

APD NEWS

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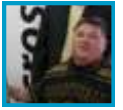
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Affiliated to



The National Council for Persons
with Physical Disabilities in SA



Buckle Up

Road safety campaign
extends across the Western Cape



The Buckle Up / Gear Up Road Safety Project is the brainchild of the QuadPara Association of South Africa, in partnership with Arrive Alive.

The objective of the campaign is to make the public aware of the dangers of not wearing a seatbelt in the event of an accident and to ask the public to sign a pledge to use their seatbelt, and to encourage motorcyclists to wear proper riding gear in order to prevent serious injury in the event of an accident.

The project has been active at 7 garages across the country but a recent partnership with Western Cape has allowed our Branches to participate, effectively extending the project in the Western Cape.

Clients from Branches in George, Klawer, Oudtshoorn and Worcester came out in force on 27 June, while Cape Town, George, Klawer and Worcester participated on the second day, 19 July 2009.

By all accounts it was a successful campaign, reaching a total of **684** signatures from the public.

The clients who participated were most enthusiastic, and since several used wheelchairs as a result of motor vehicle accidents, they were able to make drivers fully aware of the consequences of driving without a seatbelt.

We hope to make this project part of our awareness calendar, and encourage other Branches, specifically those on major holiday routes and in tourist destinations, to join us in this exciting campaign.

Our thanks also go to QASA for the opportunity of joining hands with them on this extremely valuable awareness raising initiative.



Klawer



Oudtshoorn



Worcester



George

Sonja Herholdt vermaak persone met gestremdhede



Die Olifantsrivier Vereniging vir Persone met Gestremdhede het Maandag 15 Junie 2009 heerlik saam met Sonja Herholdt gekuier.

Lede van die Vereniging het van Van Rhynsdorp, Lutzville, Vredendal en Klawer gekom om te deel aan 'n baie lewendige konsert. Die AGS Oase gemeente het hul fasiliteite gratis beskikbaar gestel en Fransman vervoer het gratis vervoer verskaf. Sonder hierdie gemeenskapsweldade sou Sonja se kuier saam gestremdes en bejaardes platgeval het. Gemeenskapsforums het die maatskaplike werker ondersteun met al die reëlings, wat die selfstandigheid en ontwikkeling van persone met gestremdhede beklemtoon.



Sonja is verwelkom deur Kareltyjie, 'n seuntjie wat polio gehad het" en 'n geskenkie wat gemaak is deur Ansa Geldenhuys is namens die OVPG aan Sonja oorhandig as blyk van waardering vir haar gratis optrede aan persone met gestremdhede en bejaardes.

Ou treffers is gesing en Skeyskop het almal laat verlang na iets in die verre verlede wat diep gevoelens na vore bring.



Persone met gestremdhede het heerlik saam met Sonja "Harlekyn" gedans en mimiek tot groot vreugde van almal. Met groettyd het Sonja gratis poskaarte en drukies uitgedeel aan almal en hierdie dag sal nog lank deur die Olifantsrivier Vereniging vir Persone met Gestremdhede en sy lede onthou word. Die organisasie bedank vir Sonja en almal wat van die dag so 'n groot sukses gemaak het.

- Olifantsrivier APD

Staff News

Rita Scott has become a grandmother for the 2nd time. Welcome to little Nina!

Rhania Herbert of Drakenstein Centre, had her second baby, a little girl. Congratulations Rhania! We wish you and your husband lots of happiness.

Diary

4 September

Casual Day

15 September

Branch Meeting

16 September

Annual General Meeting & Car draw

BUDGET OFFERS SPECIALISED SERVICE FOR WHEELCHAIR USERS



“...it has greatly accommodated wheelchair users and their ability to travel around city centres.”

Johannesburg, 9 June 2009 – Budget Rent a Car’s round-the-clock transfer service Door2Door now caters for people using wheelchairs and the organisations and charities that cater for them through specially equipped passenger vehicles.

Known as Budget Wheelchair Accessible Transport, this service works on a zone system, which means that costs are determined at the time of reservation, and all arrangements can be made through a single phone call to **Budget’s Central Reservations – 086 11 00 424.**

The vehicles have been adapted to accommodate two passengers using wheelchairs and up to four accompanying passengers. The modifications to certain vehicles

in the fleet have been made so that people in wheelchairs do not need to leave the comfort of their chair when being transported. An electronic lift at the rear of the vehicle ensures safe and easy loading of these passengers. Once they are in position, the chair is clamped safely into place, ensuring further peace of mind. In addition, the drivers have been sensitised on elements of disability and mobility impairment and have been fully trained on operating the lift system.

National Director of the Quadriplegic Association of South Africa, Ari Seirlis, has fully endorsed the service adding that it has greatly accommodated wheelchair users and their ability to travel around city centres. “The disability sector is thrilled about Budget’s vision of providing an accessible transport solution that offers people with an immobility impairment the opportunity to travel, visit and integrate,” he said.

Budget Wheelchair Accessible Transport is available in Johannesburg and Cape Town with plans to expand the service to South Africa’s other major city centres.

For further information contact Ray Booth, CEO, on 082 828 8996

DO YOU HAVE IMMEDIATE ACCESS TO HELP IF SOMETHING HAPPENS TO YOU AT HOME?

The CareStation™ from TeleCare Solutions™ is YOUR answer!

Accidents happen, emergencies arise. It's an unfortunate fact of life. All too often help is just out of reach ... an intercom in the hallway ... a telephone in the lounge. Close, but not close enough to secure help. Our loved ones are left anxious and alone, sometimes pleading just to be found. Sometimes tragedy results. No more!

The CareStation™ is always ready to give you immediate access to help if something happens to you or your loved ones at home.

30 Hour battery backup & 24-hour Help Button. 30-day trial - 100% reliability with O/R without battery!

IMMEDIATE HELP WHEN YOU NEED IT MOST

Tragedy struck in my family when my mother, a diabetic, collapsed at home. She was unable to call for help. This motivated me to make one of Europe's most popular* Personal Emergency Response Systems* available - to save lives in South Africa. I am heart-warmed to share Mrs Joy Robertson's testimony with you. It is evidence that the CareStation™ from TeleCare Solutions™ IS making a difference to people's lives ... when they need it most!

Anton de Beer, MD, TeleCare Solutions (Pty) Ltd
(Over 2 million installations in Europe, and a 20 year track record)

“ I fell in my bathroom just after midnight and lay on the cold floor, unable to move. Thankfully I have a CareStation™ and was able to press my wrist band to get help. I was so relieved to hear the voice of the TeleCare™ Specialist, who answered me within seconds. I was in pain, but I knew I was loved! He called my daughter immediately (her details are on my CarePlan) and within 15 minutes she was by my side. Throughout my ordeal, the TeleCare™ Specialist kept reassuring me. It was very comforting. I am so grateful to my children for getting me the CareStation™, and for the peace of mind it gives me and my family! ”

Mrs Joy Robertson, Somerset West

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QASA opens another computer training centre for people with disabilities

On 25 June 2009 the Computer Training Centre, The Gauteng North Community Computer Access Centre, in Pretoria, Gauteng was opened. The launch of The Gauteng North Community Computer Access Centre will enable people with disabilities in the northern Gauteng area improve their computer skills and their chances of finding employment.

This facility is a joint venture between QASA and Microsoft. Based on the success of the Computer Training and Employment Solutions training, at the Rod Colenbrander Resource Centre in Pinetown, KwaZulu-Natal, The Gauteng North Community Computer Access Centre will be a replica of the KwaZulu-Natal centre. The centre was set up and will be managed by the region, The QuadPara Association of Gauteng North (QAGN). Arthur Piercy, QAGN Chairperson, is thrilled that QAGN now has the facility to uplift and empower people with disabilities in the northern Gauteng area. QAGN is committed to the success of the centre.

The Gauteng North Community Computer Access Centre will allow persons with disabilities to receive free basic computer training, assistance with professional CV and job interview simulations which will better equip them in accessing the open labour market.

The first computer training centre was launched in July 2006 at the Tokologo Self Help Centre in Soweto, and the second in June 2008 in KwaZulu-Natal, also in partnership with Microsoft. Ari Seirlis, National Director of the Quadpara Association of South Africa (QASA), described the facility as yet another great example of **corporate business' involvement in QASA** programmes. He added that he hoped that this project would encourage more corporates to become involved in similar initiatives throughout South Africa.



Attendees of the launch of The Gauteng North Community Computer Access Centre enjoying the event.



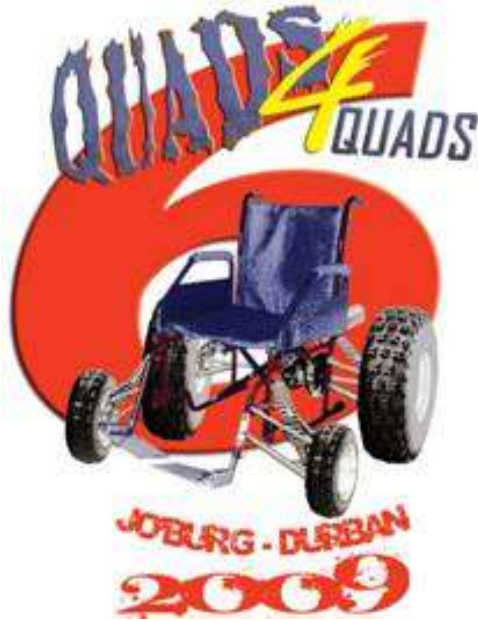
L to R, Mandla Samuel Sigudhla (from the Mayors Office), Arthur Piercy (The QuadPara Association of Gauteng North Chairperson), Vis Naidoo (Citizen Leader for Microsoft South), Raven Benny (QASA Acting Chairperson), Themba Mdlalose (Microsoft) and Ari Seirlis (QASA National Director)..

Mandla Samuel Sigudhla, a representative from the Mayor's office was also in attendance and applauded QASA and Microsoft for the initiative. Ari thanked the Mayors office for their support and stressed that the Municipality have a responsibility to create accessible environments and employment opportunities for people with disabilities.

Vis Naidoo, Citizen Leader for Microsoft South Africa and Mr. Mxolisi Mvimbi from the Department of Communications also said a few words of support and appreciate for the centre.

The ultimate goal is to establish many more of these computer training centres across the country and a fourth computer training centre is being planned for the Western Cape region.

Snippets



"...an event which will challenge your stamina, and revive your soul."

"Have the ride of your life to change the ride of their lives."

QUADS 4 QUADS is the annual off-road event for two wheel and quad bikes from Johannesburg to Durban to raise funds for QASA. This is the 6th year running that this event has been held and it promises to be an awesome ride.

600 quad bike and two wheel motorcycle riders will be taking on this four-day challenge starting on 24 September in Johannesburg and ending at Cane Cutters in Ballito on Sunday, 27 September 2009.

QUADS 4 QUADS is their ride and not a race, it is an event that will change your life, it is an event that will allow you to explore South Africa with a different view, it is an event which will challenge your stamina, and revive your soul. At the end of the four days of riding, you will experience, friendship and fun never felt before and most importantly, you will have been responsible for empowering and developing capacity for quadriplegics and paraplegics.

Anybody interested in participating may contact QASA on info@qasa.co.za or (031) 767-0348.

eMENTORING

Errol Goetsch hopes to train and employ 50 to 100 persons with disabilities as mentors. The Centre for Social Impact is a new NPO with the dream of launching eMentoring – an online support group, dispensing managerial and technical advice to other non-profit organizations.

He is calling on organizations to refer people to be trained as mentors, to advise on special needs when training in management and in using ICT to circumvent obstacles. He is looking for sharp, intelligent, competent people and working on the basis that persons with disabilities should be hired on ability and not disability, and that fulfilling, creative and high-impact work can be performed from home. The bigger picture is that many NPO's are in desperate condition, with few having the managers they need or the money to afford consultants, so eMentoring solves two enormous problems of employing persons with disabilities, and giving organizations sustainability and their projects more impact.

If interested, Errol Goetsch can be contacted at 084-445-7272 www.centre4impact.org

EMPLOYMENT OPPORTUNITIES

The demand to include persons with disabilities in business, is growing as Government and the Private Sector gear themselves to meet equity targets. **Extrinsic**, a Cape-based BEE business, is busy building a working relationship on both the supply and demand side of Disability. To achieve the required levels of employment equity, it is imperative that persons with disabilities have adequate opportunities to develop their skills and abilities by accommodating them in a reasonable manner. Extrinsic offers disabled both opportunities to develop their skills and abilities through Learnerships and Internships, as well as Job Placements. They also offer advice to companies on employment equity and skills development. Contact Sharon Christians tel. 021-762-7747 or cell 079-154-7651 or email: sharonc@extrinsic.co.za for more information.

IBILITY PORTAL FOR DISABLED PEOPLE

The Services Seta recently launched **IBILITY** – a long-awaited web-based portal catering for the needs of people with disabilities. The **IBILITY** portal will allow people with disabilities to register their CV's and apply for jobs on line. Potential employers can also register after which they will have access to this database when looking for staff for their businesses. Go to www.serviceseta.org.za, and if you experience any difficulties, contact Janine Ravens at Services Seta WC Regional Office, tel 021-425-0417 or fax 021-425-1575 or email: janiner@serviceseta.org.za

Poppekas leer kinders gesond eet

KAPEL—Alice van Zyl, koördineerder van Gemeenskapsgebaseerde sorgdienste vir die Departement Gesondheid, en Anna Visser, 'n geregistreerde verpleegster het saam met die Olifantsrivier Vereniging vir Persone met Gestremdhede se Poppekas, Vrydagoggend 19 Junie, sewe speelgroepe op plase besoek om die kinders gesonde eetgewoontes te leer. Kapel Primêr was een van die besoekpunte. Kareljtjie, 'n polio-gestremde pop (Susan Carstens) en sy maaitjie, Melanie (Carin Conradie) het tot groot vermaak van die kinders oor reg en verkeerd eet gesels.

Melanie het gekla van 'n maagpyn, want sy het net sjokolade gehad vir ontbyt.

Wys hede wat kwyt geraak is, is dat 'n goeie ontbyt van byvoorbeeld pap en melk, en 'n kosblik gesonde kos vir pouse noodsaaklik is, want daar word hard gewerk en gespeel by die skool en kinders se liggame en breine het die energie nodig om te kan konsentreer en presteer.

Alice het voorbeelde van gesonde kos vir die kosblik opgehou sodat almal kon sien.

Dit sluit in 'n toebroodjie van bruin of volkoringbrood, met vulsels van grondboontjebotter, eier en tamatie, kaas en



Die kinders luister vir Kareljtjie en Marietjie

tamatie of selfs oorskietkos van die vorige aand, en vars vrugte, vrugtesap, melk of water, grondboontjies, rosyne en selfs jogurt.

Verkeerde kosse soos lekkers, koekies, "chips", en coke is 'n swart sak gegooi, waar dit hoort!

Die program is deel van die Weskus Wynroete se gesondheidsprogram vir plaaswerkers.

Ons Kontrei
26 Junie 2009

Wheels 4 Wheels Driver training



The Wheels 4 Wheels Campaign will take on a new look this year. Chrysler Jeep Dodge will continue to sponsor wheelchairs, but have diversified the project to include training 10 persons with disabilities to drive an adapted vehicle, as well as launching a version of the Buckle Up / Gear Up Road Safety Campaign during the month of September.

The driver training has already begun, and we hope to hand over certificates to new drivers during the campaign in September.

NCPPDSA Accessibility Workshop



An Accessibility Workshop was held in Bloemfontein from 30 June to 2 July 2009, with the aim of focusing on the concept of Universal Design.

The majority of the workshop was presented by Joan Seirlis, an architect with a knowledge of disability and specialising in Universal Design. One day was also devoted to hearing loss, including a display of assistive devices available to those who experience hearing loss. A practical session on access assessment proved valuable for those required to advise on access issues.

ABSA Couples Weekend

Cape Town APD held its annual Couples Camp on the weekend of 22 – 24 May 2009 at **Hendon Park, Gordon's Bay**. The camp affords our clients and their partners the opportunity to explore their relationships and work out pertinent issues regarding their families. 6 couples were present.

Clients gave input through the social workers about what they want to do for the weekend. **The highlight of the weekend's programme** was a presentation on Budgeting from three ABSA graduate interns which the couples found very good. The other topic was on how to survive a "marital" relationship nowadays with women in so

many leading roles.

The focus was also to give couples enough free time to connect as a couple again and to make new friends with the others.

Clients only pay R100 per couple, and the rest of the budget is made up from donations and **the Association's funds**. This year we received a food donation from ABSA to the value of R600.

One of the positive results of this camp was that the ABSA interns all wanted to become volunteers of the Association.

*C Lemboe
Chief Social Worker*



Lollipop Day winners!

Elize Eksteen – Mitchells Plain
Accommodation for 4 people
for 2 nights at Slanghoek
Mountain Resort

A Samuels - Salt River
Teac Portable Hi Fi

Rezah Gasiep – Salt River
Rhapsody Micro Hi Fi

Sameul Plaatjies - Buffelsdrift
Teac Clock Radio

Andrea - Oudtshoorn
Onikwa Buyeye – Hout Bay
Everready Classic Radio each

Terentia - Bridgetown
Breakfast for 2 people at Dulcé Café

Levern Philander – Heideveld
Sinotec Home Theatre

Janenico - Lategansvlei
Everready Retro Radio

B Samuels - Lansdowne
Sinotec Portable Radio/CD Player

Thumeka Mdayi - Guguletu
Everready Disco CD/Radio Player

Lauren Philander – Heideveld
Sinotec Portable CD Radio\
Cassette Recorder



Recommended reading

Multiple sclerosis Q & A: Reassuring Answers to Frequently Asked Questions by Beth Ann Hill (±100 pages).

Written by someone with MS, this book explains in simple language what the condition is, symptoms, treatment and lifestyle changes.



apd

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PERSONS WITH
DISABILITIES**
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Views and opinions expressed in this newsletter are those of the writer, and do not necessarily reflect the views of the Association, **it's staff**, volunteers, donors or members.

Focus on ...

Hearing Loss

What is hearing loss?

Someone is defined as experiencing hearing loss if they have a loss of 25 decibels on the speech band.

Factors which influence the manner in which people experience hearing loss

- Severity of the hearing loss;
- Time of onset of the hearing loss;
- Cause of hearing loss;
- Support and assistance from family and friends;
- General state of health; and
- Socio-economic circumstances.

These factors will impact on -

- **The individual's acceptance of-** & adjustment to the hearing loss;
- Preferred method of communication;
- Education method best suited to the individual;
- Hearing instruments & assistive devices the individual can benefit from;
- Career the individual is able to pursue; and
- Social integration

Who experiences hearing loss?

Research shows that persons experiencing hearing loss of up to 25 decibels fall into these age groups -

17 - 20	3%
21 - 30	1%
31 - 40	5%
41 - 50	10%
51 - 60	23%
61 - 70	34%
71 -	74%

Types of hearing loss

Pre-lingual hearing loss means the person experienced hearing loss before the acquisition of speech & language.

Post-lingual hearing loss means the person experienced hearing loss after the acquisition of speech & language.

What causes hearing loss?

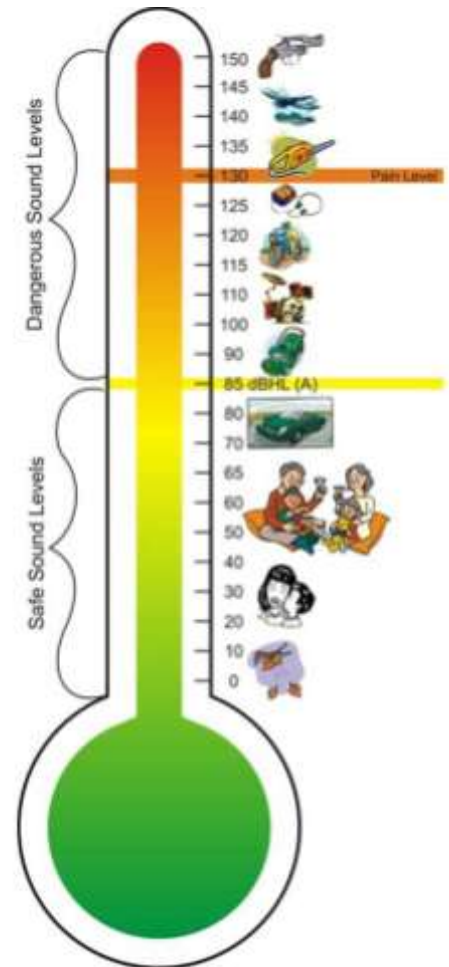
There are 3 main causes of hearing loss : genetic, illnesses (e.g. measles, viruses, antibiotics) and acoustic trauma (prolonged exposure to dangerous sound levels).

Can hearing loss be prevented?

In some cases, yes. One can obviously not prevent hearing loss caused by illness. However, by always wearing suitable protective gear when operating in a noisy environment, particularly at work, the occurrence of acoustic trauma may be reduced. For example, youth should not listen to their i-Pod for longer than 30 minutes on 50% of the volume (from 85 dBHL upwards are dangerous sound levels).

What is the difference between pre-lingual and post-lingual hearing loss?

	Pre-lingual	Post-lingual
Acquire Spoken Language	Before	After
1st Language	Sign Language	Own language with gestures
Communication Support	SL interpreter	Lip Speaker / Hearing aid



Integration into society

There are a variety of ways to facilitate the integration of those with hearing loss into society.

- Using a Sign Language interpreter, note taker or lip-speaker practitioner. This is useful in forums such as meetings, discussions, lectures or restaurants. It is important to arrange an interpreter and to ensure the most effective seating for the interpreter prior to the forum. It is important that the person with hearing loss remains informed of all happenings—planned and unforeseen.
- A verbal language may be a 2nd or 3rd language for a person with hearing loss. Many people who use Sign Language as a primary means of communication have written English as a 2nd language. This is important to take into account for presentations and handouts.
- There are a variety of assistive listening devices that are available for use at meetings, the workplace, home and society in general. These include loop systems for the TV, telephone and lecture rooms.
- Other technology such as text messaging, e-mail and fax machines can ensure accessibility for persons with hearing loss. It is important that facilities are equipped with such technology.
- Evacuation procedures must make special provision for persons with hearing loss.
- Security is important for persons with hearing loss, and armed response companies should be extra vigilant when a person with hearing loss is present in the building.