

AQA NEWS LINK

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

FEBRUARY 2006



Support Spinal Research Clothing For Sale



XVIII Commonwealth Games

15th – 26th March 2006

Complimentary Fridge Magnet

AQA Fridge Magnet
Keep Our Details Close By!

Membership Renewals Due

Members please note that the yearly \$5 membership is due for those of you who haven't paid for 2006.



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A.Q.A. NEWS LINK is the official newsletter of A.Q.A. Victoria Limited, 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.

A.Q.A. Victoria Limited always welcomes articles for News Link. Please feel free to send in your contribution. Articles will be published at the discretion of the Editor who also has the right to edit all submissions as it sees fit.

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

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Volume 20, Number 1

From the CEO

I would like to welcome all members and readers to our first newsletter for 2006. We have a large edition once again and we hope you enjoy it. I would also like to welcome our new staff members Carolyn Gallagher, Team Leader AQA Qualcare, and Michelle Therry, Payroll/Admin Assistant AQA Qualcare. It is great to have a full team in this department, and both Carolyn and Michelle are settling in well.



For those of you who haven't renewed your membership for 2006, I hope you will consider renewing. The staff work very hard to provide interesting and current information and the cost of the membership assists us to get this publication out every 2 months. Your contribution to the newsletter by way of payment and articles is greatly appreciated.

I would like to wish you all an interesting, prosperous and healthy 2006.

Ian Bennett

Chief Executive Officer

ianbennett@aqavic.org.au

Stop Press!!!

2006 Barbecue by the Lake at Bendigo

The annual Bendigo BBQ by the Lake is on again for 2006.

When: 11am on the 2nd of April

Where: Lake Weroona in the heart of Bendigo

Cost: FREE



It will be a great opportunity to have a good feed, and to catch up with old friends and make new ones.

Again, with support of the Kangaroo Flat Lions club, we would like to invite EVERYONE to this year's event.

Please call AQA on 9489 0777 or FreeCall 1800 999 128 (only Tasmania & country Vic.) to show your interest

From the Editor

G'day Member's,

We have a jam-packed issue of News Link for our first edition for 2006. We have included a two page spread, pages 12 and 13, with relevant information, website links and contact details to the bodies assisting with ticketing and disabled access to the 2006 Commonwealth Games.



We have also added an extract from the AQA Strategic Plan on pages 8 and 9. Please take the time to have a read so that you can get an understanding of the direction the organisation will be taking over the next three years.

AQA Victoria is selling some great clothing for fundraising with half of the takings going to Spinal Research and the other half helping fund the Info/Peer Support department. You can check out what we have on offer at www.aqavic.org.au/clothing.html.

Simon Damevski

News Link Editor

simondamevski@aqavic.org.au

<p>Address: Lot 9, Ventnor Road Ventnor Victoria 3922</p>	<p>Postal address: PO Box 531 Cowes Victoria 3922</p>
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- Two fully self-contained, spacious, 2 bedroom cottages set on 15 acres near Ventnor Beach
- Purpose built wheelchair accessible - Mobility aids available (incl. Hoist & Shower/commode chair)
- Personal care available
- Air conditioning, heater, TV, VCR, stereo, books, videos & board games

<p>Phone: (03) 5956 8416</p>	<p>Fax: (03) 5956 8413</p>
<p>Mobile: 0417 104 051</p>	
<p>Email: info@alvina.com.au</p>	
<p>Website: www.alvina.com.au</p>	



Support Spinal Research - Clothing For Sale

AQA Victoria is selling some great clothing for fundraising. The income derived from the sale of all clothing will be distributed with 50% going to Spinal Research and 50% to help fund and run AQA's Peer Support Department.

Prices range from \$5 to \$20. The Items we have for sale are **T-Shirts, Vests, Polo Tops, Windcheaters, Rugby Tops, and Jumpers** with front zips. All garments come with an embroidered emblem.

Please check our website for colour combinations, sizes and availability.

Garments will be available for view and purchase from AQA's Office or Royal Talbot's Library. You can also order by phone and postage can be arranged from \$5.00 at your expense.

If you need further assistance please call the AQA Information Department on (03) 9489 0777 or have a look at our website www.aqavic.org.au/clothing.html.

Hands Free Bottle Carrier



Hi other AQA members,

The other day, my wife was out shopping and come across a water/drink bottle holder similar to the mobile phone holders that you can hang around your neck. It's simple and easy to use (I'm a c 4/5 quad) and have no difficulty at

all. I would often find that if I went to watch my son play footy if I took a water bottle to drink with I would have to jam it down the side of the chair, which made it very difficult to access. With this bottle holder/carrier it just hangs around your neck and you can drink when you want.

Mark Waterman.

(Carn 'a' Hawks!)

Note: AQA has a limited number of these holders available for \$1 each. Please phone the Information Department at AQA if you have any queries.

Aquability

We finally did it!

Today we have taken possession of our new store in Mentone. We have a lot of work ahead, however Mark and I feel we are well on the way.

We have chosen a location at 16 Balcombe Road, Mentone. The phone isn't on yet, however we will be using the same number (03) 9580 1067.

Over the next few weeks we will be working hard to be ready for a March 4th opening - **Sale BBQ extravaganza.**

I hope you can make it. Just come and say hi and have a snag or three on me. We might even have a bit of bubbly going around.

Over the next three or four weeks I will be posting regular emails out keeping you updated and providing links to the site, so you can see how we're progressing. If you do not want to receive the emails, please let me know. I will not be offended. I certainly don't want to bother anyone with unnecessary emails.

I hope to see you all.

Regards,
Adrian Kellett

Phone: (03) 9580 1067

Mobile: 0419 106 853

E-mail: adrian@aquability.com.au

Website: www.aquability.com.au

Mecca Bah

Mecca Bah, at the new Docklands is a fantastic restaurant overlooking the water. They specialise in Middle Eastern flavours as well as others. The food is great and very reasonably priced.

If you want a new place to try out to eat, remember Mecca Bah is **fully accessible.**

Address: 55a Newquay Promenade, Docklands VIC

Phone: (03) 9642 1300

Website: www.meccabah.com



Member Andrew Meddings and his friend Matty, both paraplegics, competed in their first Go-Kart race and had a wonderful time. Below is the email Andrew sent us regarding his experience.

My first Go-Kart race meeting went great. In the final I finished 3rd, after starting from 9th on the grid, out of twenty-one participants in the top class. I beat guys who had years of kart racing experience. I set up my old kart for my mate Matty to race in the hire kart class and he was the stand out for the day. In the first six lap race he lapped everyone bar three. One of his opposition was a race car driver who thought he would have an easy trophy, however Matty was unchallenged all day. The presentation was fantastic with two wheelies, with very little experience, taking home the trophies. I spoke with the organisers about fitting hand controls for next event in February. I've got three definite starters & looking for more. If anyone might be interested please let me know. The organisers of this event were fantastic. I didn't mention anything about being in a chair and this didn't worry them one bit.

Contact: Andrew Meddings

Email: wheeliworks@hotmail.com



HeadMaster Plus

Question: Hi Ryan, we heard that you do all your computer work using a headset. Can you please give us more details on how you go about using the headset and the setup you have so we can pass it onto our members.

Answer: Yes, you heard right. I do all my work using my computer headset and have managed to set my own business up from home. The company that I bought my computer headset from is called the Prentke Romich Company and they are USA based. The headset is called HeadMaster Plus and it is a headpointing system that takes the place of a mouse. It is used by moving your head and the mouse cursor moves on the screen. You then blow into the tube to make your selection.

I have had my headset for nearly 8 years and have only had a couple of problems with it so far. The main problem is the puffer switch which brakes quite easily if not handled right. This also may be down to wear 'n' tear as I use my headset for many hours a day.

The cost for HeadMaster Plus is \$995.00 US and you also have the option to buy an extended warranty or/ and a remote adapter which allows for wireless access. For more information you can visit their website <http://store.prentrom.com/cgi-bin/store/HM-3P.html>.



You will also need an onscreen keyboard and I recommend using the free onscreen keyboard that comes with Windows XP.

Travellers Aid Society of Victoria (TADAS)

The Travellers Aid Society of Victoria has provided a unique range of high quality services and facilities for travellers of all ages since 1916.

The Travellers Aid Disability Access Service (TADAS) is a not-for-profit agency providing a range of services for people traveling to, in, and around, the city of Melbourne. TADAS assist people who want to be more independent in daily life, who want to access the community on their own terms, or who want to give respite to family and carers. Assistance on and off the train, tram or bus can be organised by appointment.

They provide drop-in centre facilities in central Melbourne for people with any type of disability. Services are provided free of cost, without the need for appointments, referrals, or assessments.

How participants use TADAS is entirely their own choice: some go in just to receive assistance with their lunch, while others use TADAS as a place to meet and make friends. They provide support, advice and assistance at the point of need to people in emergency situations and people with special requirements. TADAS also provides personal care and support services to people with disabilities who want to be more independent when they visit Melbourne.

TADAS services in summary;

- **Information** for people with disabilities visiting Melbourne and Victoria.
- **Personal Care** for people with disabilities who require assistance with meals, drinks and toileting. Facilities include hoist and adult change table.
- **Flexible Care:** Support provided by appointment in the CBD
- **Independence Support** for the use of public transport, for self advocacy, for training opportunities and community access.
- **A Welcoming and Safe Base** in the heart of Melbourne, with a lounge, T.V., video, café and attendant staff.
- **Communication Assistance** to use the telephone, T.T.Y., Speech to Speech, Accessible computers and Internet.

- **Social Contact.** Meet new people, or old friends, in the accessible meeting rooms. Read newsletters, and gain support from peers.
- **Wheelchair Services** including most repairs. Wheelchair & Scooter hire also available.
- **Travel Training:** Learn the skills to travel on public transport independently.

Contact details;

Address: Level 2, 169 Swanston Street, Melbourne.

Phone: (03) 9654 1938

Fax: (03) 9654 1926

Website: www.travellersaid.org.au

Email: info@travellersaid.org.au

Note: Facilities also available at Spencer Street and Flinders Street Railway Stations.



Want Your Profile Published?

If you would like to be one of our Member's Profiled, please don't hesitate to contact the Information Department on (03) 9489 0777 or email info@aqavic.org.au. Country Victoria & Tasmania members can call us on FreeCall 1800 999 128.

Member profiles are very welcome from any of our members and we'd especially like to see more of our female or Country & Tasmanian members profiled.



Melbourne Mobility Centre at Federation Square

The official opening of the Melbourne Mobility Centre was held on the 11th of January at the Federation Square carpark, Melbourne. We were fortunate enough to be invited to the opening. The Centre was open by the Minister for Health Bronwyn Pike and the Honourable Lord Mayor John So.

The Melbourne Mobility Centre is an initiative of Melbourne City Council through a partnership with and funding from the Department of Victorian Communities (Community Support Fund), the Office of Commonwealth Games Co-ordination and with the support of Federation Square.

The centre is located on the 1st floor of the Federation Square Car Park (ground level, adjacent to the ArtPlay playground).

The Melbourne Mobility Centre is operated by the Travelers' Aid Society of Victoria (TADAS) on behalf of the City of Melbourne (*Read more about TADAS in this issue*).

The new Centres' aim is to support and enable easier access to central Melbourne. It will be an integral part of the transport network, providing easier and improved access to Commonwealth Games venues for people with disabilities, older persons, and those with temporary disabilities.

Features of the new service at the Melbourne Mobility Centre include:

- equipment for hire (very cheap rates) including motorised wheelchairs, manual wheelchairs, scooters, walking frames, spare crutches and canes for the vision impaired;
- two fully accessible toilets;
- proximity to available accessible car parking and/or a drop-off point;
- information for people with mobility and sensory disabilities;
- information about city attractions, events, facilities;
- TTY telephone and accessible web access;
- scooter battery re-charge facilities;

- an accessible kitchenette; and
- volunteer-driven commissionaire services including companion services, transfer services and 'meet and greet' services.

So if you are intending to travel into the city for any reason, make sure you give the people at the Mobility Centre or TADAS a call or just pop in to see what they are about. Everyone (people with disabilities, older persons, those with temporary disabilities or any person of any age who requires the equipment or information available) is welcome.

Please note that prior bookings for equipment is preferred in order to ensure the service is effectively able to manage demand.

For more information, please contact City of Melbourne hotline on (03) 9658 9658.

Jan's Special Needs Travel

Jan Macdermid offers a unique opportunity to have a wonderful holiday designed around your needs in Bendigo's Central Goldfields - only an hours drive from Melbourne's Northern Suburbs. Jan can organise package holidays which are all inclusive (accommodation, linen, activities, and all catering), Bed & Breakfast, or full use of **The Ridge** and **The View** at affordable prices.

The homes offered are set on a 100 acre cattle farm amongst a tranquil bush environment, 15 minutes from Bendigo.

The Ridge Homestead is a fully self-contained 5 bedroom, 2 bathroom house ideal for high dependency people. Bendigo Attendant care service is also available.

The View is a similar house which caters for families and smaller groups and has the capacity to sleep from 2 to 12 people. Both homes are within walking distance of each other.

Jan has extensive training in home care and is qualified with the Ambulance Service in Victoria, holding a certificate as Level 2 for Workplace First Aid and Basic First Aid. There is also 24 hour emergency care and are only minutes away from medical services.

For further details please contact Jan Macdermid;

Phone: (03) 5439 6377

Fax: (03) 5439 6353

Mobile: 0418 574 088

Email: jan@janstravel.com.au

Website: www.janstravel.com.au

AQA Strategic Plan (2005 - 2008)



In November 2005 the Board of Directors launched their Strategic Plan for the next 3 years. The Strategic Plan is a document that lays the foundation for the direction of the organisation over the next three years. It

provides all stakeholders with a plan to monitor performance and a map of how to achieve outcomes.

We have published in this edition of News Link an extract from the Strategic Plan of the first 5 pages. This information contains the basis of what the Strategic Plan is about and we hope you will take the time to have a read. If you would like to obtain a complete hard copy (8 page booklet) of the Strategic Plan please contact the AQA office on (03) 9489 0777 and we would be happy to send it out, or visit our website on www.aqavic.org.au and look under the About Us Link.

Mission Statement

Enabling people with severe physical disabilities attain maximum independence.

Our Vision

People with physical disabilities should have the opportunity to live, work, and participate in the community without barriers. AQA provides a range of quality tailored services enabling independence in every day living and assistance with advocacy in reducing barriers.

Our Values

Honesty | reliability | transparency | respect

OUR Beliefs

Individual Needs

AQA believes that all people with disabilities have the right to receive services that meet their needs. We assist the individual by providing timely, reliable and efficient service.

Human Rights & Privacy

AQA will at all times respect the rights of individuals in our actions and our literature. AQA is committed to a workplace free from harassment and advocates respect for the dignity and privacy of individuals. These principles are reflected in the induction and training of our employees.

Commitment to Employee Development

AQA believes that investing in the knowledge, skills and abilities of our employees is key to effective delivery of our services. Employee development is achieved through targeted training, regular performance assessment and two-way feedback.

OUR Services

Since 1987, A.Q.A. Victoria Ltd has supported people with spinal cord injury. This service has expanded to include an Attendant Care Agency (AQA Qualcare) that Provides specialist, in-home care for people with varying disabilities.

Information and Peer Support Services

Our Information/Peer Support department provides specific support to people with spinal cord injury or similar physical disabilities. People with spinal cord injury who have first-hand knowledge of this disability operate the department.

Information/Peer Support are dedicated to providing up-to-date, accurate information while extending a friendly supportive network to people.

Attendant Care

Established in 1991, AQA Qualcare has provided in-home attendant care and respite care for people with disabilities. Staff members endeavor to provide a service that enables people to live as independently as possible. This service is focused on client choice and tailored to the individual needs of the client.

OUR Plan

The Board of Directors has developed a three year Strategic Plan to guide the direction of the organisation. Consultation with key stakeholder groups was critical in the development of the plan.

Six key objectives form the basis of AQA's strategic direction for the next three years:

1. Enhance the Profile & Reputation of AQA Information/Peer Support

It is recognised that this area is the foundation of the organisation and currently needs an increased profile in the community. As the first point of contact with AQA in many cases, the department needs to emphasise the range of support available. Greater linkages between AQA Information/Peer Support and AQA Qualcare will widen the focus of the service and provide vital industry links. Information/Peer Support staff will be encouraged to expand the nature of their information service by utilising technical advances. This will be supported by relevant skills development.

2. Promote AQA Qualcare as the Service Provider of Choice

The Attendant Care Program, operating as AQA QUALCARE, is a core service of the AQA program. AQA is committed to becoming the preferred Service Provider throughout our Attendant Care program. To achieve this goal and position the organisation for expansion, we need to re-evaluate structure and staffing levels and maximize shared systems. Strengthening the interaction between AQA Qualcare and the Information/Peer Support department will be a primary focus.

3. Broaden Funding Capabilities

AQA aims to increase funding opportunities and avenues by examining new revenue options within government and community agencies, bequest, tender submissions and public fundraising programs that align with the AQA mission.

4. Develop and Implement a Succession Strategy

AQA will develop a Business Continuity Plan for key positions in the organisation to ensure the ongoing success of the programs and services.

5. Develop and Implement a job Enrichment Program for Attendant Staff

Job enrichment initiatives will focus on improving carer interaction with the organisation and commitment to the client through investment in carer skills development. Enhance skills and reduced turnover will provide greater continuity of care and client satisfaction. The organisation will strengthen carer engagement through improved quality of communication, by accessing traineeships and developing specific induction and training strategies leading to competency based career pathways.

6. Advocate for Improved Access and Services for Clients

AQA will proactively seek to eliminate discrimination-based barriers which prevent people with disabilities from achieving their aspirations. Our aim is to identify and remove systemic and individual barriers that hamper or restrict this goal. We will establish a stronger presence in industry forums, task forces groups and consultation mechanisms as an independent voice and through strategic partnerships.



A Division of A.Q.A Victoria Ltd
ABN 90 006 691 185

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

Email: qualcare@aqavic.org.au

Reece Access

Reece is the country's leading supplier of bathroom and plumbing products. They have over two hundred stores Australia wide. But their most recent addition is an innovative showroom called Reece Access.



An aging population, increased demand for accessible public bathrooms and the desire for people with disabilities to live independently, have all lead to the growing demand for accessible bathroom and kitchen products. Reece Access has seen the demand and after some research has opened a fully accessible showroom for people with disabilities in mind. Their products are all designed or suitable for people with disabilities.

To help meet these demands and provide the right, specialised service, they have launched a world first with the opening of Reece Access in the Melbourne, Heidelberg.

Reece Access is a unique, user-friendly showroom, created specifically for people with accessibility issues, as well as their carers, health professionals, plumbers, builders and architects.



The showroom features three complete bathroom displays, a kitchen display, several mini settings and selection areas that enable you and test products in a realistic home environment.

The range includes tapware, basins, toilets, grab rails, vanity units, accessible baths, kitchen sinks, kitchen appliances, safety devices (e.g. thermostatic mixing valves and tempering valves) and general aids for daily living.



Another unique feature of Reece Access is that all the staff come from a health industry background. Some of you may even recognise Jane who use to work at the Royal Talbot. This, combined with their extensive product knowledge and customer service skills will ensure that you will receive the best advice on products when renovating an existing bathroom/kitchen or building a new home. They don't push for the sake of a sale, they advise on suitable equipment for individuals.

Assisted living products are no longer uninspired; Reece Access also stocks many new and innovative products with a unique designer edge.

The centre features a meeting room (with projector) which you can use at no cost to privately discuss your needs. The room can also be booked by professionals or groups who would like to visit the store to find out more about what they can offer. Anyone can discuss their needs with their health professional, family, builder or plumber.

For further information;

Where: 495 Upper Heidelberg Road,
Heidelberg, Melbourne.

Phone: (03) 9459 9388

Website: www.reeceaccess.com.au





SCI Team Targa Tasmania

Written by Info Department

There have been some rumors on AQA's website forum that there are a couple of people with a Spinal Cord Injury entering the Targa Tasmania. We can now tell you that the rumors are correct.

They aim to prove that wheelies can do the same as the able bodied people if given the chance. We are hoping to get heaps of exposure and raise awareness towards SCI.

Member Alan Stevenson had an idea to make use of his trade experience, including motor racing, and general knowledge of SCI sufferers to showcase what the disabled can achieve. Targa Tasmania seemed like the ideal stage to promote this cause.

Alan approached AQA with his idea and asked if we would support his idea. Because we know how important the cause is, we couldn't help but say yes. And we threw in Naz as the co-driver.

So there you have it, the SCI community now have their own entry to Targa just like every one else - SCITEAM TARGA. As far as we can tell, this is the first ever all quad entry to Targa Tasmania.

We have some good sponsors to date **But Need More** to help with the cost of the event. We will be promoting our sponsors on a pristine Toyota LEXUS Soarer SC400 LTD, equipped with a full alloy block quad cam V8 engine.

Please contact us if you have any ideas that may help us with sponsors etc.

What is the Targa Tasmania?

Targa Tasmania is an exciting International Classic car race / Rally drive held annually in Tasmania. It is a tarmac rally with competitive stages on closed roads for the best touring, sports and GT cars in the world.

Targa Tasmania is conducted over six days (including a Prologue) on some 2,000 kilometres of tarmac roads during April each year. This year Targa Tasmania will be celebrating its 15th Anniversary and there will be much to celebrate when an anticipated record field hits Tasmania from April 25 – 30 2006.

Check out the following websites for further details;

- The Targa website is www.targa.org.au
- This link takes you to our entry profile www.targa.org.au/Targa/PrimaryMenu/Crew_Profiles/2006/57%20Stevenson.php



Participate in Activities at Ballarat Community House

Ballarat Community House is running a recreation program from 28th March to 9th May for people of all abilities.

Activities include:

- Tuesday, 28th March - Food Fest, with a walk or wheel and morning tea followed by a dietician to discuss nutrition and participants making a salad lunch,
- Tuesday, 4th April - walk in the Ballarat Botanical Gardens followed by a gardening workshop,
- Sunday, 9th April - Lake Challenge, annual walk, run, ride or wheel, 10am at Lake Wendouree,

- Tuesday, 11th April - Tai Chi,
- Tuesday, 18th April - Fishing with the Angler's Club,
- Tuesday, 2nd May - Yoga,
- Tuesday, 9th May - Motivational speaker.

The activities cost \$50 (\$40 concession) for the full list above. All activities run from 9.30am to 12:30pm, except the Lake Challenge.

For more information or to register, contact Hazel Halliday on (03) 5329 1101.

Melbourne 2006 Commonwealth Games

The MCG will be the heart and soul of the Melbourne 2006 Commonwealth Games. From the opening moment, to the final cheer of the Closing Ceremony, the action will be set to the soundtrack of thunderous applause and cheers. It is 50 years since Melbourne hosted an event of this magnitude.

Unlike other sporting events, the Commonwealth Games also has disabled events in some of the competitions. The 2006 Commonwealth Games are one of the few events where Elite Athletes with Disabilities (EAD) compete and live in the village side by side with the able bodied athletes and have all medals included on the official medal tally. Melbourne will see EAD competing in swimming, athletics, table tennis and power lifting.

You may never witness elite track and field athletes going for gold and glory inside the MCG ever again. In all, athletes will be competing in 16 sports including; **Diving, Swimming, Synchronised Swimming, Badminton, Basketball, Boxing, Cycling, Mountain Bike, Road Race and Time Trial, Gymnastics, Artistic and Rhythmic, Hockey, Lawn Bowls, Netball, Shooting, Pistol and Small Bore, Full Bore Rifle, Squash, Table Tennis, Triathlon, Weight lifting.**

There will be free big screen broadcast of the ceremonies and competition from five Live Site locations across the city.

Tickets for people requiring wheelchair space, carer assistance, easy access with additional space for a mobility aid, guide dog or the like, and other forms of accessible seating are all catered for by the Games. As accessible ticketing involves discussion about individual requirements, please contact a Melbourne 2006 Customer Service representative on 1300 00 2006 (toll free within Australia) or visit a Ticket Master outlet to discuss your requirements.

Tickets for people requiring a wheelchair space will be at the lowest price available for that particular session, irrespective of location in the venue. This is because wheelchair locations are not available across all Price Levels. Easy access and other forms of accessible seating are priced at the relevant Price Level in which those seats are located.

What to expect

All Games venues will offer Wheelchair accessible seating space with a seat for a companion and easy-access seating with additional space for a mobility aid, guide dog or the like. All Games venues have accessible pathways from major transport hubs and set down locations to the venue. All venues and surrounding precincts have standard male and female toilets as well as unisex accessible toilets located nearby.

Assistance and Mobility aids

Most venues of the Commonwealth Games provide independent access for people with mobility impairments. There are some exceptions which include the State Mountain Bike Centre. It is strongly recommended at these venues that people with mobility impairments have a companion to assist. All road events will have designated viewings areas specific to people with disabilities. During the Games a mobility service (wheelchair / scooter hire) will be operating from Federation Square and Southern Cross Train Station. Equipment is limited so pre booking is essential (see key contact information).

Companion Card

The Companion Card (Victoria only) is welcome at all Games venues and sporting sessions. Victorian and interstate visitors without a Companion Card must include a doctor's letter verifying that they need carer assistance and notify ticketing of their requirements (please refer to key contact information).

Companion Card is a government initiative promoting the rights of people with a disability who require a companion. The Companion Card has been designed to allow carers of people with disabilities to access an event without charge, with a paying patron.

Getting to the Games

Car Parking

Car parking, including accessible car parking, will not be provided at most venues. Some venues will utilise the limited parking available at the train stations including Lilydale, Fairfield, Hallam and regional centres.

Public Transport

Getting to games venues is easy with Games tickets entitling the holder to free travel on the day of the event on metropolitan Melbourne's trams, trains and buses that accept Zone 1, 2 and 3 Metcards.

Train Services

All metropolitan train stations provide a ramp to enter the station and platforms. Lift access is available at Southern Cross Station, Flinders St Station, all city loop stations, as well as some other stations.

Train drivers will assist people in wheelchairs to board trains by placing a ramp between the train and platform.

Regional venues will have shuttle buses that are accessible linked to V/Line services.

Trams and Tram Stops

Low floor trams operate on route 109 (Box hill to Port Melbourne and route 96, East Brunswick to St Kilda). These routes have a number of raised platform stops to assist passengers boarding low floor trams.

Accessible Shuttle Bus

A spectator Accessible Shuttle Service for people with accessibility requirements will operate from the following locations:

- Federation Square to the Melbourne Cricket Ground
- Federation Square to the Rod Laver Arena/Multi Purpose Venue
- Southern Cross Station to Melbourne Sports and Aquatic Centre via the Melbourne Exhibition Centre
- Southern Cross Station to St Kilda via Melbourne Sports and Aquatic and Melbourne Exhibition Centres. This shuttle only operates on 18 and 21 March for triathlon and time trial events.
- Hallam Station to State Mountain Bike Centre

At other venues a shuttle service will run from nearby stations and some car parks for all spectators. These shuttle services are also available for spectators with accessibility needs and will either be a combined service or a dedicated accessible shuttle.

An accessible transport plan has been established which will include driving to a transport hub and catching a train or bus to the key venues. Accessible drop off points for private cars and taxis will be in place for Games time.

Key Contacts

Ticketing

FreeCall: 1300 00 2006

Webste: www.ticketmaster.com.au

Companion Card

FreeCall: 1800 650 611

Webste: www.companioncard.org.au

Metlink

FreeCall: 131 638

Webste: www.metlinkmelbourne.com.au

City of Melbourne – Accessibility Information

Webste: www.melbourne.vic.gov.au

Go to Community Health Services and Access all abilities

Connex Customer Feedback

FreeCall: 1800 800 705

Yarra Trams

FreeCall: 1800 800 166

Webste: www.yarratrams.com.au

V/Line

FreeCall: 136 196

Webste: www.vlinepassenger.com.au

Accessible Shuttle Bus

FreeCall: 1300 00 2006

Email: accessibility@melbourne2006.com.au

Webste: www.melbourne2006.com.au

Melbourne 2006 Commonwealth Games Help line

FreeCall: 1300 00 2006

Email: accessibility@melbourne2006.com.au

Webste: www.melbourne2006.com.au

Melbourne 2006 Formula 1 Grand Prix

Once again it is that time of the calendar year when all the rev heads are all fired up anticipating the 2006 Formula One Australian Grand Prix.

The Grand Prix will be held from Thursday the 30th of March until Sunday the 2nd of April of this year.

AQA has all the details required for the action packed 4 day extravaganza, including the official F1 Access brochure. Also, all the relevant information can be accessed from the Australian Grand Prix website at <http://cars.grandprix.com.au>.

The F1 Access brochure has all the information regarding ticket pricing, Companion Card, gate opening and closing times, toilets, transport, circuit wheelchairs, circuit transport, wheelchair accessible buses and parking.

For any queries relating to ticketing, and circuit access for people with a disability and their companions, please contact AGPC (03) 9258 7100.

A free Wheelchair Accessible Bus will operate from Spencer Street Station. Telephone Melbourne Bus Link on (03) 9689 8355 for further details.



The Push In The Park That Became An Obsession

Written by Wayne Bradshaw

It all started about 10 years ago! A friend of mine invited me along to Westerfolds Park in Templestowe to check out the bike track that she walks along for a bit of exercise. I was very keen to get into some form of exercise of my own, so I went along hoping I would enjoy the experience.

It was a real challenge just to do the 4.5km circuit of the park with its many hills and bends. The most important thing was the surface was flat with no canver, which makes it so much easier to keep the chair going straight and I really enjoyed it.

Not long being out of hospital, I was very weak. I wanted to build up my strength and endurance and this seemed to be the perfect avenue to take. It also got me out of the house, thus relieving a bit of boredom, which was a bonus. It was also something I could do on my own, when I wanted and for how long I wanted.

I started to go to the park in the afternoon, would push one maybe two laps and would be buggered by the time I got back to my car. This went on for some time. I was going to the park regularly now and gradually became stronger and fitter. The hills were no longer a challenge but a lot of fun. People would always say I was cheating when I went flying past them down the hills. They forgot the fact that I had to push up the hill to roll down the other side. I started to keep track of the amount of km's that I was actually doing. I figured if I did 20 to 30 kms per week I would do 1000 km's for the year.

Being the determined and dedicated person that I am, I would set goals and would not rest until I achieved them. When I accomplished my first goal of 1,000km for the year, I wanted to do more the following year.

Each year I would do more than the previous year. It was a lot cooler around 7am which was better for me, because I could push for longer. Over the years, I built up strong friendships with the many people who also frequent the park. I have shared my life with these people, from the marriage to Jodie (I actually met Morrie at the park and he drove our Wedding car) to the birth of Ryan.

My problem now, is the park has become a bit of an obsession. I am going there almost six days a week and pushing 60 to 70 km's every week. Any spare time I have I'm at Westerfolds pushing laps. Even after work at AQA, I find myself pushing 10 km's before I go home (makes you very hungry and you enjoy your dinner more). Now 10 years down the track I have accomplished my goal of 3,000 km's for the year.

A Xmas get together was organized last year with my friends from the park. Much to my embarrassment, they presented me with a T-shirt, representing my deeds for the year. All I need now is to find a tyre sponsor.



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- * Ten minutes to Penguin Parade,
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- * Short distance to shop and ocean view deck.
- * Only 2km from Grand Prix Race Track.



Visiting David Doueal

G'day All,



I recently had the chance to call and observe the new unit of one of our members. David Doueal, long-time resident of Donald, asked for, and got, the OK to design his own unit on a 14 sq. concrete slab. The result is somewhere that he can live in, rather than exist in, and is a home that he and wife, Norma, are proud to show visitors. David has been driving an electric chair for some years and the function of one hand is severely reduced. He is in favour of healthy eating and part of his design plan includes a garden area that he can maintain and keep the household, and others,

supplied with fresh vegies. I found the two bedroom unit attractive and spacious, with a lot of open plan features that I hadn't seen before. David and Norma would be pleased to show anyone through their palace and I would recommend same. David is well travelled and articulate and a phone call may introduce you to a very pleasurable afternoon.

On to something else - The Kangaroo Flat Lions Club are busting to do their thing again around a barbecue plate. They would like as many of us, our families, friends and supporters to come to Lake Weroona (in the heart of sunny Bendigo) on Sunday, April 2, from 11 am to have another good feed. This is another great opportunity to catch up with old friends and make new ones. We might even learn a new trick or two to make our lives easier. See you there!

Till next time,
....Kevin



Victorians Get \$23.7million Support Boost

Older Victorians and people with a disability will benefit from a boost of more than 400,000 hours of additional care, after today's announcement of an additional \$23.7 million in funding for home care services.

More than 55,000 additional meal deliveries and almost 30,000 extra hours of nursing extra services can be delivered through the increase to the Home and Community Care (HACC) program, announced today by the Australian Government Minister for Ageing, Julie Bishop, and the Victorian Minister for Aged Care, Gavin Jennings.

Ms Bishop said the joint Australian-State Government program has been supporting older Australians, younger people with disabilities and their carers for 20 years.

"Older and people with a disability in Victoria will receive substantially more care services, including more than 84,300 additional hours of personal care," Ms Bishop said.

"The increase in funding will help more people maintain their independence and continue living in their own homes and local community.

"Without HACC services such as respite care, domestic assistance, or nursing and social support for older Australians, many people would need to move prematurely into residential care," she said.

Mr Jennings said more than 220,000 people receive these support services in Victoria - with nearly 10 million hours of care being provided for older and disabled people across the state.

"This significant increase in funding responds generously to the rising number of frail aged people, and younger people with a disability, in our community who receive support services at home," Mr Jennings said.

"Overall, an additional 404,700 hours of care will be provided in Victoria to top up services so all people with needs can be served more evenly across the state."



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Clayton Victoria 3168

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Suspension Chair

- ➔ largest range of custom lightweight manual wheelchairs
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- ➔ for quality, comfort, style and strength
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Seating products

- ➔ experienced suppliers of: jay, roho, invacare
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- ➔ sports wheelchairs & recreation equipment



Folding Chair

For further information contact:

Mike De Santo

Tel: (03) 9548 8400

Fax: (03) 9548 8411

Email: dynamicw@hotmail.com



Visitor or Patient?

During a visit to the Mental Asylum, a visitor asked the Director what the criterion was which defined whether or not a patient should be institutionalized.

“Well,” said the Director, “we fill up a bathtub, then we offer a teaspoon, a teacup and a bucket to the patient and ask him or her to empty the bathtub.”

“Oh, I understand,” said the visitor. “A normal person would use the bucket because it’s bigger than the spoon or the teacup.”

“No.” said the Director, “A normal person would pull the plug. Do you want a room with or without a view?”

Ultimate Female Joke

A woman was sitting at a bar enjoying an after work cocktail with her girlfriends when an exceptionally tall, handsome, extremely sexy middle-aged man entered. He was so striking that the woman could not take her eyes off him.

The young-at-heart man noticed her overly attentive stare and walked directly toward her (as all men will). Before she could offer her apologies for so rudely staring, he leaned over and whispered to her, “I’ll do anything, absolutely anything, that you want me to do, no matter how kinky, for £20.00.....on one condition.”

Flabbergasted, the woman asked what the condition was.

Then he replied, “You have to tell me what you want me to do in just three words.”

The woman considered his proposition for a moment, then slowly removed a £20 note from her purse, which she pressed into the man’s hand along with her address. She looked deeply into his eyes, and slowly and meaningfully said...

“Clean my house.”

Blonde Joke of the Day

Two blondes are sitting on the beach in Bondi. One turns to the other and says “I wonder which is closer, Melbourne or the Moon”. The other rolls her eyes and says “Don’t be stupid. You can’t see Melbourne from here.”

Room 302

A woman called a local hospital. “Hello. Could you connect me to the person who gives information about patients. I’d like to find out if a patient is getting better, doing as expected, or getting worse.

The voice on the other end said, “What is the patient’s name and room number?”

“Sarah Finkel, room 302.”

“I’ll connect you with the nursing station.”

“3A Nursing Station, How can I help You?”

“I’d like to know the condition of Sarah Finkel in room 302.”

“Just a moment. Let me look at her records. Mrs. Finkel is doing very well. In fact, she’s had two full meals, her blood pressure is fine, she will be taken off the heart monitor in a couple of hours and, if she continues this improvement, Dr. Cohen is going to send her home Tuesday.”

The woman said, “What a relief! Oh, that’s fantastic... that’s wonderful news!”

The nurse said, “From your enthusiasm, I take it you are a close family member or a very close friend!”

“Neither! I’m Sarah Finkel in 302! Nobody here tells me anything”

My Wife Left Me

I don’t understand. After the last child was born, she told me we had to cut back on expenses, I had to give up drinking beer. I was not a big drinker, maybe a 12-pack on weekends.

Anyway, I gave it up, but the other day, when she came home from shopping and I looked at the receipt and saw \$45 in makeup, I said, “Wait a minute. I’ve given up beer and you haven’t given up anything!”

She said, “I buy that makeup so I can look pretty for you.”

I told her, “Hell, that’s what the beer was for!”

I don’t think she’ll be back...

CLASSIFIEDS

For Sale

Car Hoist

Roofrack car hoist for lifting manual wheelchair up/down.

Price: \$700 ono

Phone: (03) 9822 2232 or 0411 716 816 Ty

1987 Toyota Camry Ultima

1987 Toyota Camry Ultima 2000cc motor with RWC; automatic; hand controls (can be taken off); full electrics, alarm, keyless entry, cruise control, many more options. 170,000kms and in very good condition.

Price: \$5,000 ono

Phone: (03) 9822 2232 or 0411 716 816 Ty

Stretch machine

Price: \$100 ono

Phone: (03) 9822 2232 or 0411 716 816 Ty

"Niagara" Electric Double Bed

Therapy electric double ensemble bed with 6 casters, fully remote control for massage, heating, head rest and foot rest can be moved up and down. cost \$5000.

Price: Will sell at any acceptable price.

Phone: (03) 9822 2232 or 0411 716 816 Ty

Two Electric Wheelchairs

- **Karma KP40 Electric Wheelchair** with complete set, extra key to lock, mobile phone charger, speedo meter, VGC, cost \$7,000.

Price: \$800 ono

- **Vintage Lightweight Electric Chair** - foldable, good for elderly person.

Price: \$1,000 ono

Phone: (03) 9822 2232 or 0411 716 816 Ty

Wymo Car Wheelchair Hoist

In very good condition.

Price: Best Offer

Phone: (02) 6024 2399 Colin

Hand-cycle Exercise Machine

Hand-cycle Exercise Machine that sits on a table

Mobile: 0410 481 315

Linak hoist HB 51-002

Load weight max 150 kg, 2 slings (toilet and regular) comes with battery and charger. As new.

Price: \$500 ono

Phone: (03) 5629 5646 Linda (Bunyip)

For Sale

Plega Advanced Electric Adjustable Bed

Hi-Lo Bed Large Single – 3 settings, whole bed up & down, top raises, bottom raises, Innerspring mattress not a year old, Side rail, Bottom rail, to keep covers off feet & legs.

Price: \$3,000

Phone: (03) 9876 9692 Robert

Commode Chair

Grey steel frame, Adjustable height, Grey vinyl seat & back.

Price: \$100 ono

Phone: (03) 9876 9692 Robert

Walker Wheeler

Blue adjustable height, push down handle brakes, Seat and Basket.

Price: \$90 ono

Phone: (03) 9876 9692 Robert

2000 Volkswagen Transporter

Wheelchair adapted, 5 seater, LWB, mags, Roo bar, 1 owner, dual air-cond, VGC.

Price: \$14,000 ono Landsborough (Goldfields)

Phone: (03) 53569126

Quicki TNT Manual Wheelchair

17" Quicki TNT manual wheelchair, brand new frame, frog leg casters, colour purple and black, the whole chair is quick release, comes with back support, side clothes guards, under chair net, wheelie bars, push handles. In very good condition.

Price: \$2000 ono

Mobile: 0410481315 Shaun

Rigid Frame Wheelchair

Glide Manual Rigid Frame Wheelchair, detachable arm rests, blue, push handles, 18 " height & width, VGC.

Price: \$350

Mobile: 0424 710 446 Michael

Commode shower chair

Model GL10, Stainless Steel, Attendant Propelled, fixed height with simple foot operated sliding step & safety rail, front locking castors, open seat. Wheels over toilet or can be used with pan. used once.

Price: \$200

Phone: (03) 5156 6519 Laurie (Bairnsdale)

CLASSIFIEDS

For Sale

Huntley Auto Excell Air Mattress

7 months old, very good condition. Cost \$5400.

Price: \$2,000 ono

Phone: (03) 9783 9430 Margaret

Roho Cushion

High Profile, 9 x 8, with pump, very good condition;

Price: \$300 ono

Phone: (03) 9761 8778 Jenny (kilsyth)

Manual Wheelchair

To suit 19 inch cushion, adjustable back to suit quad, fold-up chair, marone in colour.

Price: \$900

Phone: (03) 9776 0522 or 0408 380 765 Jerry

Pro-Med Elf Electric Hoist

New battery and charger, excellent condition, lifts 127kg.

Price: \$900,

Phone: (03) 9776 0522 or 0408 380 765 Jerry

Promed Sling

Suitable for quadriplegic, large size, never been used, full harness.

Price: \$250

Phone: (03) 9776 0522 or 0408 380 765 Jerry

For Sale

Pride D2 Stand Assist Chair

Cashmere, Used for 5 months, cost \$1,280.

Price: \$800 ono

Phone: (03) 9877 0509 David or Cheryl (AH)

Mobile: 0411 639 456 Cheryl

305-48 Suntec Wheelchair

Lightweight 305-48 Suntec wheelchair, 48cm, Used for 3 months, cost \$776.

Price: \$500 ono

Phone: (03) 9877 0509 David or Cheryl (AH)

Mobile: 0411 639 456 Cheryl

Jay Active Cushion

Brand new, 16 inch x 16 inch.

Price: \$500

Phone: (03) 5147 2438 Brett

Aluminium Wheelchair Ramps

2 single telescopic Aluminium portable ramps with carry bag, will cover 1 step to 4 steps. Will suit manual or a electric wheelchair, in very good condition.

Price: \$200

Mobile: 0401 883 788

1996 Ford Flash Cab

Ex taxi, wheelchair access, yellow, auto, a/c, 5 seater.

Price: \$5,500 ono

Phone: (03) 933 80525 Gladstone Park

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For Sale

1998 Subaru Liberty

Subaru Liberty wagon, burgundy in colour, 178,000 kms, good condition, monarch hand controls.

Price: \$15,500 ono

Phone: 0402 416 573 Sean

2000 Mercedes MB 100

White; petrol; manual; "Norden" Conversion for wheelchair access; wheelchair access by side entry, luggage barrier; attendant seat beside chair is removable; 29,000kms..

Price: \$26,000 ono

Phone: (03) 5492 2376 John

Roho Cushion

High Profile 9 x 10 with pump, only used four times.

Price: \$250 ono

Phone: (03) 9467 3313 Angelo

Transender Electric Wheelchair

Chair can climb steps; wheels adapt to all types of terrain; reclines; very good condition but needs new batteries

Price: \$1,500 ono

Phone: (03) 9467 3313 Angelo

Places To Rent

- Two Wheelchair friendly two-bedroom properties available.
- Western Suburbs, Low income, Eligible for public housing.
- Two wheelchair friendly units in Lakes Entrance. Available around 4months subject to market rent.

Phone: 0403 046 808 Greg

Email: gkidd@paraquad.asn.au

2 x Go-Kart's

- **CRG 2003 Go-Kart**, high performance, electric start, rotax watercooled engine, temp, tacho lap time computer, magnesium wheels, 40mm axil, hydraulic brakes, trolley. Has user friendly hand controls. I will set kart up to suit buyers size & weight. In Sydney, can organise transport to Vic.

Price: \$5500

- **1998 Top Kart** set up with hand controls. electric start, with PRD 125cc air cooled engine, kart suitable for beginner to experienced karter, engine recently rebuilt. Can be test driven in Sydney but can deliver to Vic.

Price: \$5500

Mobile: 0429 475 786 Andrew Meddings

For Sale

Electric Wheelchair

Rollerchair Navigator electric wheelchair with 5 forward speeds, one reverse and it tilts back for pressure relief or going down hills. Very comfortable seat with adjustable headrest and footplates. Twin batteries for long range use, includes charger and feeding tray. Excellent condition

Price: \$5,300 ono

Phone: (03) 9878 3249 Gary

Email: madge@alphalink.com.au

Custom Built Electric Wheelchair

Very comfortable - racing style seat back, gel cushion, tilt and recline, adjustable foot rests & new rear tyres. Good condition, photo can be emailed.

Price: \$3,500

Phone: 9435 8515 (AH) Gail Watsonia

Mobile: 0403 674 487

Email: gboelens@optusnet.com.au

Fisher Paykel Electric Wheelchair

Harrier model electric wheelchair, very good condition, 7 years old, left or right hand control.

Phone: (03) 5765 2244 Graham (Wangaratta)

Price: \$1,800 ono

17" Quicki TNT Manual Wheelchair

Brand new frame, frog leg casters, colour purple/black, quick release chair, comes with back support, side clothes guards, under chair net, wheelie bars, push handles. In good condition, cost \$2,500.

Price: \$2,000 ono

Mobile: 0410 481 315

DOC electric Wheelchair

Fold-up type, fits in car boot, includes charger & cushion, used for 6 weeks. Cost \$4000.

Price: \$2,000 ono

Phone: (03) 9306 0423 Val Glenroy

Xtreme 4X4 All Terrain Power Wheelchair

Magic Mobility genuine 4 wheel drive wheelchair. This chair will allow you to go virtually anywhere. Come and try before you buy, on the beach at Werribee South. Current new cost over \$11,000.

Price: \$5,000 ono

Phone: (03) 8742 0252 Ian

... **More Classifieds on page 18 & 19**