

VOL. 24 | OCTOBER 2023

INDEPENDENT DISABILITY SERVICES

NURTURING INCLUSIVITY, CELEBRATING ACHIEVEMENTS & PREPARING FOR WHAT'S AHEAD

Welcome to the latest edition of IDS Newsletter! In this issue, we bring you a mixture of impactful updates, heartwarming celebrations, and helpful tips tailored for our incredible community.

We kick off with the Royal Commission's pivotal report advocating for a more inclusive and empathetic society. We also share insights from the recent Client & Carer Engagement Group meeting, where valuable discussions paved the way for a brighter future for IDS.

October brought us a plethora of exciting recreational activities that have been thoroughly enjoyed by our IDS community.

We're also humbled to spotlight our inaugural Hero Team whose tireless dedication made a significant difference in our client's life.

Looking ahead, we invite you to mark your calendars for a series of enriching experiences. Join us in celebrating International Men's Day with an evening of camaraderie at Princes Park Carlton Bowls Club. And for our dedicated support workers, don't forget the upcoming IDS Forums to enhance your skills and knowledge.

We also take this opportunity to wish a very happy birthday to our clients born in September and October. Your journeys inspire us all! Lastly, as the warmer days approach, we share some crucial tips on staying safe and comfortable in the heat.

Thank you for being an essential part of IDS, where we continue to strive to make every day better for everyone.

ADVOCATING FOR A BRIGHTER TOMORROW: THE ROYAL COMMISSION'S PLAN FOR DISABILITY RIGHTS

The Royal Commission's four-year investigation into Violence, Abuse, Neglect and Exploitation of People with Disability has offered 222 crucial recommendations to the Australian Governments.

The report suggests a comprehensive plan for a more inclusive society where individuals with disability can live independently, free from abuse and neglect.

The findings, as distressing as they may be, have allowed us to confront the realities some of our community members have been facing.

No doubt, these revelations can be shocking and profoundly disappointing, particularly as we realise that many have been failed by those entrusted with their care and support.

However, it's in understanding these upsetting truths that we find our drive to elicit change and protect those who have been let down. In line with this, the Blue Knot Foundation is providing vital support in the form of free, specialist counselling and a referral service.

This service is open to people with disability, their families and carers, as well as anyone affected by the findings of the Disability Royal Commission.

You can reach out to them on 1800 421 468 from Monday to Friday between 9:00am and 6:00pm AEDT, and on Saturdays, Sundays, and public holidays from 9:00am to 5:00pm AEDT.

For more information on the report, visit [The Disability Royal Commission](#).

Together, we're committed to creating an inclusive society where respect and protection are for all.

JOIN THE CONVERSATION: THE CLIENT & CARER ENGAGEMENT GROUP AT IDS

Our Client & Carer Engagement Group recently convened for another insightful session, guided by board member Mr Richard Lee.

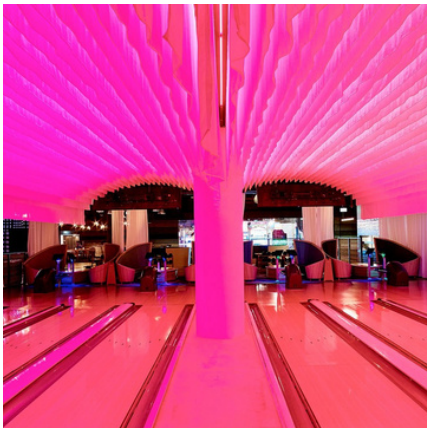
The meeting brought together clients, support workers, and staff to engage in meaningful discussions on a myriad of topics, including the significance of ISO (International Organization for Standardization) and NDIS registration, benefits, marketing strategies and ways to enhance client and staff engagement at IDS.

If you're interested in shaping the future of IDS and meeting fantastic new people, consider joining our group in 2024! We gather four times a year over a delightful lunch, with transportation arranged if necessary. Your perspectives are valuable in directing IDS towards a brighter future.

In our most recent meeting, we had the pleasure of celebrating a special occasion – a big happy birthday to our client, John! Join us for the next meeting, and you might just get to enjoy more such heartwarming moments.



NOVEMBER RECREATIONAL ACTIVITIES: EMBRACING JOYFUL ACTIVITIES WITH IDS



Wednesday 1st November

KingPin Bowling at Crown Complex

Thursday 9th November

Movies at Melbourne Central (Movie TBA)

Monday 13th November

City Circle Train plus lunch in the park

Tuesday 21st November

Beach Day - Weather permitting

Thursday 30th November

Shine of Remembrance

Fostering Confidence, Independence, Learning, and Fun!

NOTE: No overnight stays this month.

HIGHLIGHTS FROM OUR EVENTFUL MONTH: FUN, TOGETHERNESS, AND COMMUNITY SPIRIT

The past month at IDS has been packed with exciting activities. We enjoyed the lively Royal Melbourne Show, embarked on an adventurous Mystery Bus Tour, and shared in the thrill of MCG Footy Finals Day, even getting the chance to hold the prestigious AFL Grand Final Cup! Looking forward to more memorable events as we continue to bring joy and foster strong bonds within our IDS community.



CELEBRATING OUR HEROES: RECOGNISING IDS'S HERO TEAM

This month, we are delighted to spotlight an entire team as our inaugural Hero Team.

A heartfelt salute goes out to Prakesh, Laba, Nimo, Eason, Amaka, Justice, and Rajan. Their cohesive efforts have created a supportive environment that empowers our client to actively pursue his goals and partake in daily activities whenever possible.

This remarkable team consistently goes above and beyond for their client, demonstrating genuine care and unwavering support, even through challenging times and hospital stays.

Ready to step in at a moment's notice, they exemplify dedication and passion in their work.

The team's commitment to excellence ensures they deliver optimal care and provide invaluable feedback about the client's needs. Their empathetic and professional approach sets a high standard of service that all of us at IDS strive to emulate.

We want to express our utmost gratitude to the SR Team for their ongoing commitment and excellent service. Thank you for making Independent Disability Services a better place for our clients!



CELEBRATE INTERNATIONAL MEN'S DAY: JOIN IDS FOR AN EVENING OF CAMARADERIE

Mark your calendars for a memorable evening this International Men's Day!

We're thrilled to invite you to join us for an uplifting evening of BAREFOOT BOWLS. Held at the Princes Park Carlton Bowls Club on Monday 20th, November 2023, from 5.30pm.

The event is set to be a delightful mix of friendly competition, delicious food, and engaging games.

Taking place on the 20th of November, 2023, this global celebration recognises the invaluable contributions men make to the world, their families, and communities.

It's a day where we shine a spotlight on positive role models, while also raising consciousness about men's well-being. In honour of our 2023 theme, "Zero Male Suicide", we gather, united in our resolve to end male suicide.

Your ticket includes bowls, beverages, and burgers, priced at \$70 per head. If you'd like to participate in this special celebration, please call our office to secure your spot.

**INTERNATIONAL
MENS DAY**
November 20

**MEN CAN BE TOUGH
MEN CAN CRY
MEN CAN BE SILENT
MEN CAN TALK
MEN CAN GET HELP
MEN CAN GIVE HELP
MEN CAN HAVE PROBLEMS
MEN CAN BE EMPOWERED**

**INTERNATIONAL MEN'S DAY
FOR ALL MEN AND BOYS**



We can't wait to share this meaningful evening with you!

IDS FORUMS: ENHANCING SKILLS AND KNOWLEDGE TOGETHER

Mark your calendars for two upcoming IDS Forums this November.

As an essential gathering for our IDS support workers, these semi-annual forums provide a unique platform for dialogue, learning, and growth.

These 2 hour sessions will facilitate discussions on critical topics, industry changes, and legislative updates. It's also a chance to access important training to refine our services.

Our forums are **MANDATORY** to attend as paid time, and a shift allocation will be put in your roster. For more details, please contact the client services team.

SOUTH EAST FORUM - NEW VENUE

Thursday 2nd November

Central Ringwood Community Centre
Bedford Park, Rosewarne Ln, Ringwood

10.00 – 12.30 (arrive 9.45 please)

WEST FORUM

Friday 3rd November

East Keilor RSL
Hoffmans Road, Niddrie

10.00 – 12.30 (arrive 9.45 please)

We look forward to your active participation in these knowledge-rich discussions.

BIRTHDAY CHEERS: CELEBRATING IDS CLIENTS BORN IN SEPTEMBER AND OCTOBER

The team at IDS takes great pride in celebrating our clients milestones as it reminds us of our shared commitment to making every day better.

We'd like to extend our heartfelt wishes to the following clients celebrating their birthdays September and October: Maureen, Alicia, John, Susan (Lulu), Ryan, Merinda, Janette, Tayten, Daniel, Meckenzie, and Shivam. We hope your birthday is filled with joy, laughter, and memorable moments.



STAYING SAFE IN THE HEAT: TIPS FOR THE WARMER DAYS AHEAD

A recent report from Human Rights Watch highlighted that extreme heat can disproportionately affect people with disabilities, leading to physical, social, and mental distress, and even life-threatening situations.

Here at Independent Disability Services (IDS), we care about your wellbeing. Therefore, we've compiled a few tips on how to manage better in the heat. Should you or someone you know require additional assistance, please don't hesitate to reach out. IDS is here to provide additional support when needed.

1. Stay Hydrated

Always carry a water bottle with you and drink water regularly.

2. Stay Cool

Seek air-conditioned environments, draw your curtains at home, take cool showers, and choose light, loose clothing made from natural fabrics.

3. Plan Ahead

Schedule your activities for the coolest parts of the day and avoid physical exertion in the heat.

4. Protection

If you need to step out, wear a hat and sunscreen, and carry water with you.

5. Hot Cars are Dangerous

Remember, temperatures inside parked cars can escalate rapidly. Never leave children, older people, or pets unattended in cars.

For more details on coping with extreme heat, visit [Better Health Channel](#).

**We're here to help ensure every day is safer and better for our
IDS community.**



Independent Disability Services

Changing lives, empowering people



Want to join our online community?

Connect with our social media community by following us on Facebook, Instagram, and LinkedIn.



Love us? Leave us a 5-star Google review!

Search for Independent Disability Services (IDS) on Google or [click here](#). For any additional comments and feedback, call us at (03) 9340 5100.



Rebecca
3 reviews

★★★★★ 4 months ago

Hello I'm one of IDS clients who continue to receive through their valued respected client centred supportive support from the amazing office staff who always are dedicated answering the telephones with cheerfulness and understanding with ... [More](#)



John Lee
1 review

★★★★★ 10 months ago

it not another services ... but wonderful life i achieved from there support thanks heaps idsa



Zeba Hekmat
10 reviews · 1 photo

★★★★★ 2 years ago

My sister uses IDS for home supports and she could not be happier. They are thoughtful, responsive and always put her needs first. Lovely to deal with too. Five stars!!!

