

AQA NEWS LINK

The Official Newsletter of AQA Victoria Ltd., & AQA Tasmania

July 2003

Pregnancy, Childbirth and Paralysis

Read a Members Experience



Wheelchair Soccer

Get into it!

PLUS...

- › The Companion Card
- › Celebrity shirts for spinal cord research
- › Online Access Centres in Tasmania

... & More



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Australian

Quadriplegic

Association

Victoria

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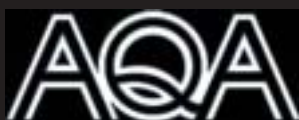
Tanya Clarke

A.Q.A. NEWS LINK is the official newsletter of A.Q.A. Victoria Limited, (Australian Quadriplegic Association – Victoria), and is published bimonthly. NEWS LINK seeks to publish material of interest to people with physical disabilities and their families, professional workers and other individuals and organisations concerned with the welfare of those who are physically disabled.

ARTICLES and items of interest are welcome from any individual or organisation.

NEWS LINK reserves the right to edit all submissions as it sees fit. Published articles do not necessarily reflect the policies or opinions of A.Q.A. or its members.

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NEWS LINK

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From the CEO

I would like to congratulate Gary Allsop for his hard work in organising the Celebrity Shirts for Spinal Cord Research fundraiser in May. Gary's article on page 10 talks about this successful event. It's great to see so many prominent



people supporting this worthwhile night. Gary has also provided many interesting articles for News Link over the years and his continued support of the newsletter is greatly appreciated.

AQA is currently undertaking the Disability Services Quality Assurance instigated by the Department of Family & Community Services. Our audit will take place in late July and hopefully the organisation at this stage will receive its Accreditation. For AQA this process means confirmation of our existing policies and procedures and implementation of improved systems that will provide an even better service for our members, clients and customers.

Ian Bennett

Chief Executive Officer

ianbennett@aqavic.org.au

From the Editor

I would like to thank AQA Victoria for allowing me the opportunity of becoming the editor of News Link. I hope I can carry on with the excellent work that Naz has provided over the years in keeping our members informed. Naz will still be writing articles and providing information, which we look forward to reading.



In this issue there is a fantastic article which Anna Leyden has written in detail regarding the birth of her first child and the ordeal she experienced. I would recommend this article to everyone so that they can get a feel and understanding of what Anna had to go through (please refer to pages 8 and 9).

Finally, we are hoping to send the 'Member Details Update' and 'AQA Member Survey', which we mentioned in the last issue of News Link, in the mail with a reply paid envelope within the next few weeks. We hope that you are able to find the time to fill these forms out – this will enable us to update AQA's records, and also help us to assist you wherever possible.

Simon Damevski

News Link Editor

simondamevski@aqavic.org.au

BRAND NEW UNITS FOR RENT

Two brand new disability-specific units are available for rent in Evans Crescent Reservoir.

Each of these new privately owned two-bedroom units have exceptional features which include a well-designed open plan bathroom/toilet. Another notable feature is the absence of such obstacles as sliding door tracks on the floors. The two sliding doors that provide access to the kitchen and master bedroom have shop style sliding door tracking which is pelmet mounted. The doorways throughout the units are much wider than the designated building standards.

With regard to location, the units are on a bus route and are situated one kilometre from Reservoir railway station and shopping center.

Inquiries about occupancy may be directed to Greg Kidd by phone on 9415 1200 or by email to gkidd@paraquad.asn.au. Alternatively, the owner, George Malkoun can be contacted by phone on 0408 174 385.

NO LIMITS TV

Do people with disabilities have sex?

What happens to dancers who lose the use of their legs?

How does a person in a wheelchair get on and off a bus?

To find out these and other awkward questions people are often too embarrassed to ask, tune into local Melbourne community television station "Channel 31" each Monday at 7:30 pm to see episodes of "No Limits", a half hour program of interviews, song, dance, controversy, sport and laughter. This is a first for Australian television, focusing strongly on hands-on involvement from people with disabilities. A rotating panel of opinionated, intelligent and irreverent hosts, who have some form of a disability, seek answers to everything you always wanted to know about living life to the fullest with a disability (but would not dare ask).

Creating Personalised Lifestyles

Michael Kendrick together with Mobile Attendant Care (QLD) proudly hosted by the Personalised Lifestyle Assistance Project, Melba Support Services and ParaQuad Victoria

Over the past few years a small number of people in Australia have been inspired by alternative support arrangements and options that assist people who have a disability to live "typical lifestyles" within and as part of the community. People who have disabilities, together with their advocates, have been hugely positive and innovative, when their sense of what is needed and possible is harnessed as an active and decisive force and encouraged to *imagine* better. These grass roots efforts all have their own unique way of doing things but have demonstrated instances where people have found some measure of progress and meaning in their life while keeping bureaucratic processes out of their lives!

Dr. Michael Kendrick will discuss examples of small projects in which people with disabilities have been very effective in designing and evaluating their own supports and services while being shielded from bureaucratic demands. Such advances can provide examples of inspiration and innovation.

Mobile Attendant Care (MACS) from Queensland will also present their inspirational story of how they imagined and created a highly relevant and flexible service that is governed mainly by the people who use it. MACS provide night-time support for people with physical disabilities who need personal care assistance throughout the night.

Venue: Uniting Church Centre, 130 Little Collins St, Melbourne

Time: Monday 25th August, 2003 9.30 am – 4.30 pm

Cost: People who have a disability/families (not sponsored by an agency) \$30.00
People sponsored by an agency \$115.00 (Including GST & Lunch)

Registration: Please contact AQA or one of the numbers below to receive a registration form

Further info: Deb Rouget 9723 3656 email: debrouget@netspace.net.au or 0412 001388 or Delia Fisher 9569 2089

Tax benefit for assistance dogs

As announced in the 2003 Federal Budget, the Government will provide tax assistance to people with a hearing impairment or other disabilities who are assisted by hearing or service dogs.

Payments for maintaining properly trained guide dogs for people with vision impairment can currently be claimed under the medical expenses' offset. The Government will broaden the eligible medical expenses list to ensure that similar treatment is available for maintaining properly trained dogs for guiding or assisting people with hearing impairment or other disabilities, with effect from 1 July 2002.

The medical expenses offset provides assistance to Australian resident taxpayers and their dependents at the rate of 20 per cent of any net qualifying medical expenses above the threshold. The offset is available in addition to the 30 per cent private health insurance offset.

ACROD News, June 2003



Austin & Repatriation Medical Centre

Do you have problems getting an erection?

The Victorian Spinal Cord Service at the Austin and Repatriation Medical Centre is looking for volunteers to participate in a clinical trial examining the effect of a new oral treatment for erectile problems, in men who have had a spinal cord injury.

If you are interested in participating please contact Heather Amiconi on (03) 9496 5906.

All information will be kept strictly confidential

Online Access Centres in Tasmania

The Launceston library's Online Access Centre has re-sponded to community demand by making the centre more accessible to all its users through the use of a sound-proof booth.

"The booth initiative arose from a need to provide a facility for centre users to draw on voice recognition software or to access spoken infor-mation over the Internet without disturbing others," said Education Minister Paula Wriedt

"It contains a computer with a larger-than-average monitor, voice recognition software, a large mouse and a touch pad-type keyboard. It has wheelchair access and room for two people."

Ms Wriedt said the specific needs of several Online Access Centre users provided the genesis of the idea for the booth.

Two years ago a group of Afghan refugees came to the centre to listen to the BBC spoken in Persian over the Internet. The centre closed for several hours on a number of occasions to allow them uninter-rupted access to their news.

More recently a patron who is blind was coming to the centre with a friend who would read him emails out loud.

Ms Wriedt said the booth would benefit not only these people, but others who because of a disability, have found it difficult to fully utilise the equipment in the centre.

Almost 50,000 Tasmanians have used the State's 64 Online Access Centres since the programme started in May 1998.

To find a Tasmanian on line access centre:
www.tco.asn.au/find.cgi

Link Magazine, June 2003



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What's new in PEER SUPPORT

By Peter V. Benthem
petervanbenthem@aqavic.org.au

2003 Wheelchair Soccer season

The wheelchair soccer season has now begun and is in its 10th year of competition. There are 12 games per season that are played throughout winter. New people are always welcome and are encouraged to join as it is a great way to keep fit and active in the colder months.

Wheelchair soccer is a modified version of field soccer that is played in a warm indoor basketball stadium by people who use electric and manual wheelchairs. It is open to all people regardless of age, type, or level of disability.

There are two main areas of competition: North-West and South-East. Each area has approximately 12 teams, and the top team from each area play off for the final. There are also two team levels in which the game is played: A and B. The senior A team plays a faster pace game and hence is for those wheelchair users who have a higher ball skill level. The B team plays at a slower pace and hence is for those wheelchair users who are at beginner's level. The B teams in wheelchair soccer are a good introduction to low and mid level soccer for all ages.

A few of us wheelies from AQA Victoria went out to a "wheelchair soccer come and try day" at Sunshine which is one of the venues where the North-West League play. We had heaps of fun even though it was a scratch game. There were all different levels of disability and age competing and it was fantastic to see everyone having a lot of fun, especially the kids. Even though it was only an introduction game, we could see how the competition in the A and B leagues would require skill and be lots of fun. A few of us at AQA would like to start a new team, so if you are interested give me a call at AQA 9489 0777. (Peter van Benthem)

2003 North-West League Dates

Round 1-5 These round have been played

Round 6 Sat, 19th July **Broadmeadows**

Mid-Season Break

Round 7 Sat, 9th August 2003 **Broadmeadows**

Round 8 Sat, 16th August 2003 **Rec West**

Round 9 Sat, 23rd August 2003 **Broadmeadows**

Round 10 Sat, 30th August 2003 **Rec West**

Round 11 Sat, 6th September 2003 **Broadmeadows**

Round 12 Sat, 13th September 2003 **Rec West**

Grand Final Sat, 20th September 2003 **Broadmeadows**

Chris Jones Sat, 4th October 2003
Ashburton Pool & Rec

State Cup

Venue Addresses

Broadmeadows Leisure Centre, Pearcedale Parade,
Broadmeadows (Dimboola rd, Entrance)
(Melways Ref; Map 6-G8)

Rec West Community Recreation Centre, Lily st,
Braybrook (off Duke street).
(Melways Ref; Map 27-B12)

For more information on becoming either a player, support person, coach, referee or club volunteer please contact **Phil Ware** at **VSF** on

Tel: 9685 8700

Mob: 0402 162 802.

Email: pware@soccervictoria.org.au



Name:

Michael Carbines.

Age:

I'm 44 years of age.

Disability & Level:

Thoracic 2.

Are you Married/Single?

Single.

Do you have children?

No.

How did you acquire your disability?

I had a motorbike accident in 1986 and as a result I broke my back at T2.

What is your living situation?

I live on my own.

Your Survival Tip for others?

Close support from family and friends.

What has been your most embarrassing moment since you have been using a wheelchair for mobility?

I once got lost in Myers amongst the racks of ladies underwear and then had to ask for assistance to a lift.

Your greatest achievement?

Beating my brothers in swimming both in distance and speed in a hydro-therapy pool.

What do you do with your time?

I like to read, write and show my budgerigars in competition.

Why did you choose to live in Country/City? (Draw backs/Positives)

I had my accident near where I now live and have remained here since. Also, I find it very hard to get around the city and I normally get lost.

Your best holiday spot and why?

I find northern Queensland to be my best holiday spot as the people are very friendly and the weather is great.

What food do you like best?

Fresh seafood is my favorite sort of food.

If money was no object what would you buy/do?

I would travel the world more extensively.

Do you have an internet site you would recommend?

www.3cr.org.au

Dynamic Wheelchairs

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Unit 17, 14-26 Audsley Street
Clayton Victoria 3168

Postal address:

PO Box 4081
Mulgrave Victoria 3170



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- à locally manufactured by – **A-1 mobility**
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For further information contact:

Mike De Santo

Tel: (03) 9548 8400

Fax: (03) 9548 8411

Email: dynamicw@hotmail.net.au

Pregnancy, childbirth and paralysis



Hi, my name is Anna and I was asked to write a small article on pregnancy and childbirth after having experienced this first hand. I felt the need to write this article because many women who are paralysed have little information on how paralysis affects the body during pregnancy and childbirth. I wish there had been some information available for me when I decided to take the plunge and become a mother.

In 1976 I had a car accident that resulted in a complete Spinal Cord Injury (SCI) at T2/T3. I was a very young girl at the time of the accident and like most young people, had many aspirations to fulfil. One of these wishes was to become a mother. This dream came true in 1987 with the birth of my first child: a healthy baby boy.

It was February 1987 when my doctor told me that I had conceived and was to become a mum. I was so excited, happy and thankful that I was able to conceive naturally - not that there was any physical reason why I couldn't. Initially I went to the

Austin Hospital Spinal Unit and from there I was referred to the Professor of Obstetrics at the Mercy Maternity Hospital, Melbourne.

In the first three months of pregnancy (trimester), I had many sleepless nights due to relentless nausea and experienced a general feeling of being unwell twenty-four hours a day. I can't recall how many times I threw up! Being nauseous is a common condition during pregnancy and had nothing to do with my paraplegia. Another symptom was frequent urination and it drove me insane!

I was fortunate that I did not get any bladder infections and hence no medication was required prior or during my pregnancy. As a result of the physical stress on my body, I began to feel emotionally drained, unfocussed and moody.

Even with these symptoms, I found the first three months of pregnancy relatively easy. I was able to work up until I was 5 months pregnant. I didn't need any special treatment or help at this stage. In order to get a grasp on the things that were happening to my body, I bought a few books on pregnancy and the effects it has on a woman's body. I was of the opinion that I was not any different to able pregnant women.

During the second trimester my abdomen began to grow and I started piling on the weight. I had become less active and the duration of the morning sickness started to subside so my appetite slowly returned. I was able to eat meat for the first time since I fell pregnant. When I was in the first trimester of

my pregnancy the thought of red meat made me ill although I was still able to eat fish, chicken, eggs and most of the foods that I enjoyed.

As the months rolled on my appetite increased and so did my size. By the fifth month of my pregnancy I was looking very pregnant and had gained about 10 kilos. I had always been a small sized woman and now I was much larger: the biggest I had ever been in my life. Sitting in my wheelchair became very difficult as my thighs began to rub against the wheels.

My posture began to suffer as my abdomen began to sit on my lap, pulling my shoulders forward. I had to constantly make a conscious effort to hold myself upright and not slouch over. Red marks began to appear on my bottom due to the increase of weight and bad posture. It became increasingly difficult to do my lifts to relieve the pressure off my bottom, and my balance was all over the place. I could not take the risk of getting a pressure sore while pregnant so I began to spend extra time lying down. I had to quit work at this stage.

I noticed my bowel regime had changed. Prior to the pregnancy I was regular but now it had become more difficult. At times I was constipated and felt as if I was going to explode. I ate lots of fruit in an attempt to resolve the problem however this was only effective part of the time. I can't recall if I had any bowel accidents.

By the sixth month I was having great difficulty with all my transfers. I had to take extra time and care whilst

transferring so that I would not fall due to the excess weight and decrease in balance. It especially became a nightmare getting in and out of my car due to my abdomen getting in the way. I was still able to dress myself independently, however required a little more effort and time. I was able to manage with all this right up until I was admitted into the hospital about four weeks prior to giving birth. At times I felt as if my independence was slowly dwindling away but I endeavoured to do as much as I could on my own without the help of my husband.

In the third trimester I had fluid retention in my feet and hands. The swelling prevented me getting my shoes on so I began to wear my slippers. When I went to bed it was very uncomfortable and the only way to take pressure off my abdomen was to lie on my side. I was assured by the professor of obstetrics that I was doing fine and had no complications.

On my last visit to the hospital, prior to being admitted, the professor thought I would not go to full term due to the lack of muscle tone and the weight of the baby's head. It was decided I should be admitted four weeks prior to giving birth. Boy, how wrong he was, as I did go full term and my son was born at forty weeks and one day.

The day before I went into labour I began having tingles at about 4.00pm. At first I thought I had to pass urine, as that is what the tingling sensation usually indicated for me. However, on this particular day the tingles lasted longer and they were much more intense.

I was on the phone to my husband at the time when I got the second bout of tingles and explained to him what I was feeling. I remember him saying that I must be going into labour and I replied "No I'm not! I'm not supposed to be feeling anything". At this stage I thought I had better tell one of the nurses, who had been looking after me for the past four weeks, that I was experiencing these strange sensations. The nurse examined me and said I was dilating and should get prepared for birth.

Later on that afternoon my doctor examined me and I had become even more dilated. In the evening I was taken to the delivery ward. In the early hours of the next day the tingling and sweats intensified and by 7:00 am I was in a constant sweat. I had also started to develop a headache. It felt as if I was experiencing an extreme bout of hyper-reflexia.

In the later phase of labour, every time I had a contraction my abdomen felt as if there was a herd of elephants stampeding and I was being trampled on. The closer the contractions became, the worse I felt. I was in agony and could barely catch my breath. With every contraction I began to push and was sweating profusely. At this time a group of nurses, who had looked after me, came in to gain insight on a paraplegic giving birth.

With the help of forceps and an episiotomy, at 9:33 am, my son was born fit and healthy. All the pain had gone and the sweats began to diminish. The birth of my son was the

most unbelievable experience I have ever had. I was overwhelmed with joy and happiness that I could bring a new life into the world.

When I held him in my arms for the first time I began to question my ability to look after him. How was I going to manage my new baby boy? I had been moved to a large room on my own which allowed me to get around with greater ease. However, I was still concerned because my balance continued to be bad even after a rest and some sleep.

All my transfers had to be supervised while I was in hospital.

I stayed at the hospital for a further two weeks so that I felt confident enough to be able to look after my son and to ensure that the episiotomy healed without problems. This was an experience I will never forget. I was a fit and healthy woman before I was pregnant and as a result it wasn't long before I was back in shape after the birth.

When I decided to have a second child I knew what was in store for me and this made it a lot easier. I had a girl two years later who was delivered at 40 weeks and two days. My son is now 15 and my daughter is 13. I am so glad that I did not miss out on the motherhood experience because of paraplegia.

Written by Anna Leyden

Celebrity shirts for spinal cord research

On Saturday 31 May, the Australasian Spinal Research Trust held its first Victorian charity fundraiser at the Flemington Racecourse Atrium room.

About 300 guests attended the function to raise money for spinal cord research. A sumptuous three course meal was served and people were blown away by the set up of the room and the amount of celebrity memorabilia that was available to them.

Hosted by the lovely Sandra Sully, patron of the ASRT, the whole night turned out to be just perfect. First, the audience was treated to the comedic talents of Dave O'Neill from Nova 100 breakfast and star of the Nugget. Then we were entertained by the wonderful voice of Frank Amorosi, who sang about six songs. Special guest who attended on the night were Kangaroos captain Anthony Stevens, Vice-Captain Glenn Archer and Herald Sun sports

journalist Mike Sheahan. One of the highlights of the night were the fifty live auctions of framed and signed items up for grabs, auctioned off by the one and only Bill Wellwood, auctioneer extraordinaire, an entertainer in his own right.

The top price item was a set of replica silks that Roy Higgins wore when he rode Lightfingers in 1965 to a Melbourne Cup win, donated by Roy Higgins, also a patron of the Trust, which sold for \$4100. Others that brought a great price were Kylie Minogue's t-shirt, which sold for \$2500, Steve Waugh's shirt \$2000, Barry Sheene's shirt \$2000, a Richmond jumper \$2100, a Collingwood jumper \$1550 and a signed M*A*S*H script from Alan Alda which went for \$1500. From a crowd of 300 people, the bidding was fast and furious and Bill did a great job getting top dollar.

Also there were many silent auction items and at the end of the night

everything sold. There were also heaps of giveaways, so no one walked out empty handed and there was a monster raffle with 40 prizes, the top prize being two return tickets to Singapore donated by Singapore Airlines. At the end of the night, a total sum of \$75000 was raised for spinal cord research. It is a fantastic amount of money, which will be channeled into research projects here in Australia.

Everybody who attended commented what a great night they had. The ASRT would like to sincerely thank all of our sponsors, in particular the Victorian Racing Club, which without their support the night could not have happened in the first place, Holden Limited, Singapore Airlines and the ANZ bank. I would personally like to thank Rozalee Erceg from the VRC, my hard working committee and everybody who attended.

Gary Allsop
(Honorary Director ASRT)

Progress on National Action Day September 2002

Parking for people with disabilities

Following the National Action Day last year, PDCA has written to all local government councils to determine how each council operates (and whether they operate) specific parking for people with disabilities. The letters travelled to all parts of Australia and the response has been tremendous to date with more rolling in each day.

The responses have been compiled and presented to a Working Group formed with the assistance of Stephen Penley of Disability Action in SA who did their own parking survey last year. Stephen has coordinated the working group to include people from as many states as possible and who will aid the research project and the resultant document.

The ultimate aim will hopefully produce a clear picture of how permit parking operates in Australia under Council guidance, where the shortfalls or problems appear to be and consist of recommendations that have been gathered from the council responses, the working group and members.

10 years on...the Disability Discrimination Act (DDA)

A forum held by the Human Rights and Equal Opportunity Commission (HREOC) in March of this year, marked the 10 years of achievement of the Disability Discrimination Act (DDA). The forum outlined the main accomplishments of the DDA over the past 10 years, most notably in the areas of building access and public transport, as well as acting as a forum for discussion on many current disability issues. What it produced effectively however was a line in the sand in regards to disability activism - a tribute to the amazing accomplishments of the past in setting up the DDA and the great efforts that were required across the disability sector to achieve this, but also a recognition of the large amounts of ground (sand!) that still need to be addressed.

As a brief background, the Commonwealth DDA came into effect on the 1st March 1993. Its foundations were formed by community and disability activist groups who recognised the need for greater recognition of the human rights of people with disabilities. The broad objects of the DDA included eliminating, as far as possible, discrimination against people on the grounds of disability as well as promoting recognition and acceptance within the community that people with disabilities have the same fundamental rights as the rest of the community.

The DDA sets out specific areas in which it prohibits a person being discriminated against. These areas include accommodation, employment, public transport, premises, facilities, goods and services. The DDA can also act upon discriminatory attitudes or lack of awareness leading to direct discrimination, existing rules and procedures having disadvantageous effects on people with disabilities and physical barriers in information and communication.

Although effective on paper however, there is still a long way to go until these goals are achieved in reality. As an example, the DDA can only be acted upon after the event, relying solely on an individual issuing a complaint after any discrimination has occurred. Also in regards to employment, there are currently no explicit requirements for even larger or public sector employers to develop or implement any strategies to achieve equal opportunity for people with disabilities. And in the area of built environment, disability legislation requiring disability access to all newly constructed public buildings does not look like being passed until at least 2005.

In some areas, such as public transport, changes can be seen and are more tangible. The arrival of a number of accessible trams means that approximately 25% of Australian public transport is now at least usable for those of us with physical disability. Unfortunately however, law does not require full compliance of public transportation until 2030 - so I hope you aren't in a hurry to just jump on that next tram that comes along!

As we can see, a great deal of work has been done but a great deal still needs to be done. Constant efforts are made by many in the disability sector to continually increase the DDA's standards and bring about the reality of the goals the implementation of the Disability Discrimination Act set out to achieve 10 years ago. My most valuable lesson learnt from the forum was that ultimately, the DDA is an act of legislation - the most equal opportunity is a matter of attitude and practice.

For more info on where the DDA is currently at, the website is worth a look:

www.humanrights.gov.au/disability_rights

Written by Raelene West



**Special
Needs
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If you are considering buying, selling or building a modified accessible house contact
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www.accesshousing.com

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Companion card scheme

The Victorian Government has announced funding to establish the Companion Card Scheme. This scheme entitles approved cardholders to be charged for one admission only in the sports, recreation and entertainment industries when it is necessary for the person to be assisted by a carer.

The Companion Card Scheme has been developed by Victorian Network on Recreation and Disability (VICNORD) to assist people who have a severe or profound disability to access sport, entertainment and recreational opportunities. The scheme is designed to reduce the financial burden associated with the admission costs to sport, entertainment and recreation venues/events for an accompanying companion/carer. Approved cardholders will be entitled to be charged for one admission only when it is necessary for the person to be assisted by a companion/carer in order to access a sport, entertainment and recreation venue/event supporting the Companion Card Scheme.

Who is eligible for a Companion Card?

People eligible for a companion card must have a severe or profound disability and require a companion/carer (unpaid or paid) to assist them to access sport, entertainment and recreational opportunities. This card will remain the property of a person who has the disability; this enables the cardholder the choice as to who they wish to have as their Companion when accessing sport, entertainment and recreation venues/events. Cards cannot be applied for by someone else on the applicant's behalf, without the consent of the applicant unless there is a legal guardian appointed.

Where can I use a Companion Card?

The Department of Human Services is currently discussing participation in the Companion Card Scheme with many sport, entertainment and recreation venues/events. Many organisations have expressed interest in participating and when discussions are completed, these organisations will be listed on the Companion Card website: www.companioncard.org.au

When will I get a Companion Card?

The Companion Card will be fully operational in late 2003.

If you have registered your interest in the Companion Card Scheme an application form will be sent to you.

Eligibility to receive a Companion Card will be determined once a completed application form is returned. The cost of the card will be free and has a lifespan of 5 years. If a card is lost or damaged however there will be a replacement fee.

How do I register my interest?

People who wish to register their interest in the Companion Card Scheme need to provide their name and mailing address details (or request a registration of interest form) by either:

Telephone

Ring Free Call 1800 650 611 during business hours;

TTY

Ring Free Call 1800 898 888 during business hours, (for people who are Deaf or have a hearing, speech or communication impairment);

Online registration

By completing the Online Registration of Interest Form found at the Companion Card website: http://hnb.dhs.vic.gov.au/ds/disabilitysite.nsf/pages/companion_card_w_roiform?Open

Email

info@companioncard.org.au

Fax

1800 00 4413 (free call)

Once you have registered your interests an application form will be sent directly to you in 2003 and you will also receive updates on the establishment of the Companion Card Scheme.

How do I register a sporting leisure/ entertainment or recreation venue/event to participate in the Companion Card Scheme?

If you own, run or manage a sport, entertainment and recreation venue/event, and you wish to participate in the Companion Card Scheme please email companioncard@dhs.vic.gov.au or phone the Companion Card Team on: (03) 9616 9710.

The Hunter

A couple of New Jersey hunters are out in the woods when one of them falls to the ground. He doesn't seem to be breathing; his eyes are rolled back in his head. The other guy whips out his cell phone and calls the emergency services. He gasps to the operator: "My friend is dead! What can I do?" The operator, in a calm soothing voice says: "Just take it easy. I can help. First, let's make sure he's dead." There is a silence, and then a shot is heard. The guy's voice comes back on the line. He says: "OK, now What?"

Sherlock Holmes and Dr Watson go on a camping trip. After a good dinner and a bottle of wine, they retire for the night, and go to sleep.

Some hours later, Holmes wakes up and nudges his faithful friend. "Watson, look up at the sky and tell me what you see."

"I see millions and millions of stars, Holmes" replies Watson.

"And what do you deduce from that?"

Watson ponders for a minute.

"Well, astronomically, it tells me that there are millions of galaxies and potentially billions of planets. Astrologically, I observe that Saturn is in Leo. Horologically, I deduce that the time is approximately a quarter past three. Meteorologically, I suspect that we will have a beautiful day tomorrow. Theologically, I can see that God is all powerful, and that we are a small and insignificant part of the universe. What does it tell you, Holmes?"

Holmes is silent for a moment. "Watson, you idiot!" he says. "Someone has stolen our tent!"

The First Affair

There was a middle-aged couple who had two stunningly beautiful teen-aged daughters. They decided to try one last time for the son they always wanted.

After months of trying, the Wife became pregnant and sure enough, nine months later delivered a healthy baby boy.

The joyful father rushed to the nursery to see his new son. He took one look and was horrified to see the ugliest child he had ever seen.

He went to his wife and said that there was no way he could be the father of that child. "Look at the two beautiful daughters I fathered." Then he gave her a stern look and asked, "Have you been fooling around on me?" The wife just smiled sweetly and said, "Not this time."

The Second Affair

A man walks into a bar one night. He goes up to the bar and asks for a beer. "Certainly, sir, that'll be 1 cent." "ONE CENT!" exclaimed the guy, the barman replied,

"Yes." So the guy glances over the menu and asks, "Could I have a nice, juicy T-bone steak, with chips and peas and a fried egg?"

"Certainly sir," replies the bartender "And that will be all of 4 cents."

FOUR CENTS!" exclaims the guy, "Where's the fellow who owns this place?"

The bartender replied, "Upstairs with my wife." The guy says, "What's he doing with your wife?" The bartender replies, "Same as I'm doing to his business."

A Senior Moment

An elderly couple had dinner at another couple's house, and after eating, wives left the table and went into the kitchen.

The two elderly gentlemen were talking, and one said, "Last night we went out to a new restaurant, and it was really great. I would recommend it very highly."

The other man said, "What's the name of the restaurant?"

The first man knits his brow in obvious concentration, and finally said to his companion, "Aahh, what is the name of that red flower you give to someone you love?" His friend replies, "A Carnation?"

"No. No. The other one" the man says. His friend offers another suggestion, "The Poppy?" "Nahhhh," growls the man. "You know the one that is red and has thorns." His friend said, "Do you mean a rose?" "Yes, Yes that's it. Thank you!" the first man says.

He then turns toward the kitchen and yells, "Rose, what's the name of that restaurant we went to last night?"

Two Blonde Guys

There were two blonde fellas working for the Dublin city council, one would dig a hole, the other would follow behind him and fill the hole in.

They worked furiously all day without rest, one guy digging a hole, the other guy filling it in again.

An onlooker was amazed at their hard work, but couldn't understand what they were doing. So he asked the hole digger, "I appreciate the effort you're putting into your work, but what's the story? You dig a hole and your partner follows behind and fills it up again"

The hole digger wiped his brow and sighed, "Well, normally we are a three-man team, but the bloke who plants the trees is sick today."

Wheelchair Rugby



Round one of the Astra Tech National Wheelchair Rugby League

The Melbourne Sports and Aquatic Centre played host to a weekend of fast and furious action from 30 May - 1 June in Round one of the Astra Tech National Wheelchair Rugby League.

Season 2002 saw NSW go through the year undefeated and cruise through many of their games. However, this year the strengths of each State have changed and indications so far show that season 2003 is going to be a lot closer.

People who were there to see the sport of wheelchair rugby for the first time were awestruck with the competitiveness of each game. Not surprisingly they also loved the crashing and banging of the chairs as each team made their way to the try line.

The Coloplast Melbourne Thunder played 6 games for three wins and were seated second on the ladders behind NSW and followed by Western Australia.

The second round of the Nationals were played in Adelaide with Victoria, South Australia, Queensland and Western Australia competing. Here the Vics had a round that they'd rather forget with no wins from six games – although that doesn't sound too good, we were very competitive in each of our games and played better and more confidently each game.

The team to beat this year seems to be South Australia with their power players Steve Porter and George Hucks unstoppable and taking command of each game. They went through the round undefeated.

The Melbourne Thunder is hoping to do much better than last year and we will be going all out at the final round in Sydney on the 27 August.

Written by Nazim Erdem

So you want to know what happened, hey?

Well it was a cold night! The Bronze medal game was the curtain raiser. Both teams, Spoke Busters and Vikings battled hard with each team swapping the lead several times. In the end it was the Vikings who used the clock to score the last goal in the dying seconds to win. Score was 24-25!

Now the crowd had built up and were vocal in which team they were supporting, the Harley Eagles or those Redbacks. Even the previous combatants were eagerly awaiting this gold medal game. Last minute nerves were lost as the ball was tossed up. Chairs, sorry chariots of aluminum clashed together as the ball was thumped into play and players. This hard fought battle continued for all 4 quarters. The Redback rotated their bench to perfection as players drew breath and tyres squealed across polished boards

It came too quickly to an end for the Harley Eagles... yes beaten again by the Redbacks for the trophy and Gold medal. Score was 26-21. But the spirit of the game prevailed, hands were shaken and tails of moments of glory and humor were regaled over pizza in the after finals feast.

Yes plenty to think about over the cold winter months till the next season starts and the battle continues...!

Written by Terry Serong



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Service Provider for Attendant Care throughout the State of Victoria Attendant care provider to people with a disability who need assistance with personal care and/or day to day activities.

Phone: (03) 9482 4373

Changes to Mobility Allowance legislation

There have been recent legislative changes regarding Mobility Allowance. The legislation included some beneficial changes relating to the combination of approved activities and the 8-hour rule.

In the past only specified combinations of gainful employment, vocational training or voluntary work were allowed. The new legislation now allows a person to qualify for Mobility Allowance if they are undertaking any combination of those activities. This gives more flexibility to the combination of activities people would like to undertake.

The 8-hour rule has also been changed. The new requirements are 32 hours every 4 weeks (an average of 8 hours a week). These changes recognise that people have different needs and abilities which may affect the number of hours they are able to undertake activities in a particular week.

If you would like more information about what the legislation contains, please refer to the Family and Community Services Legislation Amendment Bill 2003 (Act no. 30 of 2003) which is now available on <http://scaleplus.law.gov.au> or at the Parliament site on <http://www.aph.gov.au> under "Bills" then under "Old Bills".

New wheelchair accessible hire vehicles

B & S Wheelchair & Scooter are thrilled to announce the introduction of a new Wheelchair Accessible Vehicle Hire Service, "WHEELAWAY".

After frequent requests from clients, the 'WHEELAWAY' business will cater for this much needed service. It is designed for individuals, families, and community centres.

B & S have been servicing the wheelchair user community for over 6 years and all the staff are excited about this new service.

The service has the added benefit of being charged directly to a client's insurance company as part of standard rehabilitation costs.

The fleet will consist of a variety of vehicles, with one and two wheelchair places. The types of vehicle will depend on availability at the time of reservation. The latest type of wheelchair restraints is used in the vehicles and more vehicles will be added to the fleet as "WHEELAWAY" grows.

Contact Melissa or Lisa of B & S Wheelchair & Scooter at 25 Paul Street, Mooroolbark Victoria 3138

Email: poirier@smart.net.au
 Website: www.bandswasm.com.au
 Telephone: (03) 9722 9988
 Getaway with Wheelway

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Post this form and the \$5 fee to : **AQA Victoria Ltd., PO Box 219, FAIRFIED 3078**

CLASSIFIEDS

For Sale

• Toyota Hiace/Commuter

1999 model, 70,000 km's, Tieman hoist, dual air conditioning, 5 speed manual, 2.4 fuel injected motor, can take 2 wheelchairs + 5 adults inc. driver, excellent condition, RWC + Registration,

PRICE: \$27,000

PHONE: Peter 9484 6987

• Disabled Stand Up Lifter

Envicare Pixel, Rehab Sling, excellent condition, AS NEW, paid \$4,000

PRICE: \$2,000

PHONE: Richard (03)5442 6024 or 0409 935 600 (Bendigo)

• Motorised Wheelchair

Avion motorised wheelchair, it is in fairly good condition, it runs on two drycell batteries that charge up by plugging a lead into a 240v plug.

PRICE: \$700 negotiable.

PHONE: (02) 6024 2399 Colin McNeill

• Toyota Corolla

1987 Toyota Corolla with hand controls. Engine well looked after. Reliable. Body and interior need some work.

PRICE: \$2500 ONO

PHONE: Janice Florence at ParaQuad (03) 9415 1200, 1800 805 384

• Ford Transit Van

December 2001 Ford Transit Van, Current Model, Moondust Silver, Alloy Wheels. Still under new car 3 Year 100,000km warranty, only 25,000km on clock. Automatic, Power Steering, Air Conditioning, Electric windows/mirrors, Lift Tail Gate, Left & Right side sliding doors. Left side mounted wheelchair hoist. Wheelchair restraints for 1 chair, Wheelchair parked beside driver, 4 windows installed in rear all Tinted. Single plus three seater seat in rear.

PRICE: \$50,000.

PHONE: Terry Irvine (03) 5022 1253 or 0427 221 253

• Flocon Auto Lifter

Hydraulic hoist to lift people from wheelchair into car. Sits on the roof. Very little use. Cost \$2,200

PRICE: \$1,000

PHONE: Heather Paterson 5155 3009 (Lakes Entrance)

• 1999 Hyundai Excel Flash-cab

Air, Low km's, 2 door hatch, room for 2 people plus wheelchair, white colour, 8300 km's

PRICE: \$32,000

PHONE: Wilma Graham 5828 8270 (Shepparton)

For Sale

• Chrysler Grand Voyager SE

2000 model, modified with rear electric ramp, wheelchair can be secured in a number of position including beside driver, vehicle can seat up to five people as well as the person in the wheelchair, fitted with hand-controls, also included is a six stacker CD player and UHF two way radio, plus all the extras of the Grand Voyager. All modifications are certified and modification plates fitted to car, driven only 17,000 km's

PRICE: \$60,000 ono

PHONE: Carmel Noy (07) 4959 8684

• Electric Wheelchair

Shoprider, 4 years old, good condition, charger

PRICE: \$1,000 ono

PHONE: Christine 9439 5053

• Gazelle Motorised Wheelchair

4 yr. Old, very good condition. Chair has been rarely used.

PRICE: \$3,000 negotiable

PHONE: Sue 9878 2947

• Volkswagon Transporter

1999 model, 63,000 km's, Braun L918 hoist (fitted October 2002) in rear, 2.5 ltr petrol engine, 5 speed, air conditioning, fittings for wheelchair and seat for carer, spare passenger seat, RWC

PRICE: \$29,500 ono

PHONE: Sue (03)5382 2138 (AH) Horsham

WANTED

• A hoist and or sling (with neck support) wanted for a C4/5 quad.

PHONE: 5526 7181 Brad

FREE TO GOOD HOME

• Power chair, running order but needs TLC, no footplates - see picture

PHONE:

Information Department at AQA (03)9489 0777

