



Your new senior management team

We are very pleased to welcome our new General Manager of Community Individual Services, **Faye Warren**.

Faye has many years' experience in disability, including in roles which encompass a wide range of disability services.

She spent 14 years working with the Department of Human Services in its Gippsland Region, including as its Manager of Disability Services, before moving to the EW Tipping Foundation three years ago as its Regional Manager for Gippsland.

Faye has extensive experience in the for-profit sector and brings her business understanding, combined with her value system, to the role of General Manager Community and Individual Services

She will be ably assisted by **Senior Co-ordinators** in each region.

These include:

- **Janet Wraith** in **Western Victoria**
- **Charles Warren** and **Lolita Wheatley** in **Metropolitan Region**
- **Andrew Redston** in **Gippsland**

All other support positions including Team Leaders largely remain the same.

If you have any queries about our services, please contact your Team Leader.

You are also welcome to contact Faye at our Metropolitan office in Oakleigh or any of the Senior Co-ordinators at their regional office if you have further queries about the new structure.

See the back page for full contact details.



*Faye Warren,
General Manager*



*Janet Wraith,
Westvic*



*Charles Warren,
Metropolitan*



*Lolita Wheatley,
Metropolitan*



*Andrew Redston,
Gippsland*

What would you like?

Welcome to the third edition of our family newsletter. We hope you enjoy reading it!

Please don't hesitate to let us know if there's anything you would like us to feature in future editions (our contact details are on the back page).

Fitness classes

The DirectLife team has organized fitness classes for people with disabilities and supporters in the southern metropolitan area.

The classes are taking place once a month at Monash Aquatic and Recreation Centre at a cost of \$7.80 (which may be reduced with more participants). The experienced instructor has tailored the class for people with disabilities.

The next class will be on 13 April. Contact Christine LaRive on 9564 1021 OR 0400 887 745 to book a place.

New respite project for older carers

Victorian Person Centred Services is about to commence a great new program! The "Respite for Older Carers" program will commence over the next few months.

The program is for people 60 and over, and their adult children aged 25 and older who have a profound or severe disability.

"...up to 20 hours of respite a week..."

The goal of the program is to find families flexible and responsive respite, enhance their relationships with the community, promote the service, and to ensure it remains viable when funding ceases.

The funding provides us with two co-ordinators for two years. We are currently recruiting for

these two positions, which will be based in Ballarat and Warragul. We have been contracted to provide the service in Western Victoria, Gippsland and the Southern Metropolitan region.

Our funding is not for actual respite provision, but will enable us to identify individuals and to seek funding from the new program on their behalf for up to 20 hours of respite a week.

We envisage that through the program, we will be able to support somewhere between 200-300 ageing carers and people with disabilities. The program is funded by the Commonwealth Government.

For more information, contact Faye Warren on 9564 1030.

Carer wellbeing examined

An article which recently appeared on the Infoxchange website from Carers Australia says that carers are more than 40% more likely to suffer from at least one chronic health condition when compared to the rest of the community.

The report, titled *The Health and Wellbeing of Adult Family Carers in South Australia*, found that 70% of carers reported conditions such as diabetes, asthma, arthritis and cardiovascular disease.

Carers Australia CEO Joan Hughes said she was concerned about the findings.

"We now have solid evidence going back more than a decade that clearly illustrates the urgent need to address carer health and wellbeing," she said. "Yet there is still no national plan to address the problem".

The report is available from: www.health.sa.gov.au/PROS or by phoning 08 8226 7042.

Living the dream—moving out of home!



Peter and Greg love living independently.

It doesn't matter what your age or ability, nearly everyone wants to be independent.

Two City of Kingston residents are proving that independence is possible in ways that most people haven't dreamed of.

Peter and Greg each have disabilities, and until recently were living with their respective parents.

They met through one of our programs, the DirectLife Project.

DirectLife supports people with disabilities who want to be in charge of their own life and live independently in the community.

Project Co-ordinator Christine LaRive helps participants to work out a profile of who they would like to live with, and arranges for potential flatmates to meet and get to know each other.

Part of the project was to establish a "circle of support" for the pair, including family and support workers, to help them work out where they wanted to live, find suitable accommodation, and determine house rules.

The circle continues to meet to support Peter and Greg, and the pair also have some help with housework from the City of Kingston. They go shopping together and take turns to cook, but otherwise continue with their own busy lives.

"I don't have to worry about other people now; I can do what I want to do, when I want to do it," said Greg, who believes the move has given him more confidence.

Peter, an enthusiastic cricket and football fan, says moving out was a good idea. "It would have to happen eventually, and this way I can get used to living without mum and dad," he said.

The pair encourage anyone with a disability to think about living independently. "But you need to do it carefully, like we have with DirectLife," said Greg.

"It's harder work, but it's worth it," added Peter.

More information about the DirectLife project is available by phoning Christine on 9564 1021.

Dinner, anyone?

People with disabilities in West Gippsland now have the chance to bond over dinner.

The Yoorooga Project has launched a community kitchen. Like VPCS, Yoorooga is a project partner of EW Tipping Foundation.

Participants have the opportunity to shop for ingredients, prepare and cook the meal, sit together to share their creation, and plan a meal for the following week.

"The kitchen allows people to learn skills not only in meal preparation, but also in nutrition, food handling, hygiene and safety, budgeting, teamwork, networking and shopping," said Project Co-ordinator Kerryn Vaughan.

"People living independently can sometimes become quite isolated and lonely, often causing depression.

"We hope this project will create some genuine and long-lasting friendships."

The Community Kitchen is open once a week at the West Gippsland Healthcare Group.

Yoorooga is a family-governed project that



Sarah, Phil, Sam, Jess and Deb at the launch of the community kitchen.

assists people with disabilities to live independently.

It is directed by a Governance Group comprising mostly service users and family members, and, funded by the Department of Human Services and EW Tipping Foundation.

More information about the project and kitchen are available by phoning the Yoorooga Project Officer on (03) 5622 7777.



Victorian Person Centred Services

Live life your way!

Victorian Person Centred Services is a not-for-profit organisation providing high quality services and advocacy across Victoria for people with a disability and others in need.

VPCS was formed in 2005 as a partner organisation of the EW Tipping Foundation, to concentrate on one-on-one services. The Foundation is named after the late Bill Tipping, a journalist for the Melbourne Herald who wrote passionately about people with disabilities and other social issues.

When Bill died in 1970, there was a large public meeting in Melbourne to form the EW Tipping Foundation.

Every day we support Victorians to achieve their aims and realise their dreams.

Our vision is *a great life for all.*

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