

an inclusive future

The Newsletter of the Auckland Disability Providers Network

Hello

Exciting and busy times for everyone, and much to think about with the Rugby World Cup and the NZ Parliamentary Elections coming up shortly – and before we know it – Christmas will be upon us!

Here at the ADPN, we are focussing on **The Big Event**. The time is racing on and we have many people becoming involved. There is still time for you to book if you haven't already done so. This is going to be such a big event offering great opportunities to show case your services, or your products, or perhaps your skills.

We are planning over 100 stands, so there will be something for everyone. Have you seen the logo for The Big Event? It is going to look great on publicity materials, tee shirts, and any other place we can think of!

Shortly, we will be calling for volunteers to assist with the show. We will need help with the set-up and take-down, as well as people who can assist during the show. We are also going to be looking for ambassadors who will be willing to assist the people who come to visit. If you would like to be part of the team, please let us know so we can include your name on the list.

Art Awards: if you are an artist, whether visual or performing arts, look out for the awards notices and start to prepare your entries. We are also interested in other activities which will entertain the public and people with disabilities – maybe sports or some other kind of demonstration.

Young people have not been forgotten – there is a special space in the exhibition hall which is going to be for them. PHAB is working on a DISCO and other entertainments too, so watch this space!



If you have other ideas which you think would add something to The Big Event, we need to hear from you. Also, please let me know if you need forms for hall bookings, sponsorship or award entries.

The **Parliamentary Elections** are just around the corner. Have you decided for whom you will vote? Do you know we are also going to be faced with a referendum on MMP? To help you to understand more about the election, what 6 of the different parties are going to do for people with disabilities and about the referendum, we are holding a forum on Monday, 31st October 2011: "Show Us Your Disability Policy". It is free, so take the opportunity to come and ask the questions that are bugging you and also learn about the referendum. There is nothing worse than entering the polling booth and finding you are being expected to vote on something for which you have not prepared.

In NZ it is illegal not to be on the Electoral Roll if you are eligible to vote, but it is not mandatory to cast your vote. However, we live in a democracy so make sure you exercise your right to vote. Your vote may be the one that tips the balance. So many citizens of the world do not have that right.

"Show Us Your Disability Policy" is being organised collaboratively by a group of disability provider organisations. **Please see the poster and booking form later in this newsletter.**

As always, keep in touch and send me information you think may be of interest to others.

Best wishes.

Pam Antill,
Executive Officer, ADPN

ph: 09 836 2083 email: pam@adpn.org.nz

ADPN & NZDSN Merge update;

I know many of our member organisations are waiting to hear what is happening with the coming together of the NZDSN and the ADPN.

The primary hold up has been legal structure. We are very keen to create an organisation that is going to serve the many disability provider groups throughout New Zealand for years to come. This final organisation needs to be robust and capable of standing the test of time. The courts in New Zealand are littered with the remnants of organisations that did not get it

right at the start. We read about many mergers that end up being busted up by future generations because the foundations were not sound. We want an organisation that will still be serving the members for many years to come. I can say that we have recently received an opinion from our legal team that we are working through at the moment. This opinion has given us some legal structures to consider. I do not believe it will be too long before we will have a final plan to share with you.

Chris M. Ross
Chairman ADPN Inc.

From the Electoral Office

Enrol and Vote in the 2011 General Election and Referendum on the Voting System

New Zealand's General Election is taking place on **Saturday 26 November**, and it's more important than ever to have your say.

Not only will New Zealand be voting for the politicians and political parties who will lead the country, we'll also be voting on the system we use to choose those politicians.

You need to be enrolled to vote.

To enrol, you fill in an enrolment form. You must do this before election day. To get an enrolment form, you can call **0800 36 76 56**, visit a postshop or the elections website www.elections.org.nz. Or you can send a text with your name and address in it to 3676.

When you have enrolled, your name will go on the electoral roll, which is the list of people who have enrolled and are allowed to vote.

VOTING IN THE GENERAL ELECTION >>

In New Zealand, we use a voting system called MMP. In the General Election, you have two votes. The first vote is the party vote, where you vote for the political party that you most want to see in Parliament. With your second vote you can choose the person you most want to be your local Member of Parliament.

VOTING IN THE REFERENDUM ON THE VOTING SYSTEM >>

In the Referendum on the Voting System, you also get two votes, because you will be asked two questions:

- ▶ The first question asks whether you want to keep MMP (which is the voting system we use at the moment) or whether you want to change to another voting system.

- ▶ The second question asks which of four other voting systems you would choose if New Zealand decides to change from MMP.

You can choose to answer both questions, or only the first one, or only the second one.

VOTING THE EASY WAY >>

If you are enrolled to vote, you will get a letter in the mail about one week before election day.

It has the list of parties and candidates contesting the election, and a list of polling places. It tells you more about the Referendum, and has other information about how to vote.

Inside the letter is your EasyVote card. Tear off the EasyVote card and take it with you when you go to vote. You can still vote even if you do not have your EasyVote card – it will just take a little bit longer.

FIND OUT MORE >>

The Electoral Commission has produced a DVD resource about enrolling, voting and the Referendum on the Voting System for people with learning disabilities. The DVD was developed in conjunction with IHC, and comes with a facilitation guide for group viewing and discussion. It is available on request from the Electoral Commission.

Plain English guides, in both poster and booklet format, have also been produced, and are suitable for some people with a learning disability, as well as for those with English as a second language or low literacy.

You can request a copy of any of these resources by visiting www.elections.org.nz, and filling in the enquiry form, or by phoning **0800 36 76 56**.

Special Art Work for The Big Event



Roimata Aubrey is one of the talented mokopuna who resides with Te Roopu Taurima o Manukau Trust. Roimata attends Te Wananga o Aotearoa based in Mangere and is in the process of completing her Level 4 Certificate in Art. She enjoys working with all different types of colours and learning new techniques and mediums. Roimata is a contestant in the IHC Art Awards 2011. This art piece is Roimata's interpretation of Te Rangitotonga-a-Tama-te-kapua also known as Rangitoto Island



situated in the Hauraki Gulf in Tamaki Makaurau (Auckland). This art piece reflects an icon in Tamaki Makaurau (Auckland) which was a requirement of the Auckland ADPN Expo committee.

InterACT Festival takes centre stage

On 28th, 29th and 30th, over 150 physically and intellectually disabled performers will gather for the inaugural Interact Festival in Auckland, New Zealand's first disabled Arts Festival.

The festival is the brainchild of ex theatre director Paula Crimmens. Paula retrained as a drama- therapist before moving to NZ from London in 1996 and began working at Rosehill Special School in Papakura. She was then approached by Stuart Spackman, general manager of A Supported Life and an arts enthusiast to help direct a show with members of the trust which they performed at a community centre. From this, they realised there was an opportunity to help inspire people in other organisations to get involved in theatre. And so, the Interacting organisation was born.

It was attending the Awakenings festival in Australia in 2007 that really sent Paula into a spin, "I thought how great it would be to have a festival in New Zealand that celebrates the disabled community and their unique talents". Awakenings is an annual disability arts festival that has been running for over 10 years and takes over the small rural town of Horsham, near Melbourne. "My favourite part was the open stage which was held on a couple of evenings and gave people the opportunity to perform on stage in front of an appreciative audience. It reminded me of the Edinburgh fringe festival where you can see such a range of theatre from the sublime to the ridiculous. I just loved it."

After securing use of the historic Glen Eden Playhouse along with the facilities' at Corbans in Henderson, Paula set about pulling together groups of interested participants, taking "drama therapy" into real live performances. "It's exhilarating, full of surprises, sometimes quirky and always, always entertaining" says Paula.

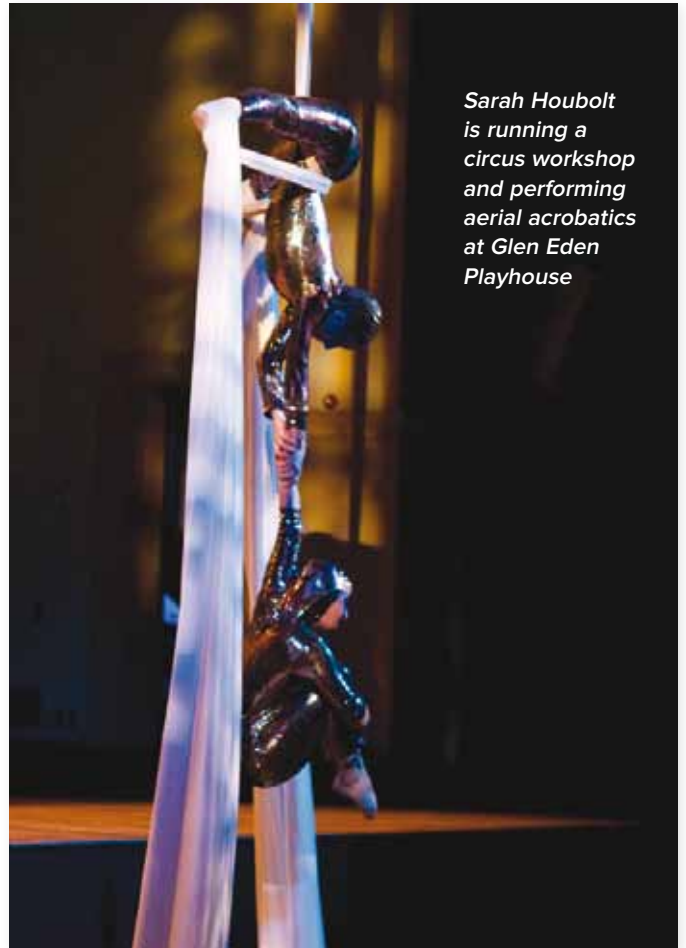
The festival includes a Wearable Arts parade, and Interacting members have put hours of work into their creations, including a many headed dragon. The Friday night features the Open Stage Challenge with Acrobat Sarah Houbolt, Touch Compass, Interacting, Welsh storyteller Chris Tally Evans, Phoenix belly dance troupe and poet Henrietta Bollinger,

Paula works with a few different groups under the InterActing banner, including IRIS where one of the stars of the 'Journeys' show is Shannon. Now in her 30's, Shannon tells the story of her mother's decision to give her up, and the fact the 16 year old even kept her pregnancy a secret. Shannon has cerebral palsy, she cannot speak but somehow manages to sing along to the song written about her experiences.

Shannon's piece is a 'flying dance' which of course, poses some problems physically. Behind every performer in the festival is an able bodied helper. In Shannon's case, this work is undertaken by nine year old Katie Cooper (Paula's younger daughter). This involves a lot of physical effort and it's something Katie started doing when she was just seven!

There are a number of incredible stories coming out of the festival with so many talented performers. Paula Crimmens is quick to add that they are also professional shows, " we have professional choreographers, lighting designers, sound technicians, everyone who can make the show as good as it can be is helping us and we're very grateful".

www.interacting.org.nz



Sarah Houbolt is running a circus workshop and performing aerial acrobatics at Glen Eden Playhouse



< One of our trustees Treena Armstrong modelling wearable art-there will be wearable arts parades on Friday and Saturday 28th and 29th

Celeste Strewer, > professional body painter and sfx artist will be body painting at the festival



“Show Us Your Disability Policy” Election Meeting for the Disability Community

Help get disability onto the political agenda.

You are invited to an election meeting for the disability community where you will:

- Find out about the political parties' disability policies
- Hear each party's spokesperson answer questions from disabled people, parents and care givers, and disability organisations
- Find out how to enrol to vote and the voting process
- Learn about the electoral referendum

When:
Monday 31 October 2011,
1.30pm to 4pm

Where:
Western Springs Garden Hall,
956 Great North Road

Politicians who will be there:

CARMEL SEPULONI – Labour Party

JONATHAN MC FARLENE – ACT Party

SUE BRADFORD – Mana Movement

MAGGIE BARRY - National Party

METIRIA TUREI - Green Party

TAU BRUCE MATAKI – Maori Party

Please register by Thursday 20 October 2011. There is no charge, but it is essential to book. Complete the registration form and send to Lisa at Parent & Family Resource Centre by fax 09 636 0354, telephone 09 636 0351 or email pfradmin@pfrc.org.nz.

Venue is wheelchair accessible and there will be a PA system. Please advise of any access, communication or dietary needs when registering. Sign language interpreters have been booked. Please let us know by 20 October if you require interpreters.

When you register, tell us what question you would like to ask the politicians.

“Show Us Your Disability Policy” Election Meeting for the Disability Community

REGISTRATION FORM

Please Register by Thursday 20 October 2011

When: Monday 31 October 2011, 1.30pm to 4pm

Where: Western Springs Garden Hall,
956 Great North Road

Name: _____

Phone: _____

Email: _____

Postal address: (if we cannot email you) _____

Venue is wheelchair accessible, NZSL interpreters have been booked and a PA system will be used.

To help us make the meeting work for you, please tell us if you have any:

Additional access requirements: _____

Dietary requirements: _____

Communication or alternative formats material requirements: _____

I will use the NZSL interpreters: YES NO

The question I want to ask the politicians is:

Mobility Parking

We're very excited to announce the launch of our new mobility parking website – www.mobilityparking.org.nz

We have built the website with accessibility at the forefront of our design, structure and content. One particular feature we're excited about is on the 'Contact us' page where you can select your nearest branch by typing in your post code, or by selecting from the list of branches. With just one click, you can see all the contact details for that branch.



Jo Boyle
Communications Advisor
CCS Disability Action, National Office
PO Box 6349, Marion Square, Wellington 6141

RESEARCH

From Behavioural Disorders Research Review

With independent commentary by:

- Dr Craig Immelman, Child & Adolescent, and General Psychiatrist in private practice in Auckland, and an Honorary Lecturer at the Department of Psychological Medicine at the University of Auckland.
- Dr Giles Bates, Consultant Paediatrician, Mid Central Health, Palmerston North, New Zealand.

Does ADHD predict substance-use disorders? A 10-year follow-up study of young adults with ADHD

Authors: Wilens TE et al

Summary: This study investigated clinically meaningful risk factors for the subsequent development of SUDs in 268 children and adolescents with, and 229 without, DSM-III-R ADHD followed prospectively the 10 years. A diagnosis of ADHD significantly predicted the development of any SUD (hazard ratio 1.47 [95% CI 1.07, 2.02; $p=0.01$]) and cigarette smoking (2.38 [1.61, 3.53; $p<0.01$]). Among participants with ADHD, baseline comorbid conduct disorder and oppositional defiant disorder were also significantly associated with the development of an SUD (hazard ratios 2.74 [1.66, 4.52; $p<0.01$] and 2.21 [1.40, 3.51; $p<0.01$], respectively).

The results for cigarette-, alcohol- and drug-use disorders were similar. Furthermore, no social/family environmental factors or cognitive functioning factors were found to be significantly associated with the development of SUDs.

Comment (GB): In this prospective study of 6–17 year olds followed for 10 years, ADHD, conduct disorder and oppositional defiant disorder, but not learning problems, were all independent risk factors for later SUDs. Many parents are concerned that stimulant medication is the cause of later drug abuse. There are conflicting outcomes in the literature, but some evidence that those young children who continue on medication are less likely to abuse drugs.

Comment (CI): Wilens et al begin by noting the likely developmental roots of SUDs in childhood, as well as the high rates of SUDs in young people/adults diagnosed with ADHD. 268 people with ADHD were followed over 10 years, and this was a significant risk factor, along with cigarette smoking, for developing an SUD independent of social factors, family environment and cognitive function, which were not clinically significant associations. This seems to be a call for increased vigilance, but did not establish that treatment at baseline predicted SUDs at 10 years of follow up. Further work is needed.

Reference: J Am Acad Child Adolesc Psychiatry 2011;50(6): 543–53

<http://www.jaacap.com/article/S0890-8567%2811%2900096-7/abstract>

From Rehabilitation Research Review – Issue 18, 2011

Independent commentary by Professor Kath McPherson, Professor of Rehabilitation (Laura Fergusson Chair) at the Health and Rehabilitation Research Centre, AUT University in Auckland. Kath has been at AUT since 2004 and has been

building a research, teaching and consultancy programme focused on improving interventions and outcomes for people experiencing disability.

The impact of stroke: are people with aphasia different to those without?

Author: Hilari K

Summary: Long-term outcomes are reported for 87 people admitted to hospital with a first stroke. They were assessed at 2 weeks, 3 months and 6 months post-stroke. Outcomes were compared for patients with aphasia (PWA) and those without aphasia. Outcomes improved significantly over time, but patients continued to experience substantial functional limitations at 6 months (16% aphasic; 32% dependent on basic Activities of Daily Living [ADL]); participation limitations (79% ≤ 30 on the Frenchay Activities Index); high psychological distress (45%) and compromised quality of life (54% ≤ 4 on the Stroke and Aphasia Quality of Life Scale-39g). Levels of social support remained relatively stable. At 3 months' post-stroke, PWA were significantly more likely to experience high psychological distress (93% versus 50% for those without) but across time, no significant differences were seen between PWA and those without on psychological distress and also ADL and social support. There were, however, significant differences on extended ADL ($F(1,68) = 7.80$; $p<0.01$) and quality of life ($F(1,69) = 6.30$; $p<0.05$).

Comment: Stroke is a devastating condition in so many ways. But often it is the more 'visible' losses that attract attention – walking and other aspects of mobility being the thing that many people 'see' as its key consequences. Lately, I have met a number of people for whom it is the loss of less visible abilities that has been most challenging (visual deficit being one that seems poorly understood and addressed) and this paper highlights the major impact of aphasia on a range of important outcomes. By definition, people with aphasia will find it difficult to ask for support. By default we should explore whether it is needed.

Reference: Disabil Rehabil. 2011;33(3):211-8.

<http://informahealthcare.com/doi/abs/10.3109/09638288.2010.508829>

Obesity interventions for people with a learning disability: an integrative literature review

Independent commentary by Professor Kath McPherson, Professor of Rehabilitation (Laura Fergusson Chair) at the Health and Rehabilitation Research Centre, AUT University in Auckland. Kath has been at AUT since 2004 and has been building a research, teaching and consultancy programme focused on improving interventions and outcomes for people experiencing disability.

Authors: Jinks A et al

Summary: These researchers reviewed the effectiveness of non-surgical, non-pharmaceutical interventions designed to promote weight loss in people with a learning disability. The paper included qualitative evidence relating to people's experiences and motivations, and explored how these can help understanding of quantitative research outcomes. Twelve papers published between 1999 and 2009 were included in the review. The most common research design was quasi-experimental pretest and post-test. Few researchers used a >

> clinical trial approach, and there was only one predominantly qualitative study. Interventions mainly focused on energy intake, energy expenditure or health promotion. Only a few studies incorporated behaviour modification approaches. The study authors suggest that nurses who work with clients with learning disabilities have a key role to play in the management of obesity.

Comment: The degree to which obesity prevention and obesity management are adequately addressed in disabled

populations is a topical issue (and one the government is currently exploring). Given that most evidence would suggest a behavioural component is needed (a behavioural change being required so this is perhaps hardly surprising) it is interesting (or is that depressing) that such research is lacking here. What works for people with intellectual impairment? We know less than we should about that.

Reference: J Adv Nurs. 2011;67(3):460-71.

<http://onlinelibrary.wiley.com/doi/10.1111/j.1365-2648.2010.05508.x/abstract>

Emergency Care Mobile Phone

Simplephone "Marco Polo" has been designed specifically for people who are tired of complicated mobile phones that cost hundreds of dollars for features they will never use and a battery that requires constant charging. You may know of someone (parents, grandparents or friends) who either struggle with the smaller complicated phones on the market or just flat out refuse to use them. Simplephone NZ have developed this mobile with considerable input from interested groups across New Zealand which now offers the following features:

- Warranty 12 months
- Battery standby 7-14 days
- Large bold numbers backlit in poor light
- Clear english spoken numbers when pressed
- Large white screen with bold black font
- Emergency sos button on rear
- Led torch (slide switch on side)
- FM radio (slide switch on side)
- Keypad lock (slide switch on side)
- Solid bar shape for easy grip
- Texting capability
- Speed dial
- Love number for that special person

Simplephone operates on the gsm 900/1800 mhz band and works in New Zealand on the Vodafone or 2° networks only with the simple transfer of a current sim card or the purchase of a new one either prepay or contract.



These phones are available now from Age Concern Counties Manukau Inc. Priced at \$190 (incl GST). Purchase from our office in Papatoetoe, one of our Community Clinics, or at one of our Cellphones for Seniors programmes. We can also post to you however P&P cost will be additional to you.

Call us on **(09) 2794331 ext 800** for more information.

Age Concern Counties Manukau Inc
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Papatoetoe, Auckland 2150
Phone: 09 279 4331 ext 800 Fax: 279 4334
email: admin@accm.org.nz

<http://www.ageconcern.org.nz/council/counties-manukau>

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