

Info Link

The LIFE Unlimited Store Tairawhiti Newsletter

Summer 2011-12

Malo e lelei,

We have had a busy couple of months. Thank you to those who visited me at the A&P Show and also those who attended the Mobility Scooter Workshop at the Salvation Army which was a great success. A huge thank you to Gisborne District Council for helping us fund this informative day and many thanks to our fabulous speakers. Valuable knowledge was shared by Paul Van Heekeren from Invacare, Carl Neutroski from MOT, Rose Kennedy from Rose's Driver Training Service and Claire Bradstreet from Oasis OT division.



We are starting to prepare for the festive period. PLEASE do not forget to book your hire equipment.

The holidays are quickly approaching and this is traditionally a time when our hire equipment is in great demand especially from the many visitors to our beautiful Tairawhiti. We welcome you to visit us at 326 Kahutia Street and browse for Xmas presents to give that special someone.

LIFE Unlimited takes this opportunity to wish everyone a very Merry Christmas and a happy, healthy New Year.

We thank you for being such fabulous supporters of LIFE Unlimited.

Ofa atu.
Trudy and team



LIFE Unlimited
326 Kahutia Street, Gisborne
Phone: 06 863 2836
Office Hours:
Monday to Friday 8.30am - 5pm



DRC Services include:
Disability Information
Disability Awareness Programmes
Equipment for Purchase & Hire



This Issues Highlights

- World Report on Disability
- Your Guide to Disability Support services
- Equipment & Modification Services...
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- New travel Website
- Spirit of Adventure Voyage
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- Easy Read Individual Employment Agreement
- Hire Equipment - Book NOW for Christmas

Bringing independence home

World Report on Disability looks at removing barriers and improving lives

World report on Disability looks at removing barriers and improving lives.

Following the Convention on the Rights of Persons with Disabilities, attention has focused on ways to remove barriers to the participation of people with disabilities in their societies. Now a new publication, the first ever World Report on Disability, produced jointly by the World Health Organisation and the World Bank, reviews evidence about the situation of disabled people, and offers directions for policy and practice, which can help overcome exclusion.

The report contains chapters on health; rehabilitation; assistance and support; enabling environments; education; and employment. The voices of people with disabilities themselves open each chapter setting the scene for what follows. Within the chapters, case studies show how many countries have succeeded in promoting good practice. The diverse challenges faced in low, middle and high – income settings are differentiated wherever possible.

Importantly, the report also includes the first new disability prevalence estimates since the 1970s. Global trends such as the ageing population, and the increasing importance of chronic diseases, mean that the prevalence of disability is likely to rise in the future. The report makes the case for better data collection, using the International Classification of Functioning, Disability and Health. Overall, there are major evidence gaps in the disability field, and the report argues that more research and disaggregated data are needed to show what works to improve the lives of persons with disabilities.

This pioneering report shows how removing barriers to mainstream services and investing in rehabilitation, support services and more accessible environments can ensure that millions of people with disabilities can participate in education, employment and wider society. At the intersection of public health, human rights and development, the World Report on Disability is required reading for policy-makers, professionals, and advocates for people with disabilities and their families.

The Muscular Dystrophy Association Library has a copy available for you to borrow free of charge, phone 0800 800 337. Or to order your own copy, go to www.who.int/disabilities/world_report/2011/en/index.html

Source: *In Touch – Muscular Dystrophy Magazine/Spring 2011/page 12.*



LIFE Unlimited
326 Kahutia Street
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Website: www.life.nzl.org

Your Guide to Disability Support Services

This new resource has been produced by LeVa on behalf of the Ministry of Health as part of Faiva Ora, the National Pasifika Disability Plan.

The booklet covers general information about disability support services, Your Needs – Support for you and your family, Your own place – Support for living in the community (home, money and getting around), Your environment – includes what equipment and services are available?; Equipment for people of all ages; House modifications and support in your own home; Blind and reduced vision; Deaf and reduced hearing; Vehicle modifications; Your Rights and Disabilities directory.



This booklet is available in different languages including: Fijian, Samoan, Cook Island, Cook Island Maori, Niuean, Tongan, Tokelauan and English. A copy is available to look at LIFE Unlimited Stores or you can go to www.leva.co.nz or www.moh.govt.nz/disability

Equipment and Modification Services funded by the Ministry of Health

You may be eligible for Ministry of Health funding for specialised equipment if:

You have a disability that will last over six months and result in a reduction of independent function to the extent that ongoing support is required &

You are not an ACC claimant (for that disability).

Equipment can only be provided if an EMS Assessor has identified that equipment is essential for you to:

- Get around more safely in your home, or
- Remain in, or return to, your home, or
- Communicate effectively, or,
- Study full-time or do vocational training, or,
- Work full-time, or,
- Work as a volunteer,
- Be the main carer of a dependent person.

Who To Contact

For further information about Ministry of Health funding for equipment contact the funding administration service for your area:

- If live in Auckland or Northland, contact accessible call free 0508 001 002.
- For the rest of New Zealand, contact Enable New Zealand call free 0800 17 1995.

Source: <http://www.disabilityfunding.co.nz/equipment>

Welcome to Human Rights Commissioner, Paul Gibson

Paul Gibson is the first Human Rights Commissioner to formally have the responsibility for disabled issues. Paul, who has a visual impairment, has had an active role in the disability rights movement as well as the disability sector, and is therefore well placed to understand the complex disability human rights complaints that come before the commission.

He was National President of the Disabled Persons Assembly (DPA) from 1997 to 2000, on the steering group for the New Zealand Disability Strategy, and later National Policy and Strategy Manager for Crippled Children's Society (CCS) Disability Action, and Senior Disability Advisor at Capital and Coast District Health Board.

Paul was warmly welcomed to his challenging new role by Associate Minister of Health, Tariana Turia, at a powhiri at Parliament on 26th September, the third anniversary of New Zealand's signing of the United Nations (UN) Convention on the Rights of Persons with Disabilities.

Minister Turia has previously acknowledged the Human Rights Commission, the Office of the Ombudsmen and Convention Coalition of disabled peoples' organisations are taking on an important task in the responsibility for the promotion, protection and monitoring of New Zealand's progress under the UN Convention.

Source DSS e-newsletter Nov 2011



LIFE Unlimited

are pleased to announce the release of their upgraded web site.

Special feature of the new site is our all new **online store called the "LIFE Unlimited Store"** where you can browse a wide range of equipment and daily living aids and then make a purchase using all major credit cards.

LIFE Unlimited has the widest range of disability products, equipment and aids for daily living for viewing and purchase. Visit our online store **www.life.nzl.org**

Your equipment order will be delivered by courier "hassle free" to your door.

Also included is their wide range of equipment and aids for short term hire.

Come and visit at www.life.nzl.org then click "the LIFE Unlimited Store"



Remember to book in your hire equipment for the holiday season now. Call us on 06 863 2836

Choice in Community Living

Choice in Community Living is an alternative to residential services and is about opening up opportunities for disabled people and their family and whanau to have more choice and control about their living circumstances; that is where they live, who they live with and how they are supported. It is about increasing their status as a tenant or home owner and separating this from their support arrangements. In October 2011 Cabinet considered a paper on Choice in Community Living.

The Ministry of Health is working on a project to demonstrate Choice in Community Living in the Auckland and Waikato regions. The demonstration is limited to 150 people and will run until October 2014. The Ministry will make announcements about the opportunities for consumers and providers to be involved in the demonstration at a later date. A formal evaluation of Choice in Community Living will be completed during the demonstration.

The Disability Support Services (DSS) Group has contracted Gordon Boxall to support the demonstration of Choice in Community Living. Gordon's role will include:

- working with the sector to further define Choice in Community Living
- undertaking service development activities as required
- assisting stakeholders to identify and overcome barriers to disabled people being supported to live a good life
- supporting the establishment of the new services.

Gordon has worked for many years in the disability sector having founded and directed a not for profit agency in the UK which developed a range of housing and support arrangements as alternatives to institutional care. More recently a major focus was a shift from residential care to more independent living arrangements. He has also worked in the public sector supporting the translation of good policy into best practice on the ground. Now a resident of Christchurch, Gordon was recently contracted by the DSS Group to support service providers to get back on track following the earthquakes.

For further information about Choice in Community Living contact:

Gordon Boxall: gordon@boxallconsultants.com
Elliot Lloyd-Jones: elliott_lloyd-jones@moh.govt.nz

Source: <http://www.moh.govt.nz/moh.nsf/indexmh/disability-keyprojects-choicecommunityliving>

NOTHING IS OUT OF REACH!

Can't bend? Can't Reach it?

NOW YOU DON'T NEED TO!! GRAB FOR THE REACHER



Xmas Specials

66cm Reacher was \$24 NOW \$14

82cm Reacher was \$26 NOW \$16



XMAS HOURS

LIFE Unlimited will close
Friday 23rd December at
5pm

and re-open Wednesday
4th January 2012 at 8.30am



VIEW XMAS GIFT IDEAS FOR THAT
'DIFFICULT TO BUY FOR' PERSON
AT
LIFE Unlimited, 326 Kahutia Street, Gisborne.

Are We Sitting Ourselves to Death?

Research Backs Diabetes Warnings

Diabetes week has come and gone for another year and the theme this year was to “stay on your feet and stay sweet as”. This is to encourage people to do 30 minutes of exercise a day. It is an appropriate reminder to us all of just how important it is to “keep moving”. More than 200,000 New Zealanders have diabetes and the number is rapidly increasing. New Zealand has the fourth highest rate of diabetes amongst the high income countries. Sedentary behaviour is one of the known risk factors for Type 2 diabetes and cardiovascular disease.

“Every hour spent watching TV increases the risk of premature death from all causes,” says Professor Dr David Dunstan from Australia’s Baker IDI Heart and Diabetic Institute. “We are starting to understand that sitting is a potentially large public health issue”. He compares it to awareness about the danger of sun damage 20 years ago. One American expert goes as far as to call sitting “the new smoking”.



Whilst walking is an easy way to exercise daily there are many alternatives such as swimming, cycling, going to the gym, dancing or attending exercise classes. It is important too, to look after our feet in order to remain healthy and active. Joint deformities and stiffness, ulcers, numbness and swelling often occur and are particularly common with diabetes. With the correct care and good blood circulation these can often be avoided.



Keeping the blood circulating freely is not always easy if you are less mobile than previously, cannot have weight bearing or strenuous activity or if you love to sit in front of TV for long evenings. However, there are ways to keep circulation to feet and legs boosted – even while you are sitting.

Some diabetes clinics and podiatrists recommend the Aircycle for this purpose. It is a soft, easy to use, inflatable exerciser which enables you to keep moving while you sit having coffee, reading, watching TV or chatting on the phone. Kept beside a comfortable chair, it is a reminder to exercise and an easy way to help protect your feet and joints and manage the symptoms of diabetes, arthritis and other health conditions. If placed in the lap, hands can be exercised too.

The Aircycle is a great circulation booster and helps to reduce swollen ankles, relieve cramps, joint pain and stiffness. It also helps strengthen leg muscles to enable people to remain mobile. It is useful for convalescent patients, travellers and office workers – anyone who sits for long periods. It costs just \$29.90 and is guaranteed for 12 months. For more information visit www.aircycle.co.nz or visit your nearest LIFE Unlimited Store or now you can shop online at www.life.nzl.org.



The AirCycle is sold at LIFE Unlimited
Price \$29.90



ECO LITE DYNAMO

Retail price \$46.40
No external power source or batteries required.
Amazing portable Mobile Phone capability

Helping communities with emergency preparedness the ECO LITE DYNAMO includes:
Emergency siren with light
FM scanner radio
Self charge flashlight
Plus 7 mobile phone adaptor’s including iPhone
A great Christmas gift idea for the ‘hard to buy for’ person.




Comfort Bed Socks
\$13.20



Cuddle Buddies
\$28.60



Magnetic Gas Level Indicator
\$6.00



Tovolo Standz
Keeping your counter top bright!!
Priced from only \$6.90 each



GISBORNE STEWART CENTRE TRUST

DAY RESPITE SERVICES

Worried about leaving your loved one at home alone all day?

The Gisborne Stewart Centre has the answer.

We provide an ideal option for those caring for a loved one with a disability or health condition that requires continuous monitoring.

We have experienced Staff who are supervised by our Registered Nurse.

Caregivers can go to work or take a needed break knowing that their loved one is in a safe, fun-filled, engaging environment.

Our Services:

- Provide care for your loved ones in a group environment while you work, shop, or play, even if you need "Me Time".
- Our Hours are 9:00am to 3:00pm Monday—Friday
- Coffee and Tea provided.

Participants enjoy creative and therapeutic recreational and social activities together in a safe, supervised and structured environment while you, the regular caregivers, enjoy peace of mind.

NB: We are unable to take those who require one on one care.

Our Rates: Inclusive of GST
 Per Hour.....\$15.00
 Per Day.....\$40.00
 Per Week.....\$150.00

GISBORNE STEWART CENTRE TRUST

Phone: 06 868 8708
 Fax: 06 868 7270
 E-mail: gsct@xtra.co.nz



Sunshine Service Inc.

The Sunshine Service will be closing for the Christmas break at the end of Friday 16th December and resuming on Monday 9th January 2012.

Contact:
 Phone (06) 867 2905
 Email: sunshineservice@xtra.co.nz

Free Melanoma Information Evening

On 13 December 2011 at the Poverty Bay Club, 38 Childers Road, Gisborne.

The Melanoma Foundation is coming to Gisborne! Come and learn more about melanoma. Content will cover what melanoma is, prevention, detection and diagnosis, treatment options and current research. There will be time for questions and a panel discussion.

The evening is suitable for members of the public and professionals interested in melanoma. Certificates of attendance are available on request for nurses or other health professionals. For more information www.melanoma.org.nz
 All are welcome.

New Travel WebSite with Accessible Accommodation and Pet Friendly Options

If you are an elderly traveller, have a disability or are a companion of someone who is mobility impaired or has sight or hearing difficulties, then the AA website www.aatravel.co.nz has a new Accessibility (inclusive Tourism) accommodation section that will help make things easier. Accessibility is not just restricted to wheelchair access facilities. The new section also details in-room facilities, car parking and access routes.

If you are travelling with your pet and need to find pet friendly accommodation check out the pet friendly accommodation section. You'll find useful information on which properties provide shelter, food, baby-sitting service or even grazing areas for you horse.

Using interpreter services? Facts about interpreters.

Interpreting New Zealand have published a factsheet explaining what a user can expect when using an interpreter – in 13 languages.... The fact sheet explains the difference between trained interpreters and untrained professionals. For a pdf visit <http://www.interpret.org.nz/wp-content/uploads/2011/07/6312-English-Final.pdf>.... Or visit their website www.interpret.org.nz This will be useful for all services using interpreters too.

For a copy of the newsletter, please call 09 470-3056 or email ssnzwhangarei@wdc.govt.nz. Settlement Support – Whangarei Newsletter (November 2011).



Sail the Seas in a Sailing Ship: adventure for young people with a disability.

The Spirit of Adventure's next voyage for young people, 16 – 20 years, who have a disability, sets sail February 19, 2012 returning February 23, 2012. There are a couple of places left on this voyage for females only. Participants are partnered with experienced voyagers.

The voyage commences in Auckland - but travel is included in the fee.

The voyage is specifically for those with physical disabilities. You will need to be mobile and able to negotiate stairs reasonably well, have fairly good balance and hand movements.

Cost to participants is \$400.00 including GST, but funding may be available.

If you are interested, go to www.spiritofadventure.org.nz or Free phone Stephanie 0800 472 454 or email: stephb@spiritofadventure.org.nz.

FUNDVIEW

FundView information

New Zealanders have a wealth of funding information at their fingertips. FundView makes it easy to access this information!

FundView is a database with information about funding for your community group or voluntary organisation. It contains information on over 1000 funding schemes and grants, which come from many sources, including government, local authorities, service organisations, and statutory, philanthropic, and gaming trusts. Every week there are about 2 new schemes added, so make sure you check FundView out regularly, so that you won't miss out on any opportunities.

FundView gives you the option to tailor your search to the best funding matches to your organisation's location and purpose, the people who will benefit, and the project cost for which the grant is required. The information on FundView includes eligibility criteria, closing dates, application processes, and funder contact details.

You can access FundView at LIFE Unlimited Stores in Hamilton, Rotorua, Tauranga and Tairāwhiti, in Disability Resource Centres, public libraries, DIA offices, and community centres all over New Zealand. For a list of places where you can access FundView for free please visit the Funding Information Service website <http://www.fis.org.nz/index.php?map=yes&app=FundView>.

FundView was created and is maintained by the Funding Information Service (FIS), an independent, not-for-profit organisation. Over the years FIS have established a great rapport with funders all over New Zealand, which translates to the provision of good quality information about funding opportunities to the community.

Easy Read Individual Employment Agreement

The long awaited Easy Read Individual Employment Agreement has been launched by People First and Work4Us in June, along with other new resources. Work on the Agreement was started by Cindy Johns when she worked at IHC and was finished by big team effort. Many people have helped to develop the Agreement, including People First members and staff, union officials, human resources staff, employment lawyers and the Department of Labour (DOL).

To read more, get a copy from crystalfang@peoplefirst.org.nz or 09 529-1488 (www.peoplefirst.org.nz).

Source: *Our News, our Stories: The Butterfly Express* (Spring 2011).



Do you need to hire equipment at Christmas?



To meet all your Christmas Equipment Hire Needs please contact your local LIFE Unlimited Store **NOW!** This is our busiest time for equipment hire so to ensure you do not miss out we can book all your equipment needs now. Contact - **Hamilton: 07 839 5506; Tauranga: 07 571 6351; Rotorua: 07 349 2513; Gisborne: 06 863 2836**

Wheelchairs			
1 Day	\$12.00	Stroller	\$25.00/week
Weekend	\$25.00	Crutches	\$15.00/week
7 Day Week	\$35.00	Chair/Bed Blocks(Set of 4)	\$15.00/week

Height Adjustable Chair	\$25.00/week
Raised Toilet Seat	\$16.00/week
Shower Stool	\$20.00/week

Bath Board	\$20.00/week
Commodes/ Over Toilet Frame	\$30.00/week
	\$20.00/week

Note: Unless otherwise indicated, charges are per week or part thereof. Bookings are recommended, especially over holiday periods

LIFE Unlimited Store Hire Charges@ 12.10.2011

LIFE Unlimited Stores accept all Eftpos cards, Mastercard, Visa, American Express and Farmers Card.

LIFE Unlimited will be closed from 5pm 23 December to 8.30am 4 January 2012

Disclaimer

The views and opinions expressed in this newsletter do not necessarily reflect the views of LIFE Unlimited. LIFE Unlimited is also not responsible for the reliability of material provided by other sources, including links to other websites. While every effort has been made to ensure the accuracy of the information contained in this newsletter, LIFE Unlimited is not responsible for any omissions, inaccuracies or changes that may have taken place after publication. For Any contributions or comments please contact: lynleyh@life.nzl.org or drc@life.nzl.org .

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