

## Royal Commission into Violence, Abuse, Neglect and Exploitation of People with Disability.

### COVID-19 We're in this together.

Baptist Care SA is committed to helping our clients and staff follow the guidelines provided by state and federal governments to ensure a safe and professional response to COVID-19. We are maintaining high standards of care for everyone.

If you are concerned that you or your loved one may be infected, talk to your support worker, or you can call the national 24/7 hotline on: **1800 020 080.**

There are temporary changes to NDIS pricing to help registered providers continue to provide supports during the pandemic. For more information please visit: **baptistcaresa.org.au/ndia-pricing**

For the latest information and support on COVID-19 from the NDIS, please visit: **ndis.gov.au/coronavirus**

In April 2019, the Australian Government announced a Royal Commission into Violence, Abuse, Neglect and Exploitation of People with Disability. The Commission is now underway, with a provisional report expected in October this year and a final report due April 2022.

The Commission was established due to extensive support and research showing that people living with a disability are at an increased risk of experiencing violence, abuse, neglect and exploitation.

The Commission aims to:

- Protect those in our community who are living with disability and assist in the prevention of violence, abuse, neglect and exploitation
- Improve practice standards in reporting and investigating any incidents that do occur
- Promote a society that is more inclusive and supportive of the independence of community members living with disability.

People with disability impacted by violence, abuse, neglect or exploitation, their families, carers and advocates, as well as organisations working in the disability sector are all encouraged to make a submission.

Baptist Care SA will be making some voluntary submissions of best practice and we are fully supportive of any of our clients or families wishing to make a submission too. We are here to support you in any way we can.

Please contact your Placement Coordinator and we'll be happy to help.

The Disability Royal Commission Legal Service is a free national legal service providing information and advice to people wanting to participate in the Royal Commission

[yourstorydisabilitylegal.org.au/Home](http://yourstorydisabilitylegal.org.au/Home)



# Together

April 2020

## Making Life Better - Together.

With a broad grin, David welcomed us into the home that he shares with another young man.

**"It's good to meet you – I've been looking forward to this,"** he says. Almost instantly we're enjoying a discussion about the music he is listening to and he's introducing us to new musicians we've never heard of.

The cookery book on the table, which David has put together to keep his favourite recipes handy, demonstrates his passion for cooking. This was backed up by a food handling course to ensure he is safe in the kitchen. **"I really like lasagna and pasta – I'm not so keen on tofu!"**

David is 'football mad' and was thrilled to be able to attend an Adelaide Crows game in 2019.

**"When things settle down after COVID-19, my goal is to go to Melbourne to visit friends and family. I hope I'll be able to go with my brother who lives here in Adelaide too".**

David is a Baptist Care SA NDIS client. We've worked for David for the past few years and it's been great to see him develop and grow. Our sincere thanks to him for sharing his day with us.

If you'd like to know more about Baptist Care SA's NDIS services, visit **baptistcaresa.org.au/ndis**



EDITION 1:

**Baptist Care SA  
Disability Pathways  
Client Newsletter**

[baptistcaresa.org.au](http://baptistcaresa.org.au)



## Introducing Lisa Farrell-Smart

Hello Everyone!

I've recently joined the Baptist Care SA team as the **Senior Manager for Disability Pathways**. I'm really enjoying the role and look forward to getting to meet you over the coming weeks when we're able to connect face to face in community.

I've had more than 14 years' experience working in the Disability / Community services sector and I am passionate about helping you all to get the most out of life.

I am a proud mum to a blended family of 4 children, Melanie, Ethan, Ben and Thomas, who are all young adults and a very boisterous bunch! Also mum to two fur babies, Jack the Jack Russell and Paddy the Irish Terrier. My main past times when not at work are watching movies and listening to music, looking after my family and eating out with friends.

I have travelled extensively across Australia and have lived in four states – born in WA, lived in Tasmania and NT and have now been in SA for over 10 years. I also lived overseas in Libya, Africa for 2 years as a young girl with my parents.

During this time I also travelled extensively across Europe and Northern Africa – I look forward to travelling overseas again, as soon as this is possible, now that my own family are older.

I am thinking of you all at this time. Remember, we're just a phone call away if you have any concerns or need to discuss any aspect of the services we provide to you.



## 5 ways to boost your positive thinking and wellbeing during the COVID-19 emergency.

**Developing a positive attitude is important for health and wellbeing. When we think positively, we are optimistic and less anxious. It helps us cope with life's challenges, build meaningful relationships and achieve our goals.**

Let's see the five simple ways you can boost your positive thinking every day.

### Be kind to yourself

Carve out some "me time" for yourself. Try to do something that brings you joy every day. You could read, cook, draw, exercise, or do anything else that you love to do.

### Start a daily gratitude practice

One way to help you focus on the positive things is to practice gratitude. Gratitude is when we feel or express thankfulness for the people, things, and experiences we have.

### Go outdoors

Spending time in nature has been proven to increase positive thinking and reduce stress. If going outside for a stroll isn't an option, try

adding more plants around your home or even watching nature scenes on television or online. It will help to reduce your anxiety and bring calmness and serenity to your life.

### Exercise regularly

Get moving if you want to shift your mood. A 10-minute walk has been shown to make a positive impact on your physical and mental health.

### Stay Connected

It's important to stay connected with family, friends and loved ones. There are many different ways you can do this even if you can't see them in person. You can give them a phone call, video call, email, text message or keep in touch via an online platform.



## Community Food Hub

**Monday to Thursday, 10am – 3pm**

**216 Wright St, Adelaide CBD**

**\* FREE bread, fruit and vegetables**

**\* Other items heavily discounted**

Concession Card, Student Card or ImmiCard holders are eligible to shop. This includes people living with disability, students and pensioners.

