

an inclusive future

The Newsletter of the Auckland Disability Providers Network

It is said that the only certainties in life are death and taxes! Well, I suggest there are more: how about CHANGE? Change is constant and if we don't keep abreast of changes, we are likely to be left behind.

For us, we are running to keep up with changes due to commence on 1st July when our relationship with the New Zealand Disability Support Network (NZDSN) becomes cemented. It will mean a name change, some different processes and above all, it will mean we can gain the benefits of belonging to a national organisation while still addressing our local needs and issues.

There will be financial changes in the first place as our subscriptions will be paid directly to NZDSN. Those subs are likely to rise slightly to start with, but because we will be part of a much larger organisation, the leverage and buying power of the group is so much greater. There will be buying privileges for member organisations which will offset the rise in subscriptions.

The changes will allow for much greater collaboration, for working with other organisations to gain more substantial benefits for people with disabilities. We will not of course forget the reason the ADPN was set up in the first place: to be a voice for Auckland disability providers; to work for the benefit of people with disabilities in the Auckland region. We will see organisations similar to the ADPN set up in other regions as they have observed the way local issues can be

addressed. As has been said before – it is all about strength in numbers!

Learn more about the change from ADPN to NZDSN Auckland Inc in John Wade's article.

Planning for "The Big Event" is steaming ahead. It is going to be a cracker! Have you booked your stand yet? Make sure you have the dates embedded in your diaries: 2nd and 3rd December 2011. There are still opportunities for sponsorship – a way of ensuring your company or product name is blazoned on customers' memories. We are also looking for entertainments, so if you know of any people with disabilities who could entertain, please contact either Pam: info@adpn.org.nz or Stuart Spackman: stuart@supportedlife.org.nz Check out Chris Ross' article on the Expo.

Please make a note that the ADPN office will be closed for a month from Friday 13th May – Yes! I am skipping off to Italy, so sorry folks, there will be no weekly circular during that time. If you have questions about the EXPO, please email them to Chris Ross, who will do his best to deal with them (don't tell him I said so – he may not know that yet!) info@adpn.org.nz

Best wishes, have some fun, enjoy the autumn colours and those beautiful leaves

Best wishes. Pam

'On 1 July ADPN changes to become NZDSN (Auckland Inc)'

In November 2010 a Memorandum of Understanding (MoU) was signed between the Auckland Disability Providers Network (ADPN) and the New Zealand Disability Support Network (NZDSN), recognizing their common objectives and providing a platform by which the organizations could work together for the betterment of the disability sector in New Zealand.

It was also agreed at the time that on 1 July 2011 ADPN, as a regional entity, would become a part of NZDSN as the national body. Within this new structure both organizations retain their independent legal status – this means that ADPN will continue to have an executive Board and can continue to manage regional activities, and do local fundraising, on behalf of the Auckland region membership.

NZDSN recognizes that over the last 12 years the ADPN has provided a great model of regional leadership and work to strengthen the disability provider sector in order to enrich the lives of people affected by disability. Going forward it is intended that this model will be replicated around the

country so that NZDSN has both a strong central presence in Wellington as well as across the regions.

Since its establishment in April 2010 the NZDSN has become successfully established, is a well recognized part of the health and disability sector and has developed solid relationships across government, with other key stakeholder groups (including consumers and families), peak bodies and the wider sector. The respective Executive Officers (Pam Antill at ADPN) and Sandie Waddell (NZDSN) and the respective organization Boards will now start to work more closely together to ensure the relationship is further embedded and we are able to realize the benefits of having both a strong and well connected national and regional voice.

The new NZDSN fee structure is currently being decided and members will be advised by the end of May.

For further information please contact the Executive Officers – Pam Antill at ADPN info@adpn.org.nz, and Sandie Waddell at NZDSN sandiew@nzdsn.org.nz

*John Wade,
Member ADPN Executive Committee,
and NZDSN Board*

The Big Event Health & Disability Expo

The Big Event Health & Disability Expo planning is well under way and the bookings for spaces have been staggering. If you are still considering being involved with the Expo it is strongly advised that you make your booking today. Do not wait until tomorrow, it could be too late. Do not let money stop you from booking. If you do not have the funds at the moment don't worry. We will send you an invoice later. We are in the process of setting up a fresh company to run the Expo and any other events we decide on. This process is obviously going to take some time so you can save up your pennies in the meantime.

We have a great team set up to run The Big Event namely, Chris Ross (ADPN), Lorraine Bailey, Te Roopu Taurima; Denis Denton, Brain Injury Association; Justin Walsh, Spectrum Care; Judy Garriock, Spectrum Care; Katie Noble, Allied Medical Ltd; Sue McKinnon, Idea Services; Debbie Espiner, Auckland University; Fran Hartnett, IHC; Stuart Spackman, A Supported Life and Pam Antill. Each member has a portfolio for which they are responsible and one more person will be joining us later to manage our volunteer base.

Based on the response to The Big Event we will be seriously looking at making this an annual or bi annual event depending on the needs of the sector. If you are not receiving updates to the Big Event and feel as though you should be on the list, please email info@adpn.org.nz and ask to be put on our Expo Update List.

Chris Ross
ADPN Chairman

SOME OF THE MEMBERS OF THE BIG EVENT COMMITTEE



Chris Ross



Justin Walsh



Denis Denton



Stuart Spackman



from left:
Lorraine Bailey,
Fran Hartnett,
Debbie Espiner

Auckland University of Technology Survey of People with Hearing Loss

The New Zealand Tourism Research Institute at AUT is conducting a survey of the tourism, travel, hospitality, and leisure experiences and needs of people with hearing loss. The survey is for anyone who has hearing loss, whether slight or total. Dr. Sandra Rhodda, Access Tourism Research Programme Leader says that this is the first time such a survey has been conducted anywhere in the world.

"What we are looking for is information that can inform the tourism industry about the travel needs of this group of customers" says Rhodda. "We know that people with hearing loss are part of a much bigger group of people with disabilities that the tourism industry does not cater very well to, and we hope this research will change that". She also notes that advances in serving people with hearing loss in the tourism industry will act as a model to stimulate change in other sectors. "Once businesses – in any sector – realize they are missing out on an important chunk of customer traffic, they will make changes to attract the dollar of those

customers. I know of people who avoid particular businesses because of hearing issues. Once businesses realize the extent of this avoidance and the effect it is having on their bottom line, they will sit up and take notice"

The survey is being funded by the NZ National Foundation for the Deaf, and is open to anyone with any form or severity of hearing loss. It can be found at <http://www.tourismandhearingsurvey.co.nz/> and will run in New Zealand until the 10 July. "The more input we have, the better the data will be" says Rhodda. "This is a good chance for the hearing impaired to have a say about what their particular experiences have been, and what they themselves want in the way of improved services – in this case in tourism and travel." For more information, contact sandrarrhodda@hotmail.com.

Survey: The Tourism Experiences and Needs of People with Hearing Loss

Dr. Sandra Rhodda, PhD
Director, Access Tourism New Zealand

*"A positive attitude may not solve all your problems,
but it will annoy enough people to make it worth the effort."*

Herm Albright (1776 – 1944)

Extracts from the second edition of Bone Health Research Review.

Made available by: Dr Chris Tofield, Medical Advisor, Research Review christofield@researchreview.co.nz

Failure to perceive increased risk of fracture in women 55 years and older: the Global Longitudinal Study of Osteoporosis in Women (GLOW)

Authors: Siris ES et al

Summary: This study used data from the Global Longitudinal Study of Osteoporosis in Women (GLOW) to compare self-perception of fracture risk with actual risk in postmenopausal women. 60,393 women aged ≥ 55 years who had visited their physician within the previous 24 months were surveyed. 19% of women rated their fracture risk higher than that of women of the same age, 46% said it was similar and 35% said it was lower. Among women with an increased actual risk (based on the presence of at least 1 risk factor), the proportion who understood they were at increased risk ranged from 19% (smokers) to 39% (current users of glucocorticoids). Among women with at least 2 risk factors for fracture, only 33% considered themselves to be at increased risk. 25% of women diagnosed with osteopenia and 43% of women diagnosed with osteoporosis thought their risk of fracture was increased. In conclusion, most postmenopausal women with risk factors for fracture don't appreciate their actual risk.

Comment: This result is not surprising. I suspect the referring doctors might have done just as badly! Most patients grossly underestimated their fracture risk. It continues to be a challenge to identify those patients with the highest risk for fracture and thus those most likely to benefit from intervention. Remember the biggest risk indicator for a fracture in a patient over 50 is having had one already! Check BMD in any patient who has a low impact traumatic fracture. A good risk calculator can be found at www.sheffield.ac.uk/FRAX/

Reference: *Osteoporos Int* 2010; 22(1):27-35
<http://dx.doi.org/10.1007/s00198-010-1211-8>

Height loss, vertebral fractures, and the misclassification of osteoporosis

Authors: Xu W et al

Summary: This study evaluated the association between the degree of height loss in older individuals and the risk of a vertebral fracture, and assessed whether the presence of vertebral fractures alters the classification of osteoporosis compared with BMD alone. The presence of vertebral fracture was assessed by dual-energy X-ray absorptiometry (DXA) in 231 men and women aged ≥ 65 years. Height loss was found to be significantly associated with vertebral fracture ($p=0.016$); the risk of vertebral fracture increased by 19% for a 1/2 inch loss in height and by 177% for a 3 inch loss. 45% of participants were classified as having osteoporosis by either BMD or fracture criteria. 30% of participants would have been misclassified if only BMD criteria were used. In conclusion, height loss is an indicator for the presence of vertebral fractures in older patients.

Comment: A simple message. If your patients have

documented height loss then they might have a vertebral fracture. Modern bone densitometers can identify early subclinical vertebral fractures at the same time as the BMD check. Many of these fractures are asymptomatic but confer a much increased risk of future clinical fracture with resulting pain, deformity and further height loss.

Reference: *Bone* 2011;48(2):307-311
<http://dx.doi.org/10.1016/j.bone.2010.09.027>

Extract from *Pain Management Research Review, Issue 4, 2011*
Independent commentary provided by Dr Lorna Fox, ex president of the NZPS (2007-9) who has been running a multi-disciplinary Pain Service in Taranaki for the last 15 years. lornafox@researchreview.co.nz

Effectiveness of small daily amounts of progressive resistance training for frequent neck/shoulder pain: randomised controlled trial

Authors: Andersen L et al

Summary: This study examined the effectiveness of small daily amounts of progressive resistance training for relieving neck/shoulder pain in adults. 174 women and 24 men with frequent neck/shoulder pain were randomised to undergo resistance training with elastic tubing for 2 or 12 minutes/day for 5 days/week, or to receive weekly information on general health (control group), for 10 weeks in total. Compared with the control group, neck/shoulder pain decreased by 1.4 points ($p<0.0001$) in the 2-min group and by 1.9 points ($p<0.0001$) in the 12-min group. Neck/shoulder tenderness decreased by 4.2 points ($p<0.0001$ vs control) and by 4.4 points ($p<0.0001$ vs control) in the respective groups. Muscle strength increased by 2.0 Nm ($p=0.01$ vs control) in the 2-min group and by 1.7 Nm ($p=0.02$ vs control) in the 12-min group. In conclusion, a small daily amount of progressive resistance training for 10 weeks reduced pain and tenderness in adults with frequent neck/shoulder symptoms.

Comment: We know exercise is good for us, we recommend it to our patients, yet despite the fact that they come seeking help "lack of time" is a barrier. Aside from arguing over priorities here, it would be wonderful to recommend the grail of short, simple and effective exercises! This study did just that. Some pictures would've helped me visualise it, but 2 minutes a day of the same exercise to failure was as good as 12 minutes of reps. I suspect some patients just wouldn't believe it though!

Reference: *Pain* 2011;152(2):440-446
<http://dx.doi.org/10.1016/j.pain.2010.11.016>

useful website:

For anyone caring for someone with alzheimers:
<http://forum.alzheimers.org.uk/showthread.php?t=32468>

The Circle of Trust Training and Development Trust (NZ) and the School of Counselling, Human Services and Social Work, Faculty of Education, University of Auckland are pleased to host Dr Larry Brendtro who will present a series of workshops from 11th-15th July 2011

This will be a unique opportunity to hear Dr Larry Brendtro, an inspirational world expert in working with children and young people at risk. Dr Brendtro is the author of many books and is co-founder of Reclaiming Children and Youth: The Journal of Strength-based Interventions. This journal is at the cutting edge of positive youth development and presents practical strategies and proven techniques from leading authorities on youth at risk.

The Circle of Courage is a model of positive youth development that is grounded in research on resilience, brain science, and strength-based strategies. The value base, attitudes and beliefs of the Circle of Courage are universal across diverse cultures and groups. They have particular relevance to the New Zealand context. The four key elements of the Circle of Courage; Belonging, Mastery, Independence and Generosity are grounded in resilience and self worth research. Consequently they are directly aligned with four of the five key competencies in the New Zealand Curriculum – namely Relating to others, Thinking, Managing Self and Participating and Contributing. These key competencies also relate directly to the key concepts in Te Ao Maori and Whare Tapa Wha making it especially relevant to education and social work contexts in New Zealand.

Dr Brendtro will be running three workshops.

RAP - RESPONSE ABILITY PATHWAYS (JULY 11 -12TH):

a two-day interactive workshop providing strategies to positively support young people experiencing conflict and challenges. RAP strategies are safe, practical and readily implemented and applicable to any setting or relationship.



DEEP BRAIN LEARNING ® THE ROADMAP TO RESILIENCE (JULY 13TH): a one day presentation based on a new book Deep Brain Learning by Drs. Larry Brendtro, Martin Mitchell and Herman McCall. This evidence-based approach taps brain research and resilience science to create environments where all children and young people flourish. The key principles to connect with youth and motivate reluctant learners will be discussed.

DEVELOPMENTAL AUDIT (JULY 14-15TH): a two-day interactive workshop providing an introduction to an assessment process based on the Circle of Courage model. The Developmental Audit uses an ecological approach to explore a variety of perspectives with a particular focus on the private logic and goals of the young person in need.

Registration details for these workshops will be published shortly. In the meantime please diary these dates. The workshops will be held at the Faculty of Education, University of Auckland, Epsom Ave, Epsom.

Introducing Auriole Ruka, Regional Manager, CCS Disability Action, Northern Region. Auriole has taken Barbel Winter's position and we are delighted that she is now contributing to the ADPN.



Ko Te Tarai o Rahiri te Maunga
Ko Mangakahia te Awa
Ko Nukutawhiti te Marae
Ko Ngatokimatawhaorua te Waka
Ko Ngatihorahia te hapu
Ko Ngapuhi nui tonu te Iwi
Ko Auriole Ruka toku ingoa
Tena koutou katoa,

My name is Auriole Ruka and I am the new Regional Manager for CCS Disability Action, Northern Region. An organisation that is committed to "Including All People" – Te Hunga Haua Mauri mo nga Tangata katoa. Our vision is that every disabled person will be included in the life of their family and community.

I am passionate about making a difference in communities and have worked in various roles within CCS Disability Action for several years. I have been involved in roles including and not limited to a Team Leader responsible for quality service delivery and staff management, Chairperson for Supported Living NZ and a Trustee for the Whangarei Accessible Housing Trust (WAHT) a Northland based Trust providing affordable and accessible housing for people with disabilities.

As a member of ADPN I look forward to meeting you in the near future.

No reira, tena koutou, tena koutou, tena koutou katoa.
Auriole Ruka

Introducing Lifemark

For those of us born with disabilities, or who have accidents later in life, being able to move around at home is a major factor for our quality of life.

All over the world people are changing the way they design their homes so that they are more adaptable, more accessible and work for everyone – regardless of age, stage or mobility.

New Zealand is now part of a global movement toward adaptable and accessible design features which recognise today's changing population. Here in New Zealand this movement is represented by the Lifemark, the seal of approval which is endorsed by Lifetime Design.

The Lifemark is a set of design principles for use when designing and building a home, which ensures that the home is adaptable, accessible, inclusive and comfortable for life and living.

With features such as level entries, wet shower bathrooms and wider doorways, you can take your wheelchair, shopping or children anywhere, easily, in a Lifemark home. >>

>> The Lifemark seal of approval lets you know that a home has been designed according to the five Lifetime Design Principles: adaptability, accessibility, usability, inclusion and lifetime value.

A Lifemark identifies that a home has been designed for a lifetime of enjoyment. It demonstrates that a home will give everyone – you, your family and your friends – the freedom to move and feel right at home.

To find out more about Lifemark, or get your Architect or Architectural Designer to look at including the Lifemark design principles in your next home, call 0800 227 888 or visit www.lifemark.co.nz

From: E-newsletter from the Office for the Community & Voluntary Sector – Issue 41-3 May 2011

Community Research website – the place to learn and share

Community Research is the place to find good community research and researchers in New Zealand. The website is Aotearoa's premier hub for research papers, articles, case studies and documentation about the tangata whenua, community and voluntary sector. You can use it to upload your research, join or create discussion forums, find research and researchers, help pass on new ideas and good practice, and share your expertise with others.

The term 'community research' refers to research that adds to our knowledge of tangata whenua (Maori communities), and New Zealand's community and voluntary sector. And research that promotes good ways of working with communities, so that people learn through participating in the research.

More than 200 people and organisations have already contributed research to the site on topics such as generosity, volunteering, community development, social inclusion, cultural diversity and capacity building.

Recently-added research reports include:

- Financial Reporting Stocktake: An assessment of accountability through charities' filings on New Zealand's Charities Register
- Evaluation of the Healthy Relationships Programme for youth with intellectual disabilities
- Te Rarawa Community Research

The Community Research team is happy to make presentations to interested groups who want to know how to get the best out of the site, so contact Jan Hinde on 04 381 6389 if you'd like to discuss these opportunities.

Visit the Community Research website and start searching.

From: E-newsletter from the Office for the Community & Voluntary Sector – Issue 41-3 May 2011

Key dates, events & conferences

Check the Events calendar on CommunityNet Aotearoa to see what is happening around the country. Forthcoming events include:

- International Year of Volunteers +10 (throughout 2011)
- Charities Commission regional forums in 17 locations around NZ (3 May to 12 July)
- National Volunteering Conference: Raising the Bar – Wellington (23-24 May)
- Connecting Up Conferences in Wellington & Auckland (27 & 30 May)
- Volunteer Awareness Week (19-25 June)

View the full CommunityNet Aotearoa events calendar online.

ASID NZ 8TH ANNUAL CONFERENCE and AGM:
31st August to 2nd September 2011

Novotel Rotorua Lakeside, Rotorua,
New Zealand "Foundations for the Future"

A "Call for Papers" has been made for the conference and details for this can be found on the NZ Branch page of the ASID website www.assid.org.au <<http://www.assid.org.au>>

We are grateful to our funders for their on-going support which has enabled us to continue to work towards an inclusive future:

ASB Community Trust; The Four Winds Foundation; COGS; The Trusts Community Foundation; NZ Lottery Grants Board; The Southern Trust; Lion Foundation.