, each edition of "Around Minda" features this regular column in which I summarise some of the key matters discussed at the most recent Board meeting.

At its recent meeting in April 2009, the Minda Board endorsed some changes to the Rules, which are designed to reflect the realities of the 21st Century while maintaining the basic philosophies and core beliefs of Minda.

Association Members will receive a pack detailing the changes, but in essence, the key amendments proposed are:

Membership

- The Rules to define the age at which a person can become a member, which is proposed to be 18 years of age. This to also apply to all levels of Membership.
- Include a new clause regarding Voting at Annual General Meeting in that all new membership applications are to be approved at least one month prior to the Annual General Meeting in order to be eligible to vote.

Election and Appointment of Board Members

- An amendment proposed for Clause 7.1 would see the removal of the staff elected Board Members. In its place, the Board has successfully trialled an initiative whereby each Board Member attends a Staff Representative Group meeting. This will address the issue of the Staff Elected Board Member being placed in a difficult position with regards to matters such as confidentiality and decision making of the Board.
- To retain the status quo of number of six Family Members and Association Members, however increase the number of Expert Board Members from two to four and change the title to 'Board Appointed Members'.
- To state in the Rules that it is a requirement for Board Appointed Members, Committee Members and Non-family Members to be Association Members.
- Proposal to change the term of appointment of all Members of the Board to hold office for a period of three years, rather than two years.
- Indemnification of Board and Committee Members who will be provided with a copy of the Professional Liability Insurance Cover Note.

- That a person appointed to fill a casual vacancy must be taken to the next AGM for approval with the new member appointed for the duration of the term of the person who has resigned.
- That there be a maximum number of consecutive terms before a Board Member is required to stand down for at least one term. The maximum number of consecutive terms to be three.
- To change Rule 7.8(b) to state that any Board Member with a direct or indirect pecuniary interest in a matter of discussion by the Board must not participate in the discussion without the express approval of the Board.

The Board has also agreed to consider the postal voting Rule further, to make Absentee Voting more explicit and provide a user-friendly process.

The Rules have been reviewed to ensure the results reflect the current operations of the Association. These changes will be a significant subject for discussion and decision at the mid-year Association Meeting, to be held on Wednesday 10th June.

I look forward to seeing you at the meeting.

Roy Arnold

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"When I came home from hospital in April 2008, I was very happy to be home.

"Before my accident I was working at MPS Lonsdale, which I loved very much, but I didn't know if I could ever work back there because of my injured leg. I am very excited to tell you that I have gone back to MPS Lonsdale three afternoons per week to start with, and I am slowly increasing my work days to full-time.

"There are quite a few people that have helped me since my accident; I would like to thank them. Thank you to everyone at Scope, everyone at MPS Somerton Park, everyone at MPS Lonsdale and the Specialist Resource Services", said Fran.

Fran is now back at work at MPS Lonsdale and is striving towards regaining full-time employment. She is an inspiration to us all. Drawing upon inner strength, good humour and determination, Fran has beaten the odds to regain the life that she so nearly lost.

Family Services Committee

Minda is excited to welcome Mr Richard Bruggemann who will be joining the newly established Family Services Committee of the Minda Board.

Richard brings with him a wealth of knowledge in the intellectual disability field, with vast experience from both an academic, policy development and service delivery perspective.

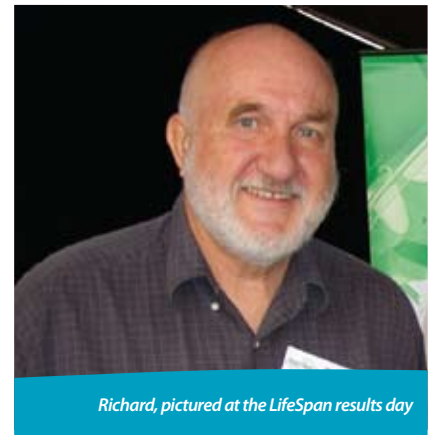
Richard was the Chief Executive Officer of Intellectual Disability Services Council, a position he held from 1994 until 2006, when he joined Flinders University as a Professional Fellow of the Department of Disability Studies.

Over the last 20 years, Richard has maintained active connections with the tertiary sector and has often contributed to the academic program at the undergraduate and postgraduate levels in Disability Services.

Richard also has an interesting and extensive list of publications, reports and presentations

surrounding issues in disability. He will be an invaluable member on the committee and Minda is pleased to have the input of such a highly regarded member of the intellectual disability field.

The final composition of the Family Services Committee has taken slightly longer than anticipated due to the overwhelming response from family members wishing to participate.



Richard, pictured at the LifeSpan results day

Celebrating in aid of Minda!



Staff and clients alike enjoy the new outdoor furniture

Rosie Brown, who lives in Newton House on the Brighton campus, recently helped her sister and brother-in-law, Mr and Mrs Hancock, celebrate their 50th wedding anniversary.

In lieu of gifts, the Hancock's requested family and friends make a donation to Minda instead.

In particular, they asked that any donations go towards Newton House.

The generosity displayed by the friends and family of the Hancock's was tremendous, with over \$3,000 raised for Newton House.

With these proceeds, Newton was able to purchase a 42 inch flat-screen television with High Definition, which sits in Newton's lounge area for everyone to use.

Residents have really enjoyed the large screen and impressive sound system. Some 'old time favourite' movies have even been dusted off and watched again.

Two three-seater garden swings with large canopies and upholstered soft cushions

were also purchased, along with a wicker li-lo lounge and an outdoor umbrella.

The umbrella and canopies were bought with Rosie in mind, as she loves to be outside but needs protection from the sun.

These purchases have allowed residents to enjoy valuable time outdoors safely and comfortably. Visitors have also enjoyed spending time on the furniture and staff also appreciate having a comfortable, relaxing place to sit when having a break.

If you would like to organise donation slips for your next function, or would like more information, contact Fundraising on 8422 6270.



Update from the CEO

I am pleased to announce that we will soon be releasing Minda's revised Strategic Plan.

The Strategic Plan has been developed as a road map to guide the organisation to ensure we meet the needs of all of our clients who use our services.

The plan and its associated strategies reflect Minda's philosophy and vision to maximise choice and inclusion for people with intellectual disability to achieve their aspirations.

Minda's Strategic Plan has a clear direction and purpose to not only deliver quality services, but to also lead improvements in service provision for people with a disability.

Inherent in this purpose is a commitment to continually improve our services and operations so that we are providing people with intellectual disability with the best possible support and maximising their opportunities to participate equitably in community life. As such, the Strategic Plan, to be released at the mid-year Association Meeting, is intrinsic to the development of the Brighton campus Master Plan. Future planning will see a shift for Minda as we continue to build a model of service around an individualised approach.

Service delivery models have significantly changed over recent years and will continue to change in the future. Extensive research has been undertaken to determine what the best model of service is for Minda to move forward with. The development of a best practice

service delivery model for Minda is being developed in conjunction with the Board, management and industry experts. Although this has given rise to a slight delay in the completion of the Master Plan, it has been a vital step in ensuring that we have the right model at the conclusion of the Master Plan process. Further information is provided on page 5 of Around Minda.

On another note, Minda has been pleased to be involved in the 'Lifespan Study', one of the largest, most comprehensive studies yet to investigate the mental health in adults with intellectual disability.

The opportunity to work in conjunction with Monash University's Centre for Developmental Psychiatry and Psychology, the Intellectual Disability Services Council (now Disability SA) and the Department of Education and Children's Services has been an important step in collaboratively addressing mental health issues in those with intellectual disability.

On the 7th of May, over one hundred people visited Minda's Brighton campus to hear the results, implications and recommendations of the three year long study.

For Minda, the opportunity to participate in this important study offered the chance to build upon research that had previously been conducted into ageing and disability, from which the Developmental Behaviour Checklist was developed.

The major findings of the LifeSpan survey were:

- 21 per cent of adults with intellectual disability in SA have significant behavioural and emotional behavioural problems (at any one time), and they need a comprehensive assessment of their mental health by a skilled clinician.
- People with moderate and severe levels of intellectual disability and people with autism are the groups who have the greatest need for these services.
- About 40 per cent of people with intellectual disability in SA have very few activities or work to do during the day, and often stay home doing very little. This low level of engagement may be the result of a person having significant mental health problems and/or contribute to their poor mental health.

It is hoped that the information derived from the results of this survey will help services in South Australia to better meet the mental health needs of people with intellectual disability.

I look forward to sharing other similar successes as well as presenting the Strategic Plan with many of you at the mid year Association meeting on Wednesday 10th June.

Susan McInerney

Connecting Siblings

Siblings Australia, with the support of the Julia Farr MS McLeod Benevolent Fund, is currently conducting a project aimed at strengthening the connections between;

1. Adult siblings and their brothers or sisters living with disability and,
2. Adult siblings of people living with disability and other adult siblings.

Some adult siblings and their brother(s)/sister(s) living with disability have strong relationships, while others may have relationships that are strained or they may have lost touch completely.

The sibling relationship is the longest of all relationships in our lifetime and adult siblings represent the next generation of carers/advocates for people living with disability.

Adult Sibling Focus Groups

During November and December 2008, the 'Connecting Siblings Project' organised focus

groups for adult siblings of people living with disability, where adult siblings were able to express their concerns and needs and network with other adult siblings.

Information session on "Legal Issues for Adult Siblings"

In March 2009, an information session was held covering issues such as guardianship and administration, trusts for people living with disability and the role of the public advocate.

Siblings Australia is aiming to hold another similar session in the near future for interested adult siblings.

Consulting people living with disability

Siblings Australia is planning to talk to people living with disability about their relationship with their sibling(s). They hope to find out what factors contribute to maintaining strong relationships between people living

with disability and their siblings, and what factors contribute to a negative experience of the sibling relationship.

Family and Friends Groups

Siblings Australia presented to the Burnell/Bean Family and Friends group in March and is keen to present to other similar groups about the 'Connecting Siblings' project.

If you would like more information about the project or are interested in being involved, please contact Vicky Waldren on 0418 811 238 or email vickyw@internode.on.net or; Kaye Kay on 8422 6336 or email kaye.kay@minda.asn.au.

Alternatively, visit the Siblings Australia web site at www.siblingsaustralia.org.au_projects.asp.



We are currently in the process of reviewing and developing Minda's service delivery model - how we provide support to clients. The Master Plan and the service delivery model are interrelated and whilst work continues on developing the best model of service for our clients, the first cut of the Master Plan has been deferred by a couple of months.

Connor Holmes, the company developing Minda's Master Plan, in conjunction with leading experts on intellectual disability, are assisting to evaluate and review the current

Master Plan Update

model of service. Their investigation into best practice is being undertaken nationally and internationally, evaluating how other service providers are delivering best practice. The model selected shall be based on sound analysis of a wide variety of models, ensuring that what is selected is of optimum benefit to Minda's clients.

The Master Plan is our opportunity to set the scene for Minda for the next 50 years. It is therefore essential, as much as is humanly possible, to get it right - we will not get another chance. Crucial to the success of

the Master Plan is that the best and most appropriate service delivery model is adopted, and this in turn sets the pattern for the Master Plan development.

It was felt that a short delay now, in a project that shapes the organisation for decades to come, was the necessary and indeed sensible decision in being responsible stewards.

An update on the progress of the development of the service delivery model and the Master Plan shall be provided at the mid-year Association Meeting.



Andrew Elvin

New Executive Appointment

Andrew Elvin has taken up the position of Executive Manager, Residential Services for Minda.

Andrew brings with him experience in the disability sector, having worked as an executive for two years with the National Health Service Trust, UK, and also as Chief Executive of an educational charity that offers advice, guidance and support to teenagers and young people with a disability, a position which he held for six years.

In terms of what he brings to Minda, Andrew said, "I bring lots of executive leadership experience, a passion for social justice and a desire to make a difference in the lives of vulnerable individuals."

"I hope to build on the strengths of service delivery and provide a platform for the development of new and improved services for the 21st Century," he added.

Always wanting to live and work abroad, Andrew has spent the past 18 months in Australia, having migrated from Bedfordshire, England, accompanied by wife, Gail, and two children, Josh and Sarah.

Welcome, Andrew.

Right on Trak!

The annual Trak 'Pride of Workmanship' award night celebrates the results of a year long, monthly poll, with points awarded to Trak supported employees, based on a variety of skills, abilities and attitudes.

The night has been sponsored by the Somerton Park Rotary Club for 17 consecutive years and has grown enormously in popularity amongst supported employees, their families, relatives and carers.

Held on Friday 13th March, this year's awards night was no exception with a show of support from senior management with Ross Golfinch, Senior Manager Commercial Services, attending, and executive management with Dorothy O'Brien, Executive Manager Residential Services, and Minda CEO, Susan McInerney, also attending.

Including the Rotarians who supported the night, over 90 people attended this special event, which, for the first time, had a themed dress code.

"In order to make the night more casual we decided on a 'Hawaiian' look. Along with an array of props and decorations, much colour was added by a multitude of impressive outfits," said Greg Brennan, Manager at Trak.

This year's prize went to Peter Edgar, for a 'consistent work effort, persistence with safety matters, a very good attendance history and good absentee notification record'.

"In recent years we have awarded certificates for the various categories we feel important for our employees to attain skills in, but this year, with the voting so close for the top award, we decided on runner-up prizes.

"These went to Stephen Strathearn, John O'Donnell, Ryan O'Donnell, Edward Allen Williams and Renee Ritchie.

"We consider all of our employees winners, because they all do tremendous work and are a credit to their families, care workers, Trak, Minda and above all else, themselves," said Greg.

"The Trak Awards night would simply not be possible without the staff at Trak, who contribute tirelessly to the event, putting in many extra hours, contributing new ideas each year and just as importantly, enthusiastically participating on the night. To them, a special thanks," added Greg.

Trak would also like to thank Audra Fletcher, staff at Isabel's, members of the Rotary Club of Somerton Park and Trak's hard working volunteers. Thanks also to those who attended and helped make the night as enjoyable as it was.

For more information on Trak, please phone 8382 9599.



Rotarian, Brenton Aird, congratulates award-winner Peter Edgar



Day Centre tribute to the Anzacs

Clients and staff of Minda's Day Options services assembled on Thursday 23 April in a lively and touching tribute to the Anzacs.

The Australian flag, artworks depicting servicemen and women of the twentieth century and topical news-clips adorned the Recreation Centre walls to set the mood for a number of activities that were enjoyed throughout the morning.

Led by talented volunteer, Daryl Green,

Day Centre participants enjoyed singing along to old recordings of national and war-time songs. The use of several robust marching tunes such as 'Colonel Bogey' were very well received by clients, with many joining in a marathon march, which was enhanced with a multitude of percussion instruments.

A great morning was had by all and it was a fitting commemoration to the Anzacs in the lead up to Anzac Day.

Personal development program success

Disability SA has recently hosted the Minda Outreach Services 'Personal Development/Independent Living Skills Course', at Christies Beach.

This personal development course is presented by two Developmental Educators from Outreach Services. The course is conducted over eight sessions for six young women with an intellectual disability.

The workshop culminates in an achievement presentation dinner for participants who successfully complete the program.



The course includes subjects such as self-esteem, friendships, dealing with feelings in a positive manner and rights and responsibilities of community citizenship. Hygiene, diet and exercise, relaxation skills, home safety, household maintenance, shopping and budgeting are also included in this interactive and exciting program.

Service Coordinators from the Christies Beach office have enjoyed the opportunity to participate and interact with the other learners during these sessions. This initiative is another step forward towards fostering stronger partnerships with community organisations, and Service Coordinators reported that they valued the opportunity to learn more about skill development programs available in the wider community.

Due to the success of the course, a male workshop has been planned for later in 2009.

Minda's Outreach Service receives referrals from family members and/or full-time carers who have a son/daughter living at home with them.

For more information, contact Outreach Services on 8179 5222 or at 1228 South Road, Clovelly Park SA.

Calendar of Events

Mid-Year Association Meeting

Wednesday 10 June, Minda Brighton Campus

Minda Fundraising Movie Event

Harry Potter and the Half-Blood Prince

Sunday 19 July, Wallis Cinemas, Mitcham

Corporate Golf Day

Please note that this event has been rescheduled.

It is now scheduled for Friday 16 October, Blackwood Golf Club

Event information

For more information please contact:

**Nicole on 8422 6514, Vicki on 8422 6217,
or visit www.mindainc.com.au**



It's time again for our WINTER Appeal

Creating opportunities for people with an intellectual disability to lead valued and fulfilling lives has been the foundation of our activities throughout our 111 years of operation.

In pursuing this vision, we assist over 1,500 South Australians in the development of a wide range of skills necessary for the achievement of individual goals.

Over the years, the South Australian community, whether it be through individuals or large companies, has generously supported the important services Minda provides for people with an intellectual disability and for this, we are most grateful.

However, particularly during these tough economic times, in order to continue to provide these services, we seek your support.

Please help us with this year's Winter Appeal by making a tax-deductible donation today. Our fundraising aim is to raise \$25,000, which will go towards the furnishing of community homes, ultimately maximising choice, inclusion and quality of life for people with an intellectual disability.

To make a donation to the Winter Appeal or for more information, contact Fundraising on 8422 6270.

Yes, I would like to make a donation to Minda's Winter Appeal.

Around **minda**

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Together, we can do it.

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