



SPOCAAS News

Volume Three - Issue 5 - 2011

A Committee of Community Living & Respite Services Inc

Welcome to SPOCAAS News!

The Autism Project initiated in 2010 by Community Living & Respite Services Inc. and supported by Carer Support Services, after commissioning a wide ranging review, has seen most positive outcomes for families.

We now have a dedicated part time Autism Family Intake worker, Donna McManus, a number of available therapists on site (some with Medicare & Helping Children With Autism registrations), family focused workshops with cost assistance, Social Skills training sessions for children, an Administration Hub on site staffed by SPOCAAS volunteers and further initiatives in the planning stages.

SPOCAAS continues to be a most valued resource in the implementation of planned actions and in keeping the focus on inclusive opportunities.

Thought for the day: ADVENTURE is the opposite of TELEVISION.

Fran Galvin



HIGHLIGHTS

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Nominations for SPOCAAS Executive Committee are now open.

Nominations close 26th October

More information on page 5.
All SPOCAAS parents & carers welcome to
nominate and get involved.

SPOCAAS Christmas

Expressions of Interested wanted
for Planning



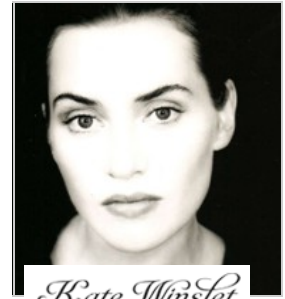
See page 4 to let SPOCAAS know what your
family would like!



www.goldenhatfoundation.org

Kate Winslet is using her star power to provide an opportunity to make a difference to those with autism.

"It makes me incredibly proud to work on this effort to bring awareness to the plight of people with autism. I believe that all people with autism should be given the opportunity to learn to communicate, receive a suitable academic education and experience social relationships. Only then can they truly live a meaningful life. Please explore our website and learn more about the many ways you can help!"



www.education.vic.gov.au/autism Autism-Friendly Learning: A dedicated site

The Autism-Friendly Learning site is an online space dedicated to providing detailed and up to date information about the Department's commitment to Victorian children and young people with an Autism Spectrum Disorder (ASD). The site makes it easier for school, teacher, professionals and families to access information about options for support and the availability of professional development opportunities, state-wide programs and detailed plans regarding regional priorities.



PLIESE is a learning tool. It was developed by two passionate educators case managing students identified with Autism Spectrum Disorder and students in Gifted and Talented programmes and other learning needs. PLIESE was developed and employed specifically to re-engage students in their acquisition and application of learning.

iPad Apps

Here is a users eye view of the current iPad apps, compiled by a parent from a support group and distributed to SPOCAAS by a parent volunteer from the Someone to Turn to program.

<https://spreadsheets.google.com/pubRXBfd01jc3lqakE&hl=en&single=true&gid=0&output=html>

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Adults on the Spectrum



Are You a Person on the Autism Spectrum? Can You Help us please?

SPOCAAS is interested in looking at how people (particularly adults) on the Autism Spectrum can best connect in with others. It is well recognised that the typical forms of 'getting together' or 'finding out information' are not necessarily suitable for those with an Autism Spectrum Disorder – so what works best for you?

It may be something like, an online or in-person buddy system – just one person to catch up with or spend time with to share a special interest OR an online forum or social media page (eg. Facebook, Blogs, Websites or Chat spaces) to access information or to make friendships. OR a regular small group 'get together' where you see a movie or participate in an activity of interest OR you may be able to suggest something different altogether!



We'd love to hear from YOU! Your input can help SPOCAAS as it moves forward, and can ensure that we work towards meeting everyone's needs in the best way possible.

Please let us know about your needs for 'connecting' (anonymously if you like) by dropping a note in at the CLRS Percy St office, by email spocaas@clrs.org.au or by phone 5480 2388 (please leave a message and someone from SPOCAAS will call you back).

PS – Remember, this is about what would best suit YOU, not what other people may think

Siblings



Association for Children with a Disability (ACD) recently published a wonderful booklet called "Growing together, A parent guide to supporting siblings of children with a disability"

"Growing up with a brother or sister with a disability can be a mix of positive and negative experiences and emotions. Many siblings say their brother or sister with a disability enriches their life. All siblings, however, greatly benefit from extra understanding and support on their journey." source Growing Together

Association for Children with a Disability (ACD) provides information, support and advocacy to families who have a child or young adult with any type of disability or developmental delay in Victoria. ACD is run by parents so the association understands what it means to have a child with a disability and they understand from the family perspective. Their services include free telephone information and advocacy to support families.

Growing Together" is available free of charge to families by contacting ACD on 1800 654 013 or emailing mail@acd.org.au

Thought of the Month

..."You all laugh because I'm different,
I laugh because you're all the same"! unknown





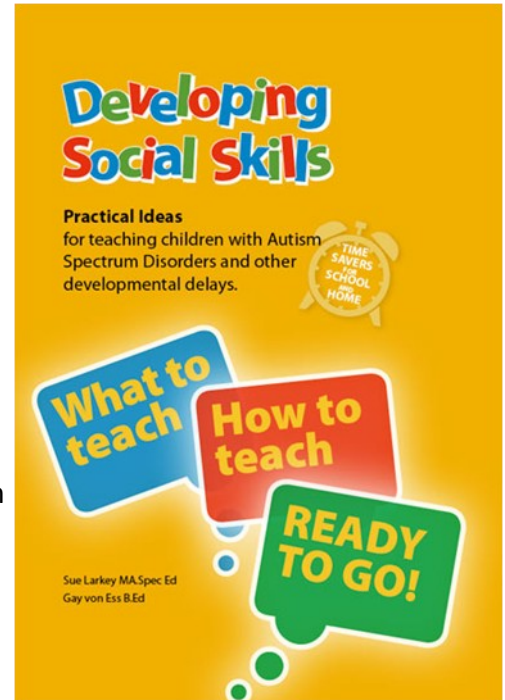
Developing Social Skills

By Sue Larkey & Gay Voss

Developing Social Skills is a fabulous tool for helping people with ASD whom are often socially disadvantaged and consequently their literal interpretations of language lead to frequent misunderstandings in everyday conversations. The book explains how to teach and develop the necessary social skills to apply to everyday life. Of course the parents or adult responsible for teaching these social skills has a very important role in helping introduce and practise each skill taught.

This book provides a systematic format where each skill is broken into:

- What/Why teach the skill,
- How to Teach that skill (activity)
- A social script to help practise that skill



A terrific book that you will use over and over again !!!



SPOCAAS CHRISTMAS (yes, it's nearly here again!)

SPOCAAS would like an Expression of Interest from your FAMILY to help plan a SPOCAAS Christmas!!!

As SPOCAAS grows, so does the needs and wants of the families and individuals. So this year we would like to ask what suits your family better.

Would your family be interested in attending a party on 27th November 2011 at Squiggles at Moama on Murray Resort (BYO)

OR

Would you family prefer a small Christmas gift? (Gifts will be limited)

Please send your families expression of interest, including name, to spocaas@clrs.org.au or SMS text 0428 382 668

Now something for just the Parents & Carers!

SPOCAAS Parent & Carers Christmas Dinner will be held on Tuesday 29th November, 7pm til 9pm at Echuca Hotel. Meal & drink provided.

RSVP Essential. Please send your RSVP to spocaas@clrs.org.au or SMS text 0428 382 668.





>> ABIA Seminars in Echuca <<

A series of 2hr ABA based workshops will be offered for families and professionals. Thanks to a generous grant from Felton Bequests, families will be able to attend a subsidised rate. HCWA funding can also be used.

October Seminars on 25th & 26th

<https://www.surveymonkey.com/s/seminaroctober>

Eating issues & solutions, Ten top ways to manage a child's behavior, Programs for children with high functioning autism, Finding order in chaos- making home life more manageable & Choosing a curriculum- deciding what a child needs to learn.

November Seminars on 22nd & 23rd

<https://www.surveymonkey.com/s/seminarnovember>

Toileting, Task analysis-breaking down skills to set up a child for success, Generalisation-using skills effectively in the wider environment, Teaching play & Reinforcement.

More information, flyer and registration details can be accessed on the Loddon Mallee ASD Website www.clrsasd.org.au under the "Events" page or by contacting Elissa Plumridge on 5480 2388 or eplumridge@clrs.org.au

Need Childcare?

MyTime is providing child care for Session 1 and Session 4 please see calendar on back page. Please RSVP to Elissa on 5480 2388 or eplumridge@clrs.org.au if you require this service. **Alternatively**, please contact Carer Support Services on 1800 068 978 to discuss your needs for childcare support.

"People who think they know
Autism,
are a danger to Autism."
Theo Peeters

NOMINATIONS ARE NOW OPEN FOR SPOCAAS EXECUTIVE COMMITTEE

SPOCAAS has a volunteer Executive Committee of SPOCAAS Member representatives and one CLRS Board of Management representative. The committee meets monthly.

SPOCAAS Committee positions are 12 months in duration and nominations are taken in October each year. The new SPOCAAS Executive Committee starts in November of each year.

All nominations are collected by the CLRS Board of Management representative for endorsing, and where the number of nominations exceed the number of committee positions, a vote takes place. If you are interested in joining the committee, we encourage you to submit your nomination and attend the Committee Meetings on November 8th 2011.

All forms are available at www.clrs.org.au or SMS text 0428 382 668 to request forms are posted to you.

All SPOCAAS parents and carers are invited to nominate and get involved.

Echuca Specialist School Fundraiser The Little Black Dress 2011

Bond: James Bond

Friday 11th November 2011

7pm till Midnight

Coriander Function Centre

\$55 per ticket

Complimentary cocktail upon arrival

Themed giveaways

Screening of a Bond Classic Movie

Major Raffle

Best Dressed

Bond Themed Photo Booth

Ticket Enquiries

> Echuca Specialist School 5482 2769 <

> Suellen Betts 0418 324 327 <

> Simone Coutts 0407 880 938 <

Occupational Therapy Services

Kate Hill is an Occupational Therapist based in Moama. Kate is a registered Medicare provider and a registered HiCaps Provider (Private Health Insurance). Kate is currently going through the processing to be a registered provider of services through the **Helping Children With Autism** (FaHCSIA) program.

Call Kate for an appointment on 0448 864 216

A directory of Autism related services is available on the Loddon Mallee ASD website www.clrsasd.org.au under the “Services” tab

Kaitlyn Bourke, Occupational Therapist with *Kids in Sync*, is now seeing clients in Echuca. Kaitlyn is a registered provider of services through the **Helping Children With Autism** (FaHCSIA) program and a registered Medicare provider. Call Kaitlyn for an appointment on 0439 485 500

Speech Therapy Services

Ruth Glanville, Speech Therapist, is a registered Medicare and HiCaps (Private Health Insurance) Provider and has recently been approved to provide services thorough the Helping Children With Autism (FaHCSIA) program. Ruth is based at [N8] Health in Nish St. Echuca.

Call Ruth for an appointment on 54822 988

Celeste Plant, Speech Therapist with SCOPE, is now seeing clients in Echuca. Celeste is able to provide services through the **Helping Children With Autism** (FaHCSIA) program.

Call Celeste for an appointment on 5823 5744

Rebecca Amy, Speech Therapist, is a registered Medicare provider based at the Echuca Sports Medicine Clinic.

Call Rebecca for an appointment on 0457 930 508

Do you provide ASD specific services to the Echuca region?
SPOCAAS is happy to include your ASD specific service in the next edition of SPOCAAS News.

HCWA Funding from July 1st 2011

From 1 July 2011, children eligible for the Helping Children with Autism program will be able to have access to a broader range of allied health professionals. Medicare items are now available for eligible children to access services from eligible audiologists, occupational therapists, optometrists, orthotists, physiotherapists, psychologists and speech pathologists, after referral from a paediatrician or psychiatrist.



[Follow this link to access a Fact Sheet for Parents](#)

[Follow this link to access a Fact Sheet for Professionals](#)

Alternatively, these documents are available at www.health.gov.au

or contact AMAZE (Autism Victoria) on 1300 308 699 to discuss your specific needs.

PlayConnect Echuca : Fridays



The Echuca Region PlayConnect Playgroup is held every **Friday** morning during school term time, from **10am until 12midday**. This playgroup is aimed at families with a child or children with an Autism Spectrum Disorder (ASD) or ASD traits. **A diagnosis is NOT necessary and NEW FAMILIES are most welcome**. Please call Elissa Plumridge at CLRS on 5480 2388 or email eplumridge@clrs.org.au for more details.

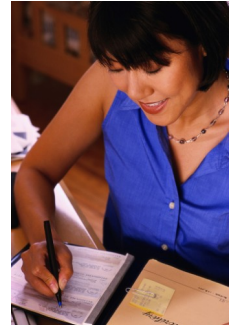


Do you have something to contribute to SPOCAAS News?



Are you someone with something to say about Autism Spectrum Disorders? SPOCAAS News provides an opportunity for those involved in the Autism Community to share information, ideas and stories. If you have something positive or proactive to say or contribute, we'd love to hear from you!

Contributions to SPOCAAS News must be the original work of the contributor, or must be accompanied by permission of the author to redistribute. Ideas sourced from any articles, websites or publications must be referenced appropriately. For further information, or to share your ideas for SPOCAAS News, please contact the SPOCAAS News team via email, spocaas@clrs.org.au or via phone 5480 2388 and leave a message for a SPOCAAS representative to contact you.



Incontinence Scheme

Rocket Players are pumped to play at Edihad Stadium!!

CONTINENCE AIDS PAYMENT SCHEME (CAPS)

Do You Care For Someone With Permanent And Severe Incontinence?

Do You Need Help Meeting The Cost Of Your Continence Products?

The Australian Government Continence Aids Payment Scheme (CAPS) Could Help.

National Continence Helpline 1800 330 066



For further details please contact
Suellen Betts
03 5480 2388 or sbetts@clrs.org.au



CLRS News





Community Living & Respite Services Inc. has recently restructured to include a Family Services Division. Donna McManus is the Team Leader, and oversees Intake & Planning, the Autism Case Consultant Role, Out of Home Care Service and PlayGroup /MyTime Coordinator. Donna also has the direct role of Autism Family Services Coordinator and assists families to understand the referral process to various therapists and funding. Donna is available by phoning our office at 26A Percy Street—5480 2388.

CLRS was pleased to recently offer the Theory of Mind workshop, delivered by Autism Partnerships in Echuca and Bendigo. This benefited local families, therapists, educators and Disability staff. These workshops were arranged by Elissa Plumridge. Further workshops will be available next term, thanks to a grant to Community Living & Respite Services Inc. from the Felton Bequests.



DATES: October-November 2011

Please note that some events are to be confirmed (TBC) and details are subject to change. It is advised that you are on SPOCAAS email list to ensure you are kept informed of changes.

October 2011		November 2011	
Tuesday 4th 7pm—8pm	SPOCAAS Evening Coffee Club Evening Coffee Club at Echuca hotel * No Morning Coffee Club due to School Holidays	Tuesday 8th 9.30am-11.30am 7pm-9pm	SPOCAAS Morning Coffee Club Morning Coffee Club & MyTime at Alexander House with Child care available. RSVP Please SPOCAAS Committee Meeting 24 Percy St Echuca * New Committee Elected
Tuesday 11th 9.30am-11.30am 7pm-9pm	SPOCAAS Morning Coffee Club Morning Coffee Club & MyTime at Alexander House with Child care available. RSVP Please SPOCAAS Committee Meeting 24 Percy St Echuca	Wednesday 9th 10-11am	Tatura Coffee Club 115 Hogan St Tatura 
Tuesday 18th 9.30am-10.30 7.30pm	SPOCAAS Morning Coffee Club Alexander House, no childcare Community Living & Respite Services Annual General Meeting (AGM)	Tuesday 15th 9.30am-11.30am 7pm—8pm	SPOCAAS Coffee Club > Morning Coffee Club & MyTime at Alexander House with Child care available. RSVP Please > Evening Coffee Club at Echuca hotel (no meal)
Friday 21st/ Sat 22nd—Sun 23rd	Parents Retreat to Daylesford Places are now filled 	Tuesday 22nd 10am-12noon 2pm-4pm 7pm-9pm	ABIA Workshops > Toileting * Childcare provided 9.45am-12.15pm by MyTime at Alexander House > Task Analysis > Generalisation *No morning coffee club today
Tuesday 25th 10am-12noon 2pm-4pm 7pm-9pm	ABIA Workshops > Eating Issues and solutions * Childcare provided 9.45am-12.15pm by MyTime at Alexander House > Ten top ways to manage a child's behavior > Programs for children with HF Autism * No coffee club today	Wednesday 23rd 9.30am-11.30am 1pm-3pm	ABIA Workshops > Teaching Play * Childcare provided 9.15am-11.45am by MyTime at Alexander House > Reinforcement
Wednesday 26th 9.30am –11.30am 1pm-3pm Close of business	ABIA Workshops > Finding order in chaos * Childcare provided 9.15am-11.45am by MyTime at Alexander House > Choosing Curriculum > SPOCAAS Executive Committee Nominations Close Address to Fran Galvin PO Box 424 Echuca 3564	Tuesday 29th 9.30am-11.30am 7pm—8pm	SPOCAAS Coffee Club > Morning Coffee Club & MyTime at Alexander House with Child care available. RSVP Please > CHRISTMAS Evening meal for parents /carers at Echuca hotel RSVP required

RSVP's & Enquiries

Email: socaas@clrs.org.au Phone: 5480 2388 and leave a message or SMS text: 0428 382 668

Child Care

- SPOCAAS Morning Coffee Club provides onsite child care provided fee free by MyTime & Community Living & Respite Services Inc on selected dates
 - ❖ Please introduce your child to child care staff on arrival.
 - ❖ Please bring a drink and snack for your child.
- SPOCAAS Evening meetings, Special Events and Committee Meetings are Child Free unless otherwise specified.

Venues

- SPOCAAS meets for Evening Committee Meetings at CLRS Offices 24 Percy St Echuca.
- SPOCAAS Morning Coffee Club meets at Alexander House, 242 High St Echuca and Evening Coffee Club meets at Echuca Hotel High St Echuca.
- Please check newsletter/invitations for venue details for programs you wish to attend.