



Community Options Illawarra Inc.
Community Options - Quality Options

HELPING PEOPLE TO STAY AT HOME

CEO REPORT



Whilst I have been enjoying myself on holidays, COI staff members have been busy with all sorts of activities including:

- Bringing attention and awareness of dementia to the public with planning for the Memory Walk on 15 September 2012 (details page 5)
- Merging the Nowra and Milton offices to another more appropriate office in Nowra.
- Induction, Training and supporting new staff members in our Wollongong, Shellharbour and Nowra Office.
- Planning for a new Intake and referral officer who commenced on 20th August 2012 (Details page 2)
- Carrying out client and carer services, supports, respite blocks and information sessions for the range of people supported by COI

Since my return, much invigorated, COI has been involved with the following activities :

- NDIS activities to highlight the need for the National Disability Insurance Scheme with a **DisabiliTEA** activity occurring on 26th October 2012
- Attendance at the Disability EXPO in Wollongong
- Organising and attending the Nowra office Open Day on 22nd August 2012 (Details page 3)
- Organising an Open Day for the Wollongong Office on 10th October 2012 (Details page 3)
- Futures planning information session provided for clients and carers on 28th August at Dapto Ribbonwood Centre

As well as continuing to attend the normal meetings and training sessions organised on a range of topics from Dementia and CALD issues to industrial relations, and providing the excellent case management activities and brokerage services that we currently have funding for from the commonwealth Department of Health and Ageing and state departments of Family and Community Services and Health.

Anja Nivala, Chief Executive Office

Community Options Illawarra Inc.
Sponsors Illawarra Memory Walk - Saturday 15 September 2012



News & Events

Intake and Referral

On **20th August 2012**, Mardi Edmiston commenced in the new role of Intake and Referral Officer. The Intake and Referral Officer will facilitate all referrals for the **Wollongong, Shellharbour, Kiama and Shoalhaven LGA area**.

For Intake and Referral or Information/enquiries: –

Phone: - **1300 657 473.**



Contact details for general enquiries remain unchanged

Wollongong: T: 02 4226 3611

Shellharbour: T: 02 4220 8700

Nowra: T: 02 4221 4234

Bungendore: T: 02 6238 0053

For individual client enquiries, please continue to contact Case Managers on their direct line.

Staff Snippets - Welcome new staff members :

Case Managers

Verity Scholes Wollongong Office

Maree Willet Shellharbour Office

Melanie Henley Shellharbour Office

Sally Brant Nowra Office

Maree O'Rourke Bungendore Office

Administration Assistant

Rosalynne Glarey Shellharbour Office

Amanda Andresen Nowra Office

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NOWRA OPEN DAY

The new Nowra office of Community Options Illawarra Inc held an Open Day on Wed 22nd August.

The day was a huge success with clients, carers, Community Options Illawarra Case Managers, Board of Management members and local service providers attending.

The Open Day was an opportunity to reflect on our practice that at the heart of our service is a client-centered approach, which respects and values client rights and dignity. The quality of our client's life, their individual choice, self determination and empowerment is paramount in our work practice.

It was also good opportunity to network with the other agencies and exchange knowledge and information.

The Nowra office has eight Case Manager's one Senior Case Manager and one part time Administration Assistant.

Thank you to all who attended



Photo New Nowra office Open Day, Admin Assistant , Amanda

Annual General Meeting

Community Options Illawarra Inc.

24th Annual General Meeting

Date: Wednesday 28 November 2012

Time: 10am – 1pm (Lunch provided)

Venue: The Sebel Harbourside

Cnr of Minnamurra &

Shoalhaven Streets Kiama

Guest Speaker: Margaret Bowen

Chief Executive Officer

The Disability Trust

RSVP: By 19/11/2012 on T: 4226 3611

Or email info@coi.org.au

Open



Day 10/10/2012

Community Options Illawarra Inc Open Day—Wollongong Office

Date: Wed 10 October 2012

Time: Drop in anytime between 10.00am to 2.00pm

Where: 193 Church Street Wollongong

Case Managers will be available to discuss our services and answer any questions you may have. Refreshments will be available. We would love to see you on the day.

For more information: T: 4226 3611

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News and events ...cont

Community options Illawarra Inc Staff Development

As part of Community Options Illawarra Inc's ongoing professional development program, Case managers attended a half day workshop on Acquired brain Injury Awareness Training. The Training was presented by ARBIS, supported by:

Department of Family and Community Services, Ageing, Disability and Home Care.

NDIS



Every Australian Counts is a people's campaign sweeping across the country, demanding the introduction of a National Disability

Insurance Scheme (NDIS), as recommended by the [Productivity Commission](#). The Every Australian Counts campaign helps people campaign for the NDIS in many different ways. Find out how you can support our current campaign action today.

Join the Campaign at:

www.everyaustraliancounts.com.au

About Acquired Brain Injury

Acquired brain injury - or "ABI" - refers to any damage to the brain that occurs after birth. That damage can be caused by an accident or trauma, by a stroke, a brain infection, by alcohol or other drugs or by diseases of the brain like Parkinson's disease.

Brain Injury is common. Over 500,000 Australians have an acquired brain injury. Three out every four of them are aged under 65. As many as two out of every three of these people acquired their brain injury before they turned 25. Three out of every four people with acquired brain injury are men. [Find out more about acquired brain injury.](#)

The inaugural "Sidetember" raises funds to support the work of Brain Injury Australia.

During September 2012 the inaugural "Sidetember" will take place. "Sidetember" encourages men to grow sideburns during the month of September to raise awareness and vital funds to support people living with an acquired brain injury (ABI), their family members and carers. From September 1, virile, powerful men across the country register at Sidetember.com to become Side Members. This is an important decision because for the entire month of "Sidetember" these very same men, ably supported by their family and friends (SideKicks) and the women in their lives (SideChicks), grow sideburns and raise money for the challenge of keeping their chops on all month.

For your calendar:

Younger Onset Dementia Carers Support Group Meetings 2012

The support group is an open and ongoing group of people who support each other through the journey of dementia.

The main purpose of the support group is to:

- Provide an opportunity for carers to share, discuss and assist each other through a process of mutual aid
- Enhance the well-being of the carer
- Enhance the well-being of the person with dementia.

DATES for 2012

18th October 2012

6th December 2012

For further information please contact :

Dianne Zisis T:4224 8610,

Kate Troy T:4204 1006

Jill Hunter T:4224 8602

World Suicide Prevention

Day - 10 Sept

Suicide Prevention Australia - This day is about bringing together communities and those bereaved by suicide to demonstrate a commitment to reducing the incidence of suicide in Australia. Contact 9223 3333 or www.suicidepreventionaust.org.



On Saturday, 15th September 2012 join Alzheimer's Australia NSW, Illawarra Memory Walk Working Party, networks, friends and supporters, and participate in Wollongong's Memory Walk event. The Memory Walk will raise much-needed funds and awareness about dementia and the services available in the Illawarra, as well as supporting people and their families living with dementia.

We will be running TWO courses to choose from on the day, these will cater for every fitness level.

ENTER NOW

DATE: SATURDAY 15 SEPTEMBER 2012

TIME: 8.30AM TO 2.30PM

**ONLINE ENTRIES ARE NOW OPEN UNTIL
5PM ON THURSDAY 13 SEPTEMBER**

**DAY ENTRIES FROM 7.30AM TO
COLLECT YOUR BIBS.**

**VENUE: Stuart Park, near George Hanley
Drive, North Wollongong**

**ENTER ONLINE OR CALL (02) 4226 3611
FOR MORE DETAILS**

**Community Options Illawarra Inc
Sponsors Illawarra Memory Walk 2012 -**

Come and join in the fun by clicking on the link below:

www.memorywalk.com.au/content/illawarra

Community Options Illawarra Inc.

*Community Options - Quality Options***HELPING PEOPLE TO STAY AT HOME*****For your calendar:cont*****R U OK? Day 13 Sept**

Is a national day of action dedicated to

Inspiring all Australians to ask family, friends, and colleagues, 'Are you ok?' By

Regularly reaching out to one another having open and honest conversations, we can all help build a more connected community and reduce our country's high suicide rate.

R U OK? Day Thurs 13 Sept 2012
To connect with crisis support lines:

1800 RUOKDAY (7865 329)

RUOK?

**SEPTEMBER 13, 2012
R U OK? DAY**

**FOR IMMEDIATE HELP
OR SUPPORT CALL
1800 RUOKDAY
(1800 7865 329)**

**FOR EMERGENCY HELP
CALL 000**

**FREE PUBLIC SEMINAR
DEMENTIA AWARENESS
WEEK 2012
UNRAVELLING THE MYTHS ABOUT
DEMENTIA
SPECIAL GUEST SPEAKER**

Sue Pieters-Hawke, author of best selling book "Hazels Journey"

SEMINAR TOPICS:

- **Healthy ageing and connections to dementia**
- **Facts and myths about Dementia**
- **Why we should talk about dementia**
- **Pathways to services and support .**

DATE: Wed 26Sept 2012

TIME: 10.00am—12.00pm

followed by a Community Expo closing at 2.00pm

VENUE: The Illawarra Master Builders Club, Church St, Wollongong

RSVP: By 20Sept to Alzheimer's Australia NSW

T: (02) 9805 0100

National Dementia Helpline

1800 100 500

(An interpreter service is available)

**TALKING ABOUT ALZHEIMER'S
ACROSS AUSTRALIA**
FIGHTDEMENTIA.ORG.AU



COI CONVERSE
ILLAWARRA & SHOALHAVEN
NEWSLETTER

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Wollongong Office: Ph: 02 4226 3611
Shellharbour Office Ph: 02 4220 8700
Nowra Office Ph: 02 4421 4234
Bungendore Ph: 02 6238 0053
Email: info@coi.org.au



Visit Community Options Illawarra's new website for program information and much more

www.coi.org.au

Would you like to receive this newsletter?

Contact: Community Options Illawarra Inc at info@coi.org.au

Phone: 02 4226 3611 /Fax: 4229 4668

Please note: we will no longer issue receipts when paying by cheque.



ACCOUNT PAYMENTS

If paying an account through the bank please remember to use your name or invoice number as a reference.

**Community Options Illawarra Inc.
Sponsors Illawarra Memory Walk -
Saturday 15 September 2012**





Community Options Illawarra Inc

Community Options - Quality Options



You are cordially invited to attend the Community Options Illawarra Inc Open Day – Wollongong office

DATE: Wednesday 10th October 2012

TIME: Drop in anytime between 10.00am to 2.00pm

WHERE: 193 Church Street Wollongong

Case Managers will be available to discuss our services and answer any questions you may have.

Refreshments will be available.

We would love to see you on the day.

For more information T: 4226 3611

Email: info@coi.org.au or maria.puljic@coi.org.au