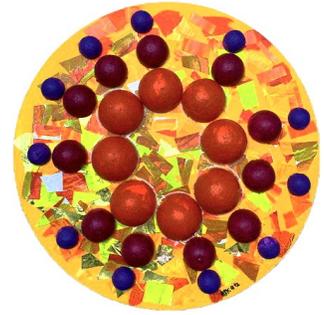


DAWN NEWS

Windarring Client Newsletter

Edition 1—August 2020



Multimedia artwork above by Kate Healey inspired by the Windarring logo.

Welcome to our NEW publication

Made by Windarring clients for the community.

You can contribute!

Are you a client at Windarring? You can contribute to *Dawn News*.

We need your photography, artwork, short stories, poems, articles and news, things that are happening around Windarring and upcoming events or programs you may wish to discuss or highlight.

We would also love sponsorship from the wider community and businesses, offer advertising opportunities within this publication, distribution points and donations. Windarring is a registered NDIS provider and all donations are tax deductible.

Windarring is an indigenous word that means dawn or sunrise.



Want to join in?

How: email directly or ask a support worker or a team leader to get your offering/s to:

info@windarring.org.au

DEADLINE October 9th

Activities!

For fun resources visit

www.goldencarers.com/activities/



Pictured here is Conor Okeefe

In This Issue

- What is this newsletter about?
- About arthritis
- Coronavirus impact upon community
- About Epilepsy
- Disability Support Pension
- ...and more



Xray

Arthritis

by David Keegan

Arthritis affects people of all ages. It is a common complaint in temperate climates. It can be mild or severe.

Having formerly worked as a fundraiser for Muesculoskeletal Australia (formerly known as Arthritis Victoria) I was privileged to be able to assist them. Its study is known as rheumatology.

The worst thing that you can do with arthritis is put up with it. Go and see your GP. Your GP will ask you for a history of your illness and examine you. Xrays may be needed and can indicate the kind of arthritis that it is. It can also ascertain what kind of damage has happened to the joints. The GP may prescribe painkillers like paracetamol. You might have to rest the affected joints.

See your GP

If your symptoms persist your GP may admit you to hospital. Physiotherapy plays an important part in treating all forms of arthritis. You need to exercise. Hydrotherapy can often help. If your joints are badly affected then your joints may be replaced. One of the most common forms of replacing joints is hip replacement.

Further information

If you need further information about arthritis then a good website is the **Muesculoskeletal Australia** website which is www.msk.org.au or you can give them a call weekdays on 1800 263 265.

CORONAVIRUS IMPACT UPON COMMUNITY

by David Keegan

The Coronavirus impact has had an impact upon the community. It has forced businesses to close and forced governments around the world to stimulate the economies that they rely on for taxation purposes. The reason I write this is because I studied journalism at university.

The impact of the corona virus has also forced people to change the ways that they behave particularly in respect to the social distancing rule of 1.5m when you go shopping. As a result social distancing has become necessary. It is to be hoped that people heed the regulations in respect to social distancing because otherwise the virus could easily take off and become widespread. So my plead to people is to stay healthy particularly as I once worked in fundraising for a couple of charities.



COVID19

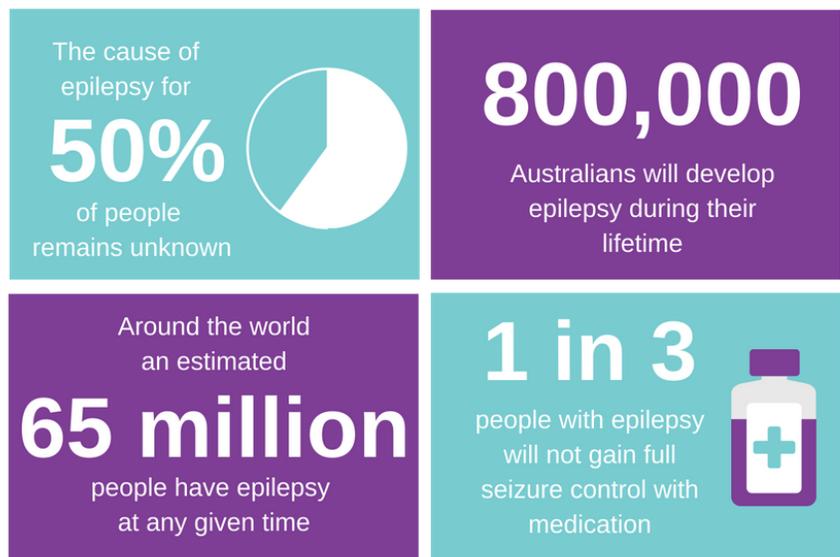
Types of seizure

There are several types of epileptic seizure including grand mal seizures which involve a fixed pattern. It begins with the individual experiencing a strange sensation. There is also occasionally the feeling of having been in particular places before. This is known as the *deja vu* "already seen" phenomenon. This stage of the seizure is known as the *aura* and is then followed by a tonic seizure during which the muscles contract and remain contracted. Grand mal seizures can be treated with a number of different medications including phenytoin and sodium valproate or Epilium. The anti-epileptic drugs are known as anti-convulsants. If the dose is maintained the seizures may disappear.

Seizure First Aid

Do not restrain a person who is having a seizure, put anything in their mouth or give food or drink until a person fully recovers, Time the seizure. Protect the person. Call 000 if you have any doubts or if the person is having a seizure for the first time. For more information about epilepsy visit www.epilepsyfoundation.org.au or call the **Epilepsy Foundation Infoline** Mon to Fri **1300 761 487**

Epilepsy: The Facts



Source above: Epilepsy Action Australia

Epilepsy

by David Keegan

Epilepsy is a condition where there are repeated periods of disordered electrical activity in the brain, beyond voluntary control and resulting in a variety of symptoms, depending on the part of the brain involved. The most common kind of convulsion or seizure involves sudden unconscious and twitching of the body.

The name "epilepsy" comes from the Greek word for epilepsy or "epilepsia" meaning taking hold of. It was not until 1929 that the coincidence between epileptic seizures and abnormal electrical discharges in the brain was confirmed.

When epilepsy develops for the first time in children and young people, a cause is not found. When epilepsy happens in older people, it is more serious.

Epilepsy is divided into two categories. Idiopathic epilepsy is when there is no underlying cause and acquired or secondary epilepsy is where the cause can be acquired. One of the causes of acquired epilepsy can be after having head injuries in a car accident.

What happens in a seizure is that it can begin at one spot in the brain and then spreads as the seizure develops to involve the whole body.

DISABILITY SUPPORT PENSION.

A guide.

by David Keegan

When I first applied for the Disability Support Pension in 1998 the rules were quite different. Nowadays, the government have tightened the rules regarding claiming the Disability Support Pension and as a result, it has made it much harder to claim the pension. There are medical rules and non medical rules. To get the Disability Support Pension you need to meet both non medical rules and medical rules.

The non medical rules: you're between 16 and Age Pension age, which is currently 66 years. You can also get the Disability Support Pension (DSP) if you are permanently blind or you have lived in a country that Australia has a social security agreement with. See list.

WHAT YOU MUST TELL CENTRELINK ABOUT

You must tell Centrelink within 14 days (28 if living outside Australia) about the following:

- **Start or stop work:** If you start work for 30 hours a week or more, including unpaid or voluntary work, seasonal work, any form of profession, trade, business or self employment.
- **Earnings:** Employment income; if you voluntarily salary sacrifice earnings into a superannuation fund; paid leave such as annual, long service or sick leave, sick or accident insurance; or commissions, director's fees and non-cash fringe benefits from your employer.
- **Business:** Net profit from sole trader or business operation, private company or trust that you control; director's fees, dividends and distributions; or any new involvement or changes to your involvement in a business, company or trust.
- **Pensions and annuities:** An income stream from an allocated, lifetime or term pensions and annuities, defined benefit pensions or income streams or pensions from other countries.
- **Other income:** Income from rent, boarders or lodgers, lump sum payments, other regular payments, regular gifts or

Australia has social security agreements with the following countries:

Austria
Belgium
Canada
Chile
Croatia
Cyprus
Denmark
Finland
Germany
India
Ireland
Italy
Japan
Malta
Netherlands
New Zealand
North Macedonia
Norway
Poland
Portugal
Slovak Republic
Slovenia
Spain
Switzerland
United States of America

allowances, other government payments, matured life insurance policies, fringe benefits or any other income from any source (including income from other countries).

- **Financial Investments:** Financial investments attract deemed income. You have to tell Centrelink if you have shares or managed investments, changes to bank account balances, changes to details of loans made or you open any new accounts.
- **Compensation:** You must tell Centrelink within 7 days if you are receiving compensation; will receive compensation or are likely to receive compensation.
- **Assets:** You must tell Centrelink if the value of your assets change by \$1000 or more. Changes include buying, receiving, selling or giving away assets. Assets include, but are not limited to, the value of goods, cars, not limited to, the value of goods, cars, boats, furniture, money, investments, real estate (including real estate in other countries), personal property, any interest in any property, trust or company, home equity conversion loans, money/loans owed and any other right or interest in any other asset (including assets in other countries).
- **Gifting assets:** When you give away any assets (including cash or investment) or sell any assets for less than market value. You must also tell Centrelink when you change your residential or postal address. If your mail returned to Centrelink because you not at your address your payments may stop.
- **Rent Assistance:** If you get Rent Assistance you must tell Centrelink if you stop paying rent or the amount of rent changes, start or stop hearing your accommodation or start to pay rent to a State, Territory or Commonwealth housing authority.



CENTRELINK

PHONE 132 717

WEBSITE [servicesaustralia.gov.au/
individuals/services/centrelink/
disability-support-pension](https://servicesaustralia.gov.au/individuals/services/centrelink/disability-support-pension)

ADVOCACY

Disability Advocacy Resource Unit

WEBSITE daru.org.au
or call 03 9671 3000

People with Disability Australia

WEBSITE [pwd.org.au/get-help/
centrelink/](https://pwd.org.au/get-help/centrelink/)
or call 1800 843 929

- **Household:** You must tell Centrelink if you marry; are in or commence a registered or de facto relationship (either opposite or same sex): reconcile with a former partner or start living as their partner; separate from your partner or your partner dies, have a baby or are caring for a child, start to share the care of a child, change the amount of time the child spends living with you or if an immediate family member does.
- **Study:** You must tell Centrelink if you start studying; stop studying as a full time student; change between primary and secondary education, do not start a course, do not enrol in a course or the enrolment is cancelled or change study workload.
- You must tell Centrelink if you are sent to jail or charged with an offence and are in custody on remand. You must also tell Centrelink if you are sent to an institution. You must tell Centrelink if you close, change or can no longer use the account your payments are sent to.
- You must also tell Centrelink at least 6 weeks if you are travelling outside Australia. You must also tell Centrelink if you are going to Norfolk Island. You can tell Centrelink about these changes via Self Service (online or phone), in writing (fax or post) or by visiting one of Service Australia Service Centres.

If you do not agree with a decision Centrelink has made you can ask for it to be reviewed. If it is wrong it will be changed. You can also go to the Administrative Appeals Tribunal if you disagree with the review officer's decision. There is no time limit for a review of a decision about money you owe Centrelink. However, you may have to pay back money while the decision is being reviewed. This article will be updated from time to time.

OUR KYNETON COPY CENTRE

For all your printing needs visit Kyneton Copy Centre

58 Mollison Street, Kyneton | 03 5422 2400 | kcc@windarring.org.au

Open Monday to Friday 9am to 5pm





Relevant Radio

Able Radio is a disability radio program that explores topics related to disability, advocacy, music, film, living in regional Victoria, sport, art, and about anything else we feel like. Able Radio is presented by people with disability and is for everyone.

Presented by Glenn, Joe, Josh, Sue, Ned, Ali and Elizabeth. Regular guests include Lloyd, Karen, Paul and the team from the Mount Alexander Shire Disability Advocacy Group, and participants of Windarrang disability services.

Visit Able Radio's Facebook page: www.facebook.com/ableradiomainfm

Listen to Able Radio on demand:
www.mixcloud.com/AbleRadioMainFM
<https://ableradio.podbean.com>



Ground to Plate

Join our Ground to Plate program running in Bendigo with Leigh from Peppergreen Farm.

Participant's learn about how to grow an edible garden all the way to making beautiful food from what they grow. Ask your Team Leader now if you'd like to get involved.





windarring




EMPLOYMENT OPPORTUNITIES

We support people with disability through meaningful employment in our ADE program. You can work for us in our various enterprises. For details visit windarring.org.au or call 03 5422 7001




Registered NDIS Provider

Contact Us

CONTRIBUTE
Are you a client with Windarring? Let us know if you'd like to contribute! We need:

- Photography
- Artwork
- Short stories & articles

Send them to
info@windarring.org.au

Questions?
Call 03 5422 7001

Editor & Contributor:
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Publisher: Windarring
Printing: Kyneton Copy Centre

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windarring.org.au

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Bringing you client stories and experiences from across Windarring

Acknowledgement of the traditional owners and country
Windarring acknowledges the Australian Aboriginal and Torres Strait Islander peoples of this nation. We acknowledge the traditional custodians of the lands on which our company is located and where we conduct our business. We pay our respects to ancestors and Elders, past and present and emerging leaders. Windarring is committed to honoring Australian Aboriginal and Torres Strait Islander peoples' unique cultural and spiritual relationships to the land, waters and seas and their rich contribution to society.

Content Disclaimer
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