



# Citizen Advocacy Sunbury & Districts Inc.

## Quarterly Newsletter

Email : [casunbury1@bigpond.com.au](mailto:casunbury1@bigpond.com.au)

### Spring Edition 2013

Office 5  
36 Macedon  
Street  
Sunbury 3429

Postal Address:  
P.O. Box 420  
Sunbury 3429

Tel: 9744 7378  
Fax: 9740 8535  
Mobile  
0408 178 614

Web  
[casunbury.net](http://casunbury.net)

Finally, with all the work of our Disability Standards audit over, we are getting back to our core work of supporting and recruiting advocates for the people who need them. So I welcome our latest match Nathan and Peter. I'm sure both people's lives will be enriched through this relationship.

Some of our oldest matches go back over 25 years!, including people who were introduced to their advocate whilst residing at one of Australia's biggest intuitions at the time – Caloola Training Centre, here in Sunbury. It has been 21 years since the closure of Caloola. This relic of the past has had enormous impact on hundreds of people's lives. Many hundreds of people were forced to live there and many hundreds of people choose to work there. Sunbury was built around this large intuition. As time goes by and people leave us, many of the stories and experiences go with them. As many of you would know this program began because of Caloola due to the situation and conditions people were placed in. Many advocates regularly visited and befriended vulnerable people there ensuring someone who was independent of the "system" was looking out for their interests and ensuring they had some community contact. The Office of the Public Advocate is giving people an opportunity to come together and share memories of the past and discuss the future without institutions for people with disability (**see notice below**). Many of you will have had some connection with Caloola or know someone who has, so please pass this information on. You will need to register on line. If anyone has difficulty with this process or needs to ask questions you can call Mark Feigan at the OPA ,or feel free to call me at the office.

In our last newsletter I mentioned the issue of the DHS rent increases on people living in State run disability care. Since then, two thousand Victorians with disabilities launched a class action legal challenge at VCAT through Villamanta Disability Rights Legal service. The good news is that the government has decided to back down and withdraw any proposals to increase fees by 50% to consume 75% of the disability pension. We have a collection of articles on this matter at the office .

Also please remember to visit our website [casunbury.net](http://casunbury.net) from time to time as it is regularly updated with news articles and reports as well as what's been happening at CA! Enjoy the beginning of spring and I hope to catch up with many of you at our upcoming AGM in November, an invitation with the actual date will be sent out soon.

*David Abela - Program Co-ordinator*

## Invitation to Caloola21

Caloola21 is a reunion celebrating the 21st anniversary of the 1992 closure of Caloola Training Centre, a large institution for people with disability in Sunbury, Victoria.

The Office of the Public Advocate (OPA) invites people with disability and their supporters to attend Caloola21 and share their memories, as work continues towards a future without institutions for people with disability. Speakers will talk

about what life was like at Caloola, its closure, improvements in services, and the rights of people with disability.

There will also be historic news items and photos on display and performances by Boilover Theatre and Ambient Orchestra.

When: 7 November 2013  
10am – 1.15 pm, followed by lunch

Where: Darebin Arts and

Entertainment Centre  
Corner of Bell Street and St  
Georges Road,  
Preston, Victoria, 3072

Register:

[caloola21.eventbrite.com.au](http://caloola21.eventbrite.com.au)

Further information: OPA  
Senior Policy and Research  
Officer Mark Feigan

Phone: 9603 9532

Email:

[Mark.Feigan@justice.vic.gov.au](mailto:Mark.Feigan@justice.vic.gov.au)

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## *Coping With Someone Living With Dementia*

**Written by Protégé and Committee Member Elizabeth Lynch**

She is not the mother that I had grown up with. Coping with someone living with dementia in the family, mother, father, aunty etc. It is not easy to cope with someone who has dementia, the mental state that comes with the disease. The changes that will occur play games with you. My mother is not the mother who I had known, who cared for me, loved me, had taken me places, and supported me in the past. My mother is now living in a

nursing home. My mother would say to me: “I am not having my hair cut done here, I want it done at the hair dresser, as before.” She says “I am not eating this food here. Look at the pink mousse sweets with hundreds and thousands on it. It’s baby food!!!” Mum rings me up on the phone or I am there with her. She asks me to “ring the police, the ambulance, taxi; I am getting out of here!!!” “No mum, I can’t, “What do you

mean you can’t?” The look in those eyes tells you, she’s is not there.

She refuses to take her medications from the nurses. Mum said to me “the nurses wouldn’t give me medications.”

She tells my sister “to get the first plane back to Perth!!!” There are some things of the coping where I need to have compassion and patience. Mum has now been just over 12 months in the nursing home.

*Our social roles  
define how we  
see ourselves  
and how others  
see us*

*Written by  
Advocate  
Bridie Smith*

### **Achieving the Good Life for Protégés**

John Armstrong, Social Role Valorisation (SRV) senior trainer, presented an entertaining and an enlightening workshop at the Citizen Advocacy Office on 17th June 2013. The purpose of training was to help us understand how to achieve the Good Life for Protégés

John began the workshop by giving us a history of the development of SRV which is a set of approaches designed to enable devalued people in society to experience the Good Life. The theory was largely developed by Dr. Wolf Wolfensberger, founder of the Citizen Advocacy movement.

John asked us to think about what the good life

means for us –family, friends, health, job, money and travel etc.

He then asked us to consider our response to adversity such as illness, unemployment, loss of loved ones, etc.

People generally respond to adversity in one of four ways, they succumb, survive with improvement, develop resilience or not only overcome the adversity but thrive because of it.

Our social roles define how we see ourselves and how others see us. Our roles in society give us our status and identity and define where and with whom we belong; our roles give us autonomy and freedom, opportunity for personal

growth and to contribute. We experience the Good Life when we are accepted by others. Advocates play a very important role in improving life experiences of protégés, not only through their role as friend and advocate by also by helping the protégé develop other roles and links in society.

This forms the strongest safeguards to protect a person with heightened vulnerability by seeking to prevent further burdens developing and actively compensating in areas which can be strengthened. Advocates can tip the balance of the scales in favor of Protégés to improve their chances of experiencing the Good Life.

In the News...

## **Boost for Advocacy Group**

**Sunbury Leader**  
**13th August 2013**  
**Barry Kennedy**

### **REPORT ENSURES FUTURE SUPPORT FOR DISABLED CLIENTS**

THE future of one of Sunbury's most unsung community organisations has been assured. Citizen Advocacy Sunbury and Districts (CASD) matches mostly intellectually disabled clients, called protégés, with advocates who act as a friend and voice by staying in contact. Co-ordinator David Abela said an audit and subsequent accreditation by SAI Global Assurance Services had ensured the agency was complying with national disability service standards.

"It's important for our service and ensures we can continue helping our protégés," Mr Abela said.

He said the sector will need advocates more than ever with the pending transition to the National Disability Insurance Scheme.

"Many of our advocates are already helping people who do not have family support," he said. The report praised CASD on its advocate and protégé handbooks, strong focus on matching protégés with advocates, and promotion of disabled people's rights.

CASD began in 1988, four years before the

Caloola Training Centre was closed.

The grassroots organisation was called for in public meetings after concerns over disruptions and conditions at the training centre.

Mr Abela said the service gave freely-offered relationships and relief from the service sector.

CASD is now looking for new advocates.

Details: [casunbury.net](http://casunbury.net)



**ROSEACCOUNTANTS** PTY LTD

Citizen Advocacy Sunbury & Districts would like to take this opportunity to thank Rose Accountants for assisting our Treasurer and for also providing in kind, financial resources.

## **Advocate Dinner**



*On Wednesday the 4th of September, Advocates, Committee Members and staff gathered together for our annual Advocates dinner, this year held at the Nook Café in Sunbury. The evening was enjoyed by all. We would like to take this opportunity to thank our Advocates for their dedication and ongoing commitment.*

## **Advocate Testimonial**

*One of these days, Brendan is going to win our game and , I know he will be very chuffed!*

*Brendan has a main passion in life, his love of the Essendon Football team. He attends as many matches as possible and is pleased they are doing well this season.*

*As his Advocate I know Brendan enjoys a game of ten pin bowling over at Water Gardens. Whenever a different activity is suggested Brendan holds out for ten pin bowling, even through this is one of the activities held at Distinctive Options. One of these days, Brendan is going to win our game and , I know he will be very chuffed!*



*Brendan is a great guy who always seems to knock a lot out of life.*

Noel Roberts writes about his protégé and friend.

## **Complaints Resolution & Referral Service (CRRS) Who are they?**

There are 10 Standards that Commonwealth funded disability services (like ours) must follow to get money from the Government. If a service does not follow the Standards you can complain to the Complaints Resolution & Referral Service (CRRS). A copy of the Standards is included in your Citizen Advocacy Sunbury & Districts Inc. Handbook.

What is the CRRS?

The CRRS is a service that helps people with disability sort out complaints about disability employment and advocacy services funded by the Commonwealth Department of Family and Community Services.

Complaints Resolution & Referral Service

Free Call: 1800 880 052 Telephone

Typewriter: 1800 301 130 Fax: 02 8412 7199

Email: [crrs@workfocus.com](mailto:crrs@workfocus.com) Postal Address: PO Box 126, St Leonards, and NSW 1590

National Relay Service: 1800 555 677 and ask them to call CRRS for you

For an interpreter who speaks another language: 13 14 50 and ask them to call CRRS for you.

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or website?  
Please contact the office on  
9744 7378**