

[View this email in your browser](#)

# VALID

VALID e-newsletter issue #30

27/03/20

Dear VALID Supporter

VALID acknowledges that this is a difficult time for everyone in the community, but that it is especially difficult for people with disability and their families.

We care about how COVID-19 affects the lives of people with disability and we want to make sure that everyone is safe.

For now, we won't be meeting people face-to-face because we are aware that some people with disability can be vulnerable to COVID-19. We're all staying safe and well and we also want to make sure we are doing our best to stop people from getting sick.

## **Individual Advocacy**

VALID will continue to provide individual advocacy, advice and referral to people who contact us. But we will be doing this a bit differently to what we would usually do.

We will be using telephone, email and video conferencing to continue our day-to-day work, and to stay in contact with people who want to talk to us. We have limited capacity to take on new cases at the moment because of the large demand for advocacy, but we will try to do what we can to help people resolve problems.

Our Advocacy Intake worker will then contact you.

### **Groups, Networks and Training Sessions**

While our various group meetings and community development projects and events are necessarily on hold, we are currently trialling different communication methods with our Self Advocacy and VALID8 teams to see how we can continue to keep everyone in contact and engaged. Stay tuned!

### **Systemic Advocacy**

With our allies in [Inclusion Australia](#), [DANA](#) and [AFDO](#), we are currently working with government and service providers to find ways to make sure that people with disability are protected from COVID-19. If you are currently experiencing a problem you can't resolve, please contact us. While we may not be able to work with you directly to resolve the problem, where there are common issues we will tell the government and other stake holders what the problems are.

If you have any suggestions of things that could assist people with disability during this time, please feel free contact us with your ideas. We would love to hear from you. If possible, email your ideas to [office@valid.org.au](mailto:office@valid.org.au)

We know that this time is very distressing for many different reasons, and we hope we can all work together to get through and keep ourselves and our loved ones safe.

Stay safe and well

Kevin Stone  
VALID CEO

## **Families as Planning Partners training**

[Subscribe](#)
[Past Issues](#)
[Translate](#)

**Online Learning**

**Shift**

**USING THE NDIS TO ENSURE A GOOD LIFE FOR YOUR FAMILY MEMBER**

A FREE 4 week online interactive course conducted by parents with personal experience of the NDIS, for families who want to understand and use the NDIS as an opportunity to build a 'Good Life' for their family member. This four week course is FREE.

This is essential learning for all families (whether they have an NDIS Plan set or not).

**YOUR DATES:** Participants MUST commit to ALL 4 weeks.

Week 1	Thurs, 14 <sup>th</sup> November
Week 2	Thurs, 21 <sup>st</sup> November
Week 3	Thurs, 28 <sup>th</sup> November
Week 4	Thurs, 5 <sup>th</sup> December

**TIME:** Mondays and Tuesdays 6:00pm to 8:00pm

**WHERE:** Online. A link will be sent to your email registration.

**RSVP:** 5:00pm 14<sup>th</sup> October 2019 via Eventbrite [HERE](#)

**WEEK 1 UNDERSTANDING YOUR NDIS PLAN**

- Start preparing for your NDIS plan review
- What is and is not funded: what you can and cannot do. What is your role and responsibility?

**WEEK 2 GETTING EFFECTIVE SUPPORT**

- Learn the NDIS Language
- What you need to have and do for the Plan Review
- Communicate effectively with NDIS, services and workers.

**WEEK 3 NDIS PLANNING & WHOLE OF LIFE PLANNING**

- Prepare for Review - develop your ideal NDIS plan
- Planning - Person Centred, NDIS and Whole of Life Plans
- Learn how to write Goals.

**WEEK 4 HOW TO MANAGE THE PLAN SUPPORTS AND FUNDING**

- How to manage the plan - the funds and the supports
- The NDIS Price Guide & how to use funds flexibly
- Getting the best out of your NDIS Plan
- Implementing the Plan
- How to get the services and supports you need

At the end of 2019 the Families as Planning Partners team partnered with Prader-Willi Syndrome Association (PWSA) and ran four sessions over four weeks. With the help of technology, our trainer Maree was able to reach families that couldn't attend face to face sessions. Maree ran the sessions from the comfort of her own home and was able to connect with families from Eltham to Ballarat.

The Families as Planning Partners course aims to empower participants and encourage person-centered approaches. The course is designed specifically to assist parents and families of people with disability to get ready for transition to the NDIS. Participants came away with a better understanding of the NDIS and ensuring that their children's goals will be seen as reasonable and necessary and supported by evidence.

We will be running another online course on April 20 and you can register [here](#)..

### **Position Statement on Access to COVID-19 Prevention, Screening and Treatment of People with Intellectual or Developmental Disability**

The Department of Developmental Disability Neuropsychiatry (3DN) from UNSW Sydney, The Australian Association of Developmental Disability Medicine, Council for Intellectual Disability and Inclusion Australia call for concerted action to ensure the right to access to screening, effective prevention and necessary health care for people with intellectual and developmental disabilities in relation to COVID19. You can read and endorse this statement [here](#).

Along with other National disability peaks, we urgently ask that the Australian Government act swiftly to include DSP recipients in the Coronavirus Supplement to ensure that people with disability are not further disadvantaged by the impact of the Coronavirus. Find the joint statement on the Disability Advocacy Network Australia - DANA [website](#) .:

### Dulcie Stone Writers Competition



A lot is going on at the moment and you might be feeling overwhelmed. Some of you may be stuck at home and tired of watching TV or listening to the news and looking for something creative to do.

The Dulcie Stone Writers Competition is underway and a great opportunity to get creative! The theme is "A Good Life. Are We There Yet?"

What does it really mean to live the good life?

Now is the chance to tell your story about what life really means to you!

Works can be of any length up to a maximum of 1,000 words or a storyboard of up to 3 x A4 pages of drawing.

You can find out more [here](#).

Have you liked our [Facebook page](#)? Like our page to keep up to date with latest news in the sector and important updates regarding COVID-19. You can also find out more by following us on [twitter](#).

Did you know we have an [Instagram account](#)? Check it out and don't forget to follow us!

We want to stay in touch with you all and are looking into ways we can do this online and through our social media pages and groups. So, check out our socials and get connected!

---

## What's on at VALID

### Families as Planning Partners training

[Multiple dates and locations](#)

### Dulcie Stone Writers Competition

[Friday 24 April, 2020](#)



---

Rate this eNews

[Excellent](#)

[Very good](#)

[Good](#)

[Not good](#)



[Subscribe](#)[Past Issues](#)[Translate](#) ▼

Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe from this list](#).



---

This email was sent to <<Email address>>  
[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)  
VALID · 130 Cremorne Street · Richmond, VIC 3121 · Australia