

BC BUZZ

NEWSLETTER - APR - 2023



Bethany Care - where your life and your choice matters



A WORD FROM BETHANY'S MANAGER



Dear Readers,

I am delighted to welcome you all to the inaugural edition of Bethany Buzz for this year. We've had an interesting start to the year, and the team's spirit and enthusiasm are undeniable as our participants thrive in attaining their goals. As a not for profit Christian organisation, we have made certain that our funds are used to develop the lives of our participants and to improve the quality of services given. We ensure that funds received from the NDIA are utilised in a transparent, honest, and accountable manner.

Thank you all for your constant support and I hope you enjoy reading this edition of Bethany Buzz.

Kind Regards

Idris

NDIA TO STRENGTHEN PARTICIPANT SAFETY

The National Disability Insurance Agency (NDIA) is improving participant safety, through the release of a new NDIA Participant Safeguarding Policy.

The Minister for the National Disability Insurance Scheme (NDIS) Bill Shorten said this Policy outlines the Agency's commitment to support people with disability who engage with the NDIS to create or expand safeguards to improve their safety. "It represents a shift to a stronger focus on proactive identification, assessment, and management of risk to minimise the likelihood of violence, abuse, neglect and exploitation," Mr Shorten said. "We know people with disability are more likely to experience violence, abuse, neglect, and exploitation."

Safeguards are things or actions people with disability, their friends and families can do to manage risks of harm that may be present in their lives.



The NDIA Participant Safeguarding Policy is one of the many strategies the NDIA is implementing to improve participant experience. This work supports other important activities underway to better support people with disability to be safe. This includes the Disability Royal Commission into Violence, Abuse, Neglect and Exploitation of People with Disability and the NDIS Review. The Agency will work side by side with others, including the NDIS Quality and Safeguards Commission to uphold shared obligations and responsibilities across the NDIS service and support system to support people with disability to create or expand safeguards to improve their safety.

The Agency will work with people with disability to implement this Policy.

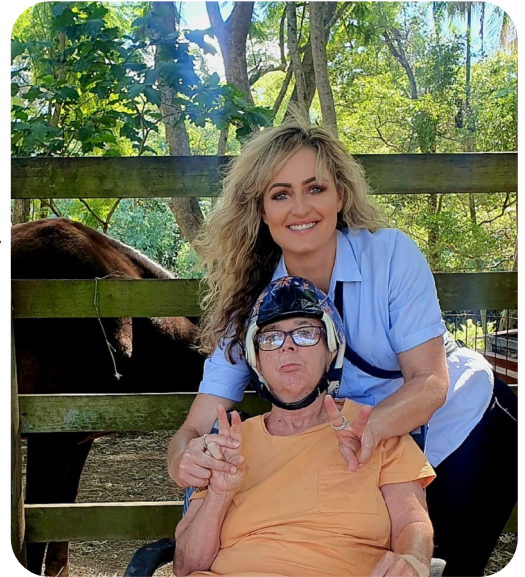
EPILEPSY MANAGEMENT

Key points

- Epilepsy is a condition of the brain that is more common among people with disabilities such as autism and intellectual disability. People with disabilities are also more likely to have severe and uncontrolled seizures.
- Providers should ensure participants have an epilepsy management plan that has been developed in consultation with a neurologist, specialist doctor or epilepsy nurse and reviewed at least every 12 months.
- Providers can also support participants with epilepsy by arranging training for their workers on seizure recognition, epilepsy first aid, seizure management and emergency response.

In response to a practice alert from the NDIS Commission Bethany is drafting a new Epilepsy Policy to tighten up its Epilepsy Management for the safety of all affected participants. Bethany is committed to following the provisions on your individual Epilepsy Management Plans should you have one. If you suffer from Epilepsy and have a current please forward this document to Bethany to allow us to provide the best possible care.

In addition to this, Bethany staff are required to undertake NDIS accredited compulsory training to ensure they are sufficiently equipped to deal with seizures and their associated risks. Staff are now required to report on seizures using a specifically designed form to capture time and duration, triggers that may have preceded the seizure, and behaviors before, during and after the event.



SHORT TERM ACCOMMODATION HOPE COTTAGE BOOKINGS

Newly Rebuilt Short-Term Accommodation in Mermaid Waters provides comfortable and fully supported stays for people with NDIS funding for a weekend or up to 14 days.

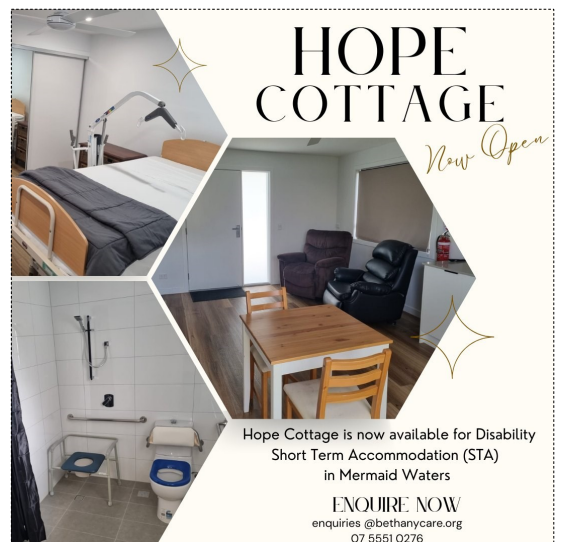
- 24/7 hours staffed 1:1, accessible accommodation
- Self-contained, accessible kitchen facilities
- 1-bedroom ensuite
- Open plan living area
- All meals provided throughout the day
- Fun activities, including games
- Personalised care and support
- Registered NDIS Provider

Scan the QR Code for a virtual tour...



Bookings are Now Open!

Give us a call on 07 5551 0276 or email your interest to enquiries@bethanycare.org



A VISIT TO HOBBITON

Legend has it Hobbiton was located in the center of the Shire in the far eastern part of the Westfarthing. It was the home of many illustrious Hobbits, including Bilbo and Frodo Baggins and Samwise Gamgee...and recently for a brief time, our very own Dave.

When Peter Jackson began to look for suitable locations for The Lord of the Rings film series, he first saw the Alexander Farm during an aerial search in 1998 and concluded that the area was "like a slice of ancient England".

Paul (Support Worker) reported "David and I were lucky enough to spend the day at Hobbit Land seeing how the "Lord of the Rings" movies were made". "David really enjoyed himself walking around and exploring the little homes, however, he got a little knackered towards the end of the day". Nice one fellas!



CYBER SECURITY @ BETHANY

As Bethany increases its reliance on technology for its business needs, effective security measures have become essential to keep Bethany safe from potential cyber threats. Bethany has recently created a new Cyber Security policy to help combat the growing threat from typical cyber attacks such as

- Malware
- Scam Messages (Phishing)
- Ransomware

Some of the proactive measures recommended to bolster security includes the following.

- Bethany automatically updating your operating systems, software and apps
- Regularly backing up important data (offsite storage of important documents)
- Staff training staff to help recognize suspicious links and attachments (coming soon).
- Where, possible enabling multi-factor authentication
- Access Control—User privileges for specific roles.
- Developing passphrases



MEET THE CARER

GETTING TO KNOW CHERRY

This is Cherry, a support worker who has been with us since November 2022. Here's a little bit about John.

- If you could snap your fingers and become an expert in something, what would it be?
I would become a psychotherapist.
- What do you do to turn things around when you're having a bad day?
I pray and offer gratitude and praises, returning to God's presence.
- What's one of your favorite memories from the past year?
After three years of the pandemic, last summer, I finally had the chance to visit my family and friends in Hong Kong.
- What's the best advice you were ever given? Who was it from?
"When you focus on bringing out the best in others, you're actually bringing out the best in yourself."
This advice came from one of the books I read.
- What's your favorite way to unwind after a busy day?
I like to relax with my cuddly birds.



MEET THE CARER

GETTING TO KNOW KOJI

This is Koji, a support worker who has been with us since December 2022. Here's a little bit about Koji.

- What advice would you give to your teenage self?
Mend your ways immediately!
- What's one thing you're currently trying to make a habit of?
Not locking myself out by leaving the keys behind.
- What's something you've done, but will never do again?
Forgetting my wife's birthday.
- What's the best advice you were ever given? Who was it from?
There is the higher power that reigns everything on the earth. From friends.
- If you could trade places with anyone for a day, who would you choose?
My wife.
- What three words would your friends use to describe you?
A man of action, meticulous, thorough


















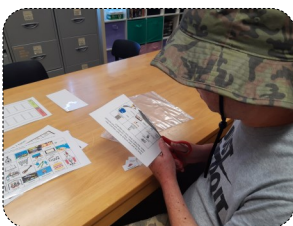
DEVELOPING DOMESTIC SKILLS

Activities of Daily Living (ADL), refers to the essential, basic self-care tasks that people need to perform every day to keep themselves safe, healthy, clean and feeling good. In this spirit, Bethany is dedicated to develop the skills and domestic responsibilities of our residents, living in permanent accommodation houses. These may include tasks such as, vacuuming, grooming, preparing and cooking meals, shopping and maintaining the house, garden and taking medication.

To help this process Bethany is using visual aids and materials to help develop, provide reminders, and track progress. Using self adhesive velcro, laminated labels can be placed in corresponding “To Do” and “Finish” charts. This allows people to visualize their progress.

1 2 3 TO DO	FINISHED
<div></div>	<div></div>
<div></div>	<div></div>

 brush teeth	 shower deoderant	 medication
 electric shaver	 wallet	 pack
 drink bottle	 vacuum	 make bed
 laundry	 dishwasher	 baseball hat
 gardening	 sunglasses	
 key		



Picture: Ashely and Kevin helping by cutting out labels for the skill chart

HELP IS AT HAND—GIVE US A CALL

WE ARE HERE TO HELP



Bethany understands life can be challenging, especially when you are caring for a loved one. Please know help is at hand. If you need help understanding the NDIS, accessing our services or simply want someone to talk to, please call us on 5551 0276.

About us...

BC OFFICE TEAM

Service Manager
Idris Akintola

Assistant Manager
Teresa Athanasius

Operations Manager
Brian Lynch

House Coordinator
Obert Ndongdzai

House Coordinator
Bola Adeleye

Administration Assistant
Caron Quilliam

Support Coordination
Sam Schilling

BOARD OF DIRECTORS

Chairperson
Pastor Justin Reid

Treasurer
Amy Leong

Director
Peter Dokmanovic

Director
Helen Karena

WE VALUE YOUR FEEDBACK



If you have any feedback on what we are doing well or how we can do things better, please contact us. This may include any comments or suggestions about any aspect of Bethany service delivery, for example, policy recommendations. Please contact us to share your views. Your input is important to us.

You can provide your feedback through the following channels:

- by post Bethany Care Limited, PO Box 35 Varsity Lakes Q 4227
- email enquiries@bethanycare.org
- phone 5551 0276
- website www.bethanycare.org, click on "contact us"

JOIN US AT HOPE CHURCH

Bethany is a ministry of Hope Church and extends a warm invitation to all individuals & families to join in its dynamic services community events.

Please visit

<https://www.facebook.com/hopechurchgc> or

<https://www.instagram.com/hopechurchaustralia>
for updates.



SERVICE & ACTIVITIES

- Club BC Tuesday - A fun filled centre based day where anything can happen from a Fiesta themed party to indoor Olympics, homemade baking and a variety of creative projects.
- Club BC Thursday - A day of action and adventure out in the community. Whether it is activities in a park or exploring new places everyone has fun.
- BC Bowling - Every Saturday our BC team of bowlers heads off for a morning of friendly competition. There is room for you on the team.
- BC @ Hope Church - Participants are always welcome to join the Sunday morning church service at Hope Church
- BC Camps - Our annual 4 day camp is held every September. Most campers and carers say it's the highlight of their year.
- Assistance with Self-Care Activities - We have a team of experienced and trained carers who provide one on one support to help you reach your goals whether in your home or in the community
- Supported Independent Living - Bethany Care has three SIL homes, Yodelay & Barrier Reef for the men and Maidenhair for the women.
- Short Term Accommodation - Hope Cottage available for short stays in a purpose built modern home.
- Support Coordination - Do you need assistance with coordinating all your NDIS supports? Bethany Care has an excellent and experienced Support Coordinator who is available to assist you to navigate your way through the NDIS.