

HEADLINES

JANUARY 2022



headwayadp

SEASONS GREETINGS

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Above Bill Sayers and admin staff receiving NDS 20 year recognition award.

If you haven't realized yet, Covid has been with us in one form or another now for over 20 months, with our first cases recorded in Australia in March, 2020.

What has amazed me is the resilience of our participants and our Support Workers, who have continued to ensure the safety and wellbeing of others at a time when the news has changed daily. Just when it looked as we were climbing out of the DELTA Wave, along comes a new virus from South Africa. OMICRON has spread at a more rapid rate than we could have imagined and yet again, our lives are disrupted. Some goods are in short supply, and our ability to do the things we want to do has been disrupted. The participants I speak to are all very keen to get back to a sense of togetherness.

Headway ADP has been fortunate to date because all staff and most participants are double vaccinated, and many have already had their booster. Unfortunately, we have had to put off our reopening (Cooking, BEAT and Yoga) until March because OMICRON is still spreading at the rate of 30,000 cases per day. We may see another jump when children (vaccinated and unvaccinated) return to school at the end of the month. I have an obligation to ensure we minimize the risk of spread.

Bill Sayers -BM

As Manager, my primary role, other than supporting our participants to achieve their life goals, is to keep people safe, accelerate booster shots where we can, and ensure that we are maintaining the funding you require to continue to have a fulfilling and independent life. We are keeping an up-to-date register of vaccinated individuals as an additional safety measure.

In the meantime, we will be preparing for reviews, addressing your day-to-day challenges and being there for you when you need support.

Headway ADP will take every step to remain a safe workplace and with this in mind, we will upgrade our sanitizing stations to be state of the art, and purchase air filters for areas within the building that are subject to human traffic. Air filters are an additional layer of protection in addition to open windows, doors, minimal use of air conditioning, masks and proper sanitizing. Social Distancing principles will also be adopted in keeping with business best practice. **DUE to current OMICRON spread we now intend to resume groups in Headway House on the 7th March 2022.**

It is easy to get depressed about yet another shutdown but we are committed to having the highest standards in place before we bring people back into Headway physically in early March. Headway ADP will never give up on you and we will bounce back out of this stronger than ever.

John Laycock has been with Headway ADP since 2018 when he was referred by Diane Martin from the Liverpool Hospital ABI unit.

John has done so much with Headway ADP support over the past four years, but it would be fair to say that other than news, coffee and the odd ciggie, he loves to see live politics and loves historical museums. For a man who did not travel a great deal John has now sat through parliamentary sessions in Macquarie Street and Canberra and has visited numerous museums and historical sites, locally, and in Sydney. John has closely followed the exploits of his favourite Gladys, Scotty from Marketing and Dom, although Dom has yet to win him over. John is enjoying life, and he is a frequent user of public transport (with his support workers) and knows all the best local coffee houses.

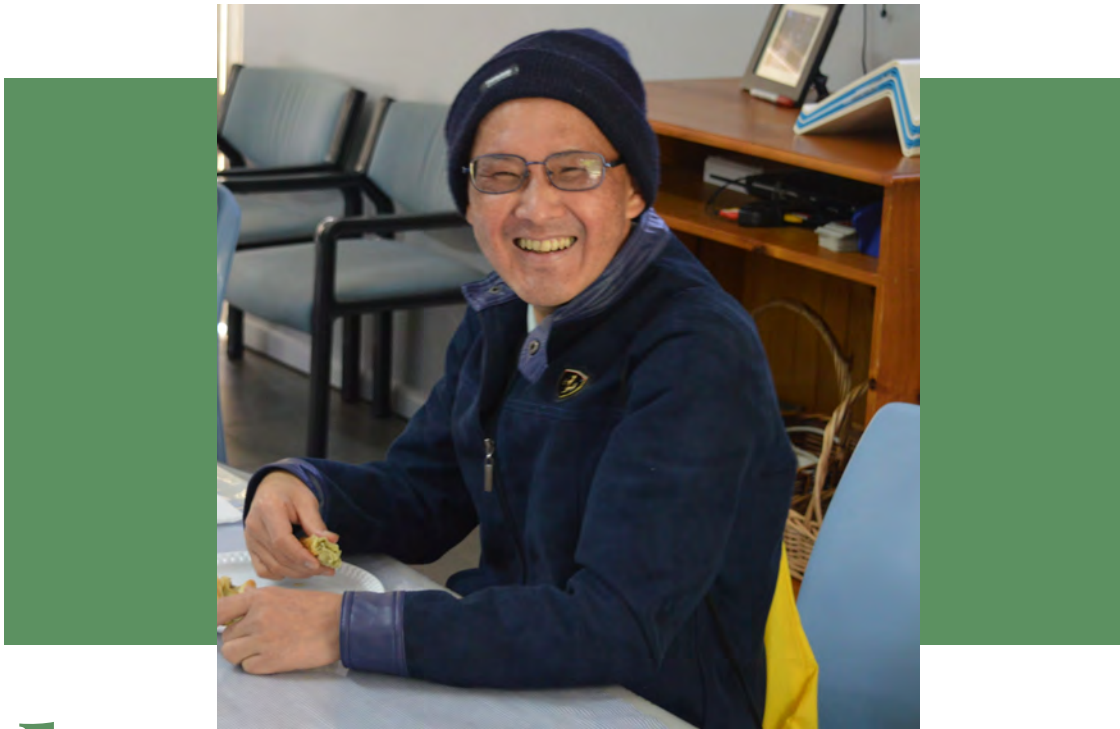
John is a recent recipient of a new coffee mug which has his photograph and fine signature. I am sure this mug will accompany him to places that do refills.

Over the past year or so, John has experimented with cooking at home, and I do know that when cooking returns to Headway House, he will be the first in line to resume classes. He still maintains contact with Diane



Here comes Mr Laycock

Martin, who he has now known for over 25 years, back to Lidcombe Hospital days. With Covid, individual supports have assumed more importance than they would normally, and between us, Headway ADP and Diane Martin we keep a look out to ensure that John is getting the clinical and social supports that he needs to maintain his independence in his apartment and community.



Vale – Thanh Nguyen

Beautiful Soul

Thanh Nguyen was someone that every one of us should have the privilege to know in our own lifetime.

On December 1, 2021, Thanh passed away after a sustained fight against chronic cardiovascular failure.

When people leave us, it is easy to fall into the trap of faint praise or kind reflection. In this case, I can say that Thanh was someone we all admired for a purity of soul that is the rarest of gifts. Everyone who knew Thanh grew internally as a result.

Always humble, always appreciative, a man of nature and wide-eyed innocence, it was not unusual for people to meet Thanh and then reflect on their own short comings. When Thanh was in Braeside in his

final months, he insisted on thanking everyone who came to see him and wanted messages passed on to Headway ADP staff via video, in situ or recorded. This was the man, and his love of all things was evident daily.


Support workers universally loved Thanh and viewed the time spent with Thanh and Trang as a privilege. For Trang, Binh and the family, supporting Thanh has never been a chore, it has been a privilege. He has made us see what the world can be. A kinder and more beautiful place.

On behalf of all Participants, Staff and Management we wish to pay our condolences to Thanh's family and friends.

The last 20 months has been somewhat out of the ordinary because of the pandemic, with 2 lockdowns and many restrictions in place. Most of us have different ideas on how to get by during these tough times so I decided to spruce up my castle with new furniture and decorations.

With support from Headway ADP, I was able to redeem some costs of my damaged furniture caused by water leakage in my home, after a long fought battle over a period of five years, strong advocacy and support coordination has led to a victory of the little guy over the big insurer.

It was a very long process which involved my Service Coordinators, Sarah the OT and support staff. I needed a new dining table, but I also decided I wanted a new bed for a better night sleep after eating at my new dining table. This made me think about getting a new bed. Support staff allowed me to choose the furniture by taking me to many stores across Sydney and online, over the last 6 months to browse. I decided on a solid timber dining table especially made to my choice of timber and colour. As for my new bed I wanted to have a storage such as drawers underneath. The best part is the mattress which moulds to my body, and this gives me a very comfortable nights sleep. Headway ADP and the OT are also assisting me to get a new chair to complete my home furnishings. I am very happy with the new updated look in my house. Other purchases include a brand new fridge, Even my bathroom has a new shower chair.



Doug's castle moment

"tell em they're dreaming"

I also bought some new picture frames for my cherished family photos and have already hung them around my home. I have also thought it would be a good opportunity to display all my artworks I have worked with from Studio Artes and at home.

I am so proud of my new purchases. Others during COVID 19 found a new sport to play or a hobby, mine was decorating my home. I feel prepared for any potential lockdowns. At least I know I'll be very comfortable.

By Douglas Pratten





"Congratulations to me Oh Yeah"

Firstly I have to thank Headway ADP that organised for me to have a new pair of comfortable shoes for my feet.

I believe everyone, no matter what their physical, economic or social circumstances maybe, deserves to call themselves an athlete, and deserves to have a sense of freedom and independence.

Due my disability I don't have all my motor skills which means I can't tie my own shoe laces, I also have difficulties with my balance. I usually have to get assistance with somebody else to help me with my balance

These shoes were made for me!



while I try to put on my shoes everyday.

My dream has always been to have a comfortable pair of shoes, and not to rely on others to assist me with this daily task.

Finally, my dream has come true. Not only have I received one pair of shoes BUT two pairs of new shoes. I have never been this lucky to have two at the same time. I am so lucky to have the best support from Headway ADP. They are so very comfortable, super light, easy to put on my feet and most importantly they help me keep my balance while I am walking. I really needed these new shoes, as this helps me have access to the Community, I can now show off my new shoes to my children who I see on the weekends.

Author Thi Thom Tran



Mark Weeks My NDIS JOURNEY

Mark Weeks was living a full and active life until he was diagnosed with an Invasive Brain tumor in late 2017, after experiencing persistent headaches. From this time, with support from his amazing partner Annette, Mark has had to adapt to a very different life.

Mark and his family were creatures of the bush and the great outdoors, with Mark maintaining his fitness through a love of bike riding and other outdoor activities. He worked in a bicycle sales and repair outlet until his health intervened. When this stopped, there was clearly a great gap in his life.

Mark came to Headway ADP a little over a year ago in late 2020 and it was clear that his family was looking for a Service that had a better understanding of Acquired Brain Injury. Through communication with Mark and wife Annette learned that they had received little assistance from the NDIA or Local Area Coordinators to set up services or address issues identified in his plan.

Since commencing at Headway ADP, Mark and Annette feel they finally have a service that is keen to know them and is on their side. Through the wonderful work of Charles and Danny, Mark has reengaged with parks, fishing and even a beach visit, something that he has not done for many years. Sun, great weather, and familiar environments not only lift the mood and serotonin levels but help leave a trail of photos and evidence that can help with language and visual memory.

Mark looks forward to his activities and is very appreciative of the opportunity to talk with Support Workers who are supportive, committed to his needs and willing to learn about Mark, the family, and their challenges. Even cooking special meals and treats is no longer out of Mark's reach. We have the photo and video evidence that proves how these activities are lifting him up, and also giving Annette and the family some respite as carers.

Without carers, we would be in a world of constant crisis. The least we can do is get behind their loved ones and promote a carer/life balance. As for Mark, having his own time also gives him agency to do the things he likes, with some different company to his own family, in a safe and accessible way.

Headway ADP



Christmas 2021



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A close-up photograph of several triangular slices of watermelon with red flesh and black seeds, arranged on a white plate with a colorful rim. The plate is resting on a white and blue striped cloth. The background is a solid blue color.

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- Summer -
Birthday
Wishes

From all of us
at Headway

ADP

Like us on facebook

January - John L (19) Min v Le (20)

February - Lee C (1) - Patrick S (27)

March - Gabriel Y - (8)



Barbara (centre) receiving the Certificate for Outstanding Service in December. Presented by Ellen Rawstron, ACI Executive Director (left) and Jenni Johnson, ACI Associate Director, Trauma Pain and Rehabilitation.

Farewell Barbara Strettles

"Close colleagues describe Barbara as irrepressible, inspiring, creative and dynamic."

Barbara 'Barby' Strettles has enjoyed a significant 50-year career within the NSW Health system. As Barbara enters retirement, this incredible milestone complements the many achievements throughout her career and highlights the importance of following your passion.

As the Agency for Clinical Innovation's (ACI) Brain Injury Rehabilitation Network Manager for 12 years, Barbara had an interest in brain injury from early in her career.

She has worked in nursing and health manager roles, dedicated to improving care for people with brain injury.

"In the 1990s, Barbara recognised that brain injury was a lifetime condition," says Jenni Johnson, ACI Associate Director, Trauma Pain and Rehabilitation. "She advocated for community follow-up, led the establishment of community reintegration services in NSW and became the first team leader of a multidisciplinary team providing support to people in the community."

Her legacy includes contributions to the establishment of:

- The compulsory third-party scheme
- The Brain Injury Rehabilitation Program at Liverpool Hospital
- Headway ADP (a not-for-profit organisation)
- The state transitional living unit network
- The NSW Brain Injury Rehabilitation Programs.

"Perhaps the most enduring role Barbara has played over the years is as an advocate for people living with brain injury, their family members and carers," adds Jenni. "She advocated for transitional living units, day programs and respite services for people with brain injury."

All the best from all of us at headway ADP

KINGP/N

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Sir Michael Wright

Dates to remember:

- Groups recommencing Monday 7th March due to Omicron Variant
- Australia Day Office closed on Wednesday 26.01.2022
- Participant Get together Thursday 31st March + Easter Luncheon
- Term 1 last day of groups will be Friday 1st April 2022