

# Spinal Outreach Team Newsletter

Issue 18, January 2015



Welcome to 2015! Everyone here at SPOT wishes you, your family and friends a Happy New Year. The theme for this year's newsletter is:

## Navigating your way

We have assembled some useful tips and information for locating services or resources. Let us know if you have found some useful resources that have helped you to navigate your way.

**Ben Beling and his champion cattle.**

**The Moreton Beef Classic Show & Sale is held each year in support of the Royal Flying Doctor Service.**

(Thank you to Ben for these photos.)

## Navigating to success at the Moreton Beef Show

Ben Beling lives on his property in Gatton, where he has been breeding Santa Gertrudis cattle for the past 10 years. 2014 was a great year, with one of Ben's steers named Champion Beast at the 21st annual Moreton Beef Classic Show & Sale.



A great deal of hard work goes into preparing for the show and to be awarded Champion Beast is a fantastic achievement.

In the last year Ben began attending Rural Training Queensland at their Gatton Campus, studying a Diploma of Agriculture. Ben attends the campus one day a week and completes the rest of his study at home and online.

### Contained in this issue:

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As part of the college's program to assist students with a disability, Ben gets the assistance of an instructor who comes to his home to help him with his studies. Through this same program, Ben has also received funding to purchase Dragon Dictate Software to assist him with his studies. With this support he hopes to successfully navigate his way to completing his diploma in the near future.

Ben is also planning to access Community Aids Equipment and Assistive Technology Initiative (CAEATI) funding available through the Queensland Government. To assist Ben to get around his property more easily, he plans to apply for funding to purchase a 4x4 powerdrive wheelchair. Ben anticipates that this equipment will help him to access the cattle yards on his property and continue his work breeding champion beef cattle.

*If you'd like to know more about CAEATI funding follow the link on page 3.*



Queensland Government

## National Disability Insurance Scheme (NDIS)

There is a lot being said and written about the NDIS, consultation papers are being regularly released and work in trial sites in other States and Territories is continuing.

NDIS starts in QLD from 2016

Contacts:

National  
[ndis.gov.au](http://ndis.gov.au)  
1800 800 110  
enquiries  
[@ndis.gov.au](mailto:@ndis.gov.au)

Queensland  
13 QGOV  
(13 74 68)  
[ndis@communities.qld.gov.au](mailto:ndis@communities.qld.gov.au)

Queensland is getting ready for the National Disability Insurance Scheme and will transition to the scheme between 2016 and 2019.

### Stay up to date.

We have put together some useful links where you can navigate to information about the NDIS and updates for Queensland.

The [National Disability Insurance Scheme](#) website has lots of information for people with disability, their families, carers and service providers including:

Brochure: [What is the National Disability Insurance Scheme?](#)

Factsheet: [Preparing for the NDIS in Queensland](#) (pictured right)

The [Queensland Government](#) also has a website devoted to the NDIS. You can subscribe to an [e-blast](#) for regular emails to keep you up to date.

National  
disabilityinsurance  
Scheme



### Preparing for the NDIS in Queensland

The National Disability Insurance Scheme (NDIS) will start in Queensland from 1 July 2016. This factsheet provides background on the Scheme and information on the roll out in Queensland.

#### What is the NDIS?

The NDIS is a new way of providing individualised support for people with permanent and significant disability that affects their ability to take part in everyday activities. The Scheme is being implemented by the National Disability Insurance Agency (NDIA).

The NDIS came out of grassroots campaigning, widespread community and political support and the Productivity Commission's 2011 landmark report recommending the reform of disability services in Australia.

#### How does the NDIS work?

The NDIS takes a flexible, whole-of-life approach working with eligible participants, their families and carers, to develop individualised plans. The NDIS provides participants with more choice and control over how, when and where their supports are provided. It also provides certainty that they will receive the support they need over their lifetime.

The NDIS works to connect participants with community and mainstream supports. The NDIS funds the additional reasonable and necessary supports to help participants pursue their goals and aspirations, and participate in daily life.



The NDIS starts in Queensland from 1 July 2016

#### Where is the NDIS currently available?

The NDIS is being introduced in stages, because it's a big change and it is important to get it right and make it sustainable.

There are currently seven trial sites across the country, in the ACT, Barkly in the Northern Territory, Perth Hills in Western Australia, the Hunter region in New South Wales, South Australia (for children aged 13 years and under), Tasmania (for young people aged 15 to 24) and in the Barwon region in Victoria.

#### When will the NDIS be available in Queensland?

The NDIS will roll out progressively in Queensland from 1 July 2016.

It is estimated that around 97,000 Queenslanders will be supported by the Scheme when it is fully rolled out.

The details on when people will phase into the NDIS will be in a bilateral agreement between the Commonwealth and Queensland governments, which is expected to be completed in December 2014.

[ndis.gov.au](http://ndis.gov.au) 1800 800 110

## Aged care services

2014 saw changes to aged care funding provided by the Australian Government when Home Care Packages were introduced. These packages can assist older people to stay in their own home and provide assistance with cleaning, meal preparation or shopping. They may also assist with some personal services, such as showering or dressing or clinical services.

There are four levels of Home Care Packages:

- Level 1 supports people with basic care needs.
- Level 2 supports people with low-level care needs (equivalent to the former Community Aged Care Packages).
- Level 3 supports people with intermediate care needs.
- Level 4 supports people with high-level care needs (equivalent to the former Extended Aged Care at Home and Extended Aged Care at Home Dementia packages).

There is no minimum age for accessing a Home Care Package, but you will need to be assessed as eligible by an Aged Care Assessment Team (ACAT).

Some Home Care Packages (e.g. Level 4) affect eligibility for other schemes such as the Queensland Government's Medical Aids Subsidy Scheme (see [MASS - general guidelines](#) for more detail).

The Australian Government also funds Home and Community Care (HACC) to provide basic home help services for older people. It can include transport, centre based care and social support services.

For more information on aged care services, the [myagedcare.gov.au](http://myagedcare.gov.au) website provides useful links or you can phone 1800 200 422. You can also contact SPOT if you'd like any further information.

[myagedcare.gov.au](http://myagedcare.gov.au)

1800 200 422

## Education Updates

Give  a spot

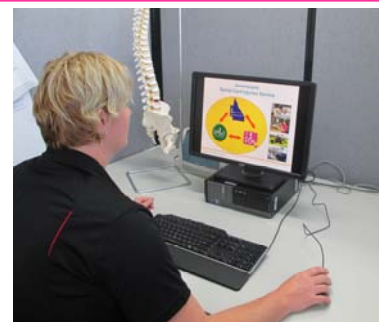
**Are you planning staff in-services or education sessions for 2015?  
Do you work with people with a spinal cord injury (SCI)?  
The Spinal Outreach Team (SPOT) is able to offer face to face  
education and videoconferences on topics including:**

- Bladder and bowel issues
- Nutrition and weight management
- Equipment and technology
- Pain
- Breathing
- Upper limb function
- Adjustment to change
- Mobility and transfers
- Skin
- Seating

**Get in early to book your SPOT**

**Email: [spot@health.qld.gov.au](mailto:spot@health.qld.gov.au)**

**Phone: 3406 2300**



SPOT has developed several **self directed learning packages** on:

- Posture and seating: The basics
- Wound care in the community
- Selecting a mobile shower commode seat for clients with spinal cord injury

They are available to send to you either by email or on disc. Get in touch if you'd like a copy.

We hope to publish these as online files in the future.

### Fact sheets and information for consumers and health professionals

Have you visited the Queensland Spinal Cord Injuries Service (QSCIS) website lately? As a consultancy service, SPOT contributes to the up-to-date health information for consumers and health professionals, at [www.health.qld.gov.au/qscis/html/health.asp](http://www.health.qld.gov.au/qscis/html/health.asp). It includes information on symptom management, health and wellness, and service information.

### What's in the pipeline for SPOT's webpage in 2015?

We will be adding more fact sheets to the website on topics such as guidelines for returning to sitting after a skin breakdown, cauda equina injury and information that can assist hospital teams when people with spinal cord injury (SCI) are readmitted. If you have any suggestions for topics for fact sheets or self directed learning pages, let us know.

### More websites with information on SCI

Information on SCI can be found at the Victorian Spinal Cord Injury Program website [www.spinalhub.com.au/](http://www.spinalhub.com.au/). The NSW government also has produced many fact sheets and booklets, more appropriate for health professionals, that can be found at [www.aci.health.nsw.gov.au/networks/spinal-cord-injury/resources](http://www.aci.health.nsw.gov.au/networks/spinal-cord-injury/resources).

The USA website, [www.msctc.org/lib/docs/Booklet/SCI\\_Factsheet\\_Booklet.pdf](http://www.msctc.org/lib/docs/Booklet/SCI_Factsheet_Booklet.pdf), provides a link to a book of fact sheets designed to support people with a SCI. Fact sheet topics include depression, pain, gait retraining, looking after your skin, and wheelchairs.

**Contact SPOT  
phone:  
34062300  
or  
email:  
[spot@health.  
qld.  
gov.au](mailto:spot@health.qld.gov.au)**

### Equipment websites

The website of the Independent Living Centres (ILC) Australia [ilcaustralia.org.au](http://ilcaustralia.org.au) enables product searches on many different topics.

You can filter to search for suppliers in Queensland only.

### Updated websites to help you navigate services.....

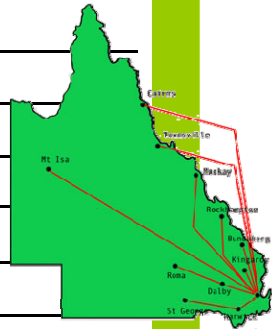
Acronym	What it stands for	Website
CAEATI	Community Aids Equipment and Assistive Technology Initiative	<a href="http://www.qld.gov.au/health/support/equipment/community-access/index.html">www.qld.gov.au/health/support/equipment/community-access/index.html</a>
VOSS	Vehicle Options Subsidy Scheme	<a href="http://www.qld.gov.au/health/support/equipment/vehicles/index.html">www.qld.gov.au/health/support/equipment/vehicles/index.html</a>
MASS	Medical Aids Subsidy Scheme	<a href="http://www.qld.gov.au/health/support/equipment/subsidies/index.html">www.qld.gov.au/health/support/equipment/subsidies/index.html</a>
CAPS	Continence Aids Payment Scheme	<a href="http://www.health.qld.gov.au/mass">www.health.qld.gov.au/mass</a> <a href="http://www.bladderbowel.gov.au/caps/application.htm">www.bladderbowel.gov.au/caps/application.htm</a>

If you would like to receive information electronically from SPOT email: [spot@health.qld.gov.au](mailto:spot@health.qld.gov.au) and request to be added to the SPOT email list.

## Regional visits 2015

Check out this year's schedule so you know when we will be in your area.

Area	Week Of
Toowoomba and Pittsworth	2 <sup>nd</sup> February, 2015
Roma, Dalby and West	23 <sup>rd</sup> February, 2015
Mackay, South to Sarina and North to Bowen	23 <sup>rd</sup> March, 2015
Rockhampton and West, Emerald & Dysart	27 <sup>th</sup> April, 2015
Cairns and Hinterland, North to Cooktown and the Cape	11 <sup>th</sup> May, 2015
Bundaberg and Monto	1 <sup>st</sup> June, 2015
Nambour and North of Nambour to Gympie	22 <sup>nd</sup> June, 2015
Longreach, Winton and surrounding region	20 <sup>th</sup> July, 2015
Stanthorpe, Warwick and West	3 <sup>rd</sup> August, 2015
Kingaroy, Murgon, Gayndah and Mundubbera	24 <sup>th</sup> August, 2015
Townsville and Mt Isa (including Palm Island)	14 <sup>th</sup> September, 2015
Cairns and Hinterland, South to Tully	12 <sup>th</sup> October, 2015
Gladstone, Biloela, Theodore and Bundaberg	9 <sup>th</sup> November, 2015
Hervey Bay and Maryborough	30 <sup>th</sup> November, 2015



### Did you know?

#### Community registrar

The community services of the Queensland Spinal Cord Injuries Service, (the Spinal Outreach Team and the Transitional Rehabilitation Program), have a new team member. A community registrar in rehabilitation medicine commenced in 2014. The registrar works closely with the existing members of SPOT and can provide information and advice on medical issues, working closely with local GPs and the Spinal Injuries Unit. The next registrar will be commencing with the services in February, 2015.

#### Spinal Injuries Unit outpatient clinics

The Spinal Injuries Unit Outpatient Department is part of Metro South Health's Central Referral Hub. This provides a single point of entry for all referrals to Princess Alexandra Hospital, including to the Spinal Injuries Unit. If you have not had an outpatient appointment in the last 12 months, your GP will need to provide a new medical referral. Once the referral is received, patients are placed on a waiting list for appointments which are then booked no more than 6 weeks ahead.

Your GP can fax a referral to 1300 364 248. If they have any questions they can phone 1300 364 155. You can find more information at [www.health.qld.gov.au/metrosouth/specialty/central-referral-hub.asp](http://www.health.qld.gov.au/metrosouth/specialty/central-referral-hub.asp)

The Spinal Injuries Unit is currently trialling the use of telehealth (videoconferencing) for some outpatient clinics. If you are interested in finding out whether this is a possibility for you, please contact the Spinal Injuries Unit Outpatient Department, phone 3176 2641.



introducing the  
**Central Referral Hub**  
From 5 May 2015, there will be one contact number for all Metro South Health referrals.

The Metro South Health Central Referral Hub will provide a single point of entry for all new referrals to:

- Specialist outpatients
- Allied health outpatients
- Community services previously processed by the Community Referral Service
- Oral health services

**All referrals. One number.**

**Benefits**

- ✓ All referrals, one number
- ✓ Simple, more efficient referral process
- ✓ Less administration
- ✓ Improved patient tracking
- ✓ Convenience and fuel for patients

**For all new Metro South Health referrals from 5 May 2015:**

Fax **1300 364 248**  
This will need to be updated on your fax machine

Phone **1300 364 155**  
If you have any questions or would like to talk to a clinical nurse or health practitioner

e-Referrals Will be automatically redirected to the hub  
For more information, visit [www.health.qld.gov.au/metrosouth](http://www.health.qld.gov.au/metrosouth)

Great ideas. Great opportunity.

### Spinal Outreach Team Contact Details

**Phone:** 3406 2300 or 1800 624 832 (for regional clients)

**Fax:** 3406 2399

**Postal:** PO Box 6053, Buranda Q 4102

**Location:** 3<sup>rd</sup> Floor, Buranda Village, Cnr Cornwall St & Ipswich Rd, Buranda Q 4102

**Email:** [spot@health.qld.gov.au](mailto:spot@health.qld.gov.au)

**Web:** [www.health.qld.gov.au/qscis](http://www.health.qld.gov.au/qscis)