

# Newsletter Winter 2015

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## **Aged related Disability**

### **New Course**

The ACE DisAbility Network is running a new course in Aged Related Disability on Thursday July 14<sup>th</sup>. Contact Judy on 8851 0830 or [judy.buckingham@yooralla.com.au](mailto:judy.buckingham@yooralla.com.au) for details

### **About Aged Related Disability**



The Australian population is ageing. Although older people have plenty to offer both to society and the workforce, statistics show that the chances of disability increase with age. Few people over 50 escape without some form of impairment or illness. Are you and your organisation ready to manage people with disability acquired through age: hearing loss, sight impairment, decreased mobility, chronic illness, failing memory?

The major difference between life long disability and aged related disability is that people may not be used to coping with an acquired disability. This can lead to frustration, anger and sometime denial.

Some of the impacts of ageing include memory loss, dementia and the effects of taking medication.

[Hyper link for more information on memory loss, dementia and the effects of medication here](#)

## Memory loss

Some memory loss is a normal product of ageing – it is not necessarily a precursor to dementia. The following are what we may all experience as we get older:

- Occasionally forgetting where things were left that are used regularly.
- Forgetting names of acquaintances.
- Occasionally forgetting an appointment.
- Having trouble remembering what's just been read, or the details of a conversation.
- Walking into a room and forgetting why.
- Becoming easily distracted.
- Not quite being able to retrieve information "on the tip of the tongue."

Strategies for assisting those who are experiencing some memory loss include:

- Breaking tasks into small steps
- Making lists
- Providing one instruction at a time
- Removing distractions
- Reflection and review
- Checking for understanding
- Repetition and rehearsal

## Dementia

Dementia is much more serious. As someone once said: "Forgetting where you put your car keys is normal. Forgetting what the car keys are for is dementia"

Some of the impacts of dementia include:

- May have times of lucidity
- May have difficulty finding a word
- May talk fluently but with no sense
- May not understand what you say
- May lose sense of social conventions
- May not respond with appropriate emotions
- May constantly repeat behaviours or ask the same questions

These may be assisted by:

- Remaining calm and talking in matter of fact way
- Living with their reality. If they still think they are twenty-five – then they are!
- Body language, tone of voice, facial expressions are important
- Using short sentences, with one idea at a time
- Allowing time for what you say to be understood
- Maintaining routine and consistent approaches
- Allowing time for them to speak
- Having conversations without questions.

Remember:

- Don't argue – it will only make them angry
- Don't order them around

- Don't tell them what they can't do
- Don't be condescending – tone of voice can be understood even where the words can't.

### **Medication**

Most people over a certain age take medication of some sort. All medicines have side effects.

Some of these side effects include:

- Lack of motivation
- Inappropriate emotions
- Disorganised thought
- Concentration problems
- Anxiety
- Tremors

Some of the strategies for working with people feeling the side effects of medication include:

- Remembering it's not you – don't take lack of motivation personally
- Encourage small achievements
- Allow for frequent breaks
- Acknowledge frustration
- Stay calm
- Minimise distractions
- Negotiate realistic tasks

## **News**

### **Inclusive Sports video**

A film clip Netball Victoria had made, has been named as one of the top 10 entries in the United Nations Office on Sport for Development and Peace (UNOSDP)'s International Day of Sport for Development and Peace (IDSDP) Video Contest.

It's a great example of inclusion in sport, so take a look.

For the film itself, please see this link:

<https://vimeo.com/purplemonky/review/120767455/8e3c94fe1b>

### **Certificates in Initial Adult Literacy and Numeracy (CIALN) update**

In June 2014 Ron McGlynn Director of MEM donated the CIALN courses to the Victorian Department of Education and Training (DET) who requested to take over ownership of these courses in the public interest. DET has now rewritten the courses for reaccreditation purposes and endorsed these courses as being specifically designed for people with an intellectual disability.

The new courses consist of:

- 22294VIC Course in Initial Adult Literacy and Numeracy
- 22293VIC Certificate I in Initial Adult Literacy and Numeracy

A summary course framework is attached for your information.

The courses have been accredited from 1 July 2015 to 30 June 2020.

MEM has also developed a comprehensive non-accredited initial literacy training program based on the old CAILN courses for students and organisations who for whatever reason cannot access accredited training courses. The total cost for this non-accredited training program is \$500.

For further information regarding these resources please contact Ron McGlynn on 0408 313 142 or email [cialn@optusnet.com.au](mailto:cialn@optusnet.com.au)

### Hyperlink for further details of other resources

MEM has been developing resources to remove barriers to accessing these courses for people with an intellectual disability. It is hoped that these resources will be available in July

1. A complete set of 38 CIALN assessment packages. Each assessment package will contain a:
  - Unit and marking guide
  - Unit guide and assessment tools
  - Unit record
  - Unit competence map
2. Trainer timetables for both courses
3. Complete set of session plans for both courses together with a matching comprehensive set of student session plan sample activity sheets

Total cost: \$3,000

## Courses

Melbourne has great



Why not bring your coffee and learn sign language at **vicdeaf**?

☀️ #iloveauslan  
www.vicdeaf.com.au/auslan

Coffee

### Sign Language (Auslan) Community Classes

Vicdeaf provide Sign Language (Auslan) community classes that offers you basic skills in communicating with Deaf people. Vicdeaf has been providing Auslan courses since 1982 and has a wonderful team of suitably qualified and experienced community teachers.

In our practical and fun classes you will learn how to fingerspell the alphabet, sign numbers and develop a vocabulary of commonly used signs which can be used in conversations.

Please visit our website for more information or to enrol into one of our community classes. Click here. <[www.vicdeaf.com.au/auslan](http://www.vicdeaf.com.au/auslan)

## **Deaf Awareness Training**

Vicdeaf provide Deaf Awareness Training to community groups, organisations, businesses, schools and services with appropriate and relevant information about Deaf people and the Deaf community. This session is usually held onsite.

This training is about providing awareness, knowledge and strategies for improving the interaction between Deaf and hearing people. Sessions can be customised to suit and usually runs from one to two hours with any number of people.

Please visit our website for more information and to book a session. Click here.<<http://www.vicdeaf.com.au/content.asp?id=23&t=deaf-awareness-training&cid=8>>

## **Making connections...skills for working and living**

A pre-accredited program for people with mild intellectual or learning difficulties. The program will develop employment and life skills, including literacy, numeracy, and basic computer through a range of activities and experiences.

Dates: 3 February to 3 December 2015

Days: Tuesday and Thursday

Time: 9.30am—12.30pm

Duration: year long