

# CHOICES Newsletter

YOUR CHOICES-YOUR WAY



**Hands On Studio** provides access to professional art classes for adults with an intellectual disability. Hands On Studio is a creative and inclusive art space, where students are encouraged to view their art practice in a professional manner. Students regularly contribute art work to high quality exhibitions around Canberra, providing them with an opportunity to also sell their work.

We are seeking new students for next term. For more information, please contact Sarah Hutchinson on:

(02) 6162 4518 or

0406 378 613 or email: [sarah.hutchinson@catholiccare.cg.org.au](mailto:sarah.hutchinson@catholiccare.cg.org.au)

## Welcome to the October edition of CHOICES

Spring is in the air so we thought we would celebrate by showcasing some of the original and wonderful artwork that has been created by our Hands On Studio students.

This is an inspiring program—see opposite—that provides professional tutoring in a creative environment for adults with an intellectual disability. We are currently seeking new students for our new term which starts on the 13 October 2014.

International Day of People with Disability (IDPWD), which takes place on the 3 December, is a United Nations (UN) sanctioned day that aims to promote an understanding of people with disability and encourage support for their dignity, rights and well-being. This year the theme is “Sustainable Development: The Promise of Technology”. The theme focuses on the role of technology as a way to break down barriers for people with disability.

Events involving and celebrating people with disability will be held on the day. For more information go to:

<http://www.idpwd.com.au/3-december/calendar/>

... Dignity  
... Inclusive, Comm  
... Solidarity,  
... Empowering, I  
... Relationships, Respec  
... Excellence, Dignity, Individual  
... Inclusive, Community, Relat  
... Excellence, Quality, Vision, Right  
... Stewardship, Inclusive, Comm

# What's happening in October?

## NDIS Pre-planning workshops

The NDIA is inviting people to attend a pre-planning workshop with NDIS staff. The workshops will give people with disability, their families and carers an opportunity to:

- Learn about becoming involved in the Scheme
- Learn about the NDIS planning process and prepare for planning conversations

|           |           |            |                   |
|-----------|-----------|------------|-------------------|
| BRADDON   | WEDNESDAY | 15/10/2014 | 1:30 pm - 3:00 pm |
| BRADDON   | WEDNESDAY | 15/10/2014 | 6:00 pm – 7:30 pm |
| BELCONNEN | THURSDAY  | 23/10/2014 | 1:30 pm - 3:00 pm |
| BRADDON   | THURSDAY  | 30/10/2014 | 1:30 pm - 3:00 pm |

To book into a pre-planning workshop and for accessibility assistance please email [actengagement@ndis.gov.au](mailto:actengagement@ndis.gov.au) or call **02 6146 6586**

## NDIS Planning Workbook

The NDIA have also produced a planning workbook to help people with a disability, their families and carers identify needs, goals and current supports, and start the planning process. Completing this workbook will also help you prepare for your meeting with the NDIA Planner and inform your planning conversations with them. It may also reduce the amount of time needed to gather all the information required at the meeting or meetings.

An Indigenous and Easy English version of the planning workbook is available to download. The workbook is also available in the following languages:

- Arabic; Cantonese (traditional Chinese); Greek; Italian; Mandarin (simplified Chinese); Spanish; and Vietnamese

To find the Planning Workbook go to link <http://www.ndis.gov.au/document/820>

As part of our commitment to support our clients and ensure their transition to the scheme is as smooth as possible, our case managers are available to provide information and answer any questions.

Information about the NDIS in the ACT can be found at:  
[www.communityservices.act.gov.au/disability\\_act](http://www.communityservices.act.gov.au/disability_act)