



Canberra Region Kidney Support Group

Kidney News

The views expressed in this newsletter are not necessarily those of the CRKSG

Practical Design Fund to help guide the transition to a National Disability Insurance Scheme

4 August 2012

Applications have opened today for the Australian Government’s \$10 million Practical Design Fund.

The Practical Design Fund will support practical projects to identify how best to support people with disability make the transition to a National Disability Insurance Scheme (NDIS).

The Minister for Disability Reform, Jenny Macklin, and the Parliamentary Secretary for Disabilities and Carers, Jan McLucas, said the fund would identify practical solutions and innovative approaches to assist people with disability, their families and carers and the disability sector transition to an NDIS.

“The Australian Government is making an NDIS real so that Australians with disability get the care and support they need, no matter where they live or how they acquired their disability,” Ms Macklin said.

“To help us reach this important goal we have committed \$1 billion to deliver the first stage of an NDIS.

“So far we’ve got agreements for launch sites in New South Wales, South Australia, Tasmania and the ACT. That means from next year an NDIS will start to be real for more than 20,000 people with significant disability across Australia.”

The Australian Government will continue to work with the states and territories to get ready for the first stage of an NDIS by considering critical questions like the best way to assess people’s needs, how to support people with disability to exercise choice and control and how to build the disability care workforce of the future.

While we work together to design an NDIS, we will look to innovative approaches taken in these practical projects.

Practical Design Fund projects will help determine how best to deliver an NDIS. For example, projects could:



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- Develop good local approaches for disability and community workers, advocates and organisations to help people with disability manage and coordinate their individual support packages;
- Suggest ways to deliver different types of services to people with disability in regional and remote areas, for example by using new technologies; and
- Develop recruitment and training strategies so that disability sector workers and organisations can provide the quantity and quality of services needed under an NDIS.

We're calling for project applications to help develop practical ways of addressing not just these questions but also many other operational issues – because getting expert advice while planning for the launch sites is essential to getting the NDIS right.

Preference will be given to projects that include people with disability in the development of practical solutions.

Senator McLucas said it was vital to prepare people with disability and their carers, the disability sector and the workforce to move to new ways of accessing and delivering disability services under an NDIS.

“We're getting on with the job of building an NDIS and the Practical Design Fund is an essential part of getting this change right by developing practical strategies that will work in the real world.

“That's why we are encouraging submissions from people with disability, their families and carers, disability care workers, service providers and representative organisations and advocates.”

Applications close at 2pm on Monday 3 September 2012 and all projects are required to be completed by 29 March 2013.

For further information on the Practical Design Fund go to: <http://www.fahcsia.gov.au/disability-and-carers/grants-funding/practical-design-fund>.

Physical Disability Australia Ltd (PDA) Survey

Physical Disability Australia Ltd (PDA), is conducting a survey on the needs and lifestyle of our members, friends and stakeholders.

The last survey was the Needs Survey in 2001 and we are undertaking this large project once more to give us an idea of the unmet needs for those with a physical disability today, most especially as we approach an NDIS in Australia. The survey can be found at: <http://www.surveymonkey.com/s/NKX38VX>.

The survey **WILL CLOSE on 28th September 2012**, that is almost two months for consulting across Australia, so please start writing and sharing and the more people that respond, the better informed we will be.

Organ Donor Registration

If you are viewing this newsletter on-line, click on the link below to register as an organ donor. Organ donor registration is completely voluntary. If you register you will receive a donor card similar to the one shown here.

<https://www2.medicareaustralia.gov.au/pext/registerAodr/Pages/DonorRegistration.jsp>

Alternatively register by calling: 1800 777 203.



Living a Healthy Life with Long-Term Conditions

Do you have diabetes, asthma, heart disease, arthritis, cancer, back pain, obesity or any condition lasting longer than 6 months? Does it prevent you from living life as you would like? Cause you stress? Impact on your relationships? Then this course might be for you.

The course schedule for the remainder of this year is as follows:

	Arthritis ACT Phone 6288 4244	Belconnen Health Centre	Phillip Health Centre
September	Fridays 12—2:30pm 21st, 28th,		
October	5th, 12th, 19th & 26th.	Thursdays 10am—12:30pm 11th, 18th, 25th,	Tuesdays 10am—12:30pm 9th, 16th, 23rd, 30th,
November		1st, 8th, & 15th.	6th & 13th.

NOTE: Arthritis ACT is located at SHOUT, Building 1, Pearce Centre, Pearce.

The course is run over a six week period and based on a course developed by the Stanford University.

Overview of the Course

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Overview of self-management and chronic health conditions	X					
Making an action plan	X	X	X	X	X	X
Using your mind to manage symptoms	X		X		X	X
Feedback/problem-solving		X	X	X	X	X
Difficult Emotions		X				
Fitness/Exercise		X	X			
Better Breathing			X			
Pain			X			
Better Breathing			X			
Fatigue			X			
Nutrition				X		
Future plans for Health Care				X		
Communication				X		
Medications					X	
Making treating decisions					X	
Depression					X	
Working with your health care professional						X
Working with the health care system						X
Future plans						X

Chilli Beef with Rice

INGREDIENTS - Serves 6

- 500 g lean minced beef
- 1 cup chopped onion
- 1 cup chopped green capsicum
- 1 x 440 g can tomatoes (reduced salt)
- 2 tsp garlic powder
- 1 tsp ground cumin
- ¼ x 330 g can red kidney beans, drained
- 4 drops Tabasco sauce
- black pepper
- ¼ tsp chilli powder or 1 small chilli, finely chopped (add to taste)



METHOD

1. Brown minced beef in large pot; drain off fat.
2. Add onion and green pepper, cook until onion is transparent.
3. Add remaining ingredients.
4. Simmer 1½ hours (90 mins).

Tip: Serve with a standard salad or a cup of steamed rice.

NUTRITION

Nutrient	Per serve
Energy (kJ)	650
Protein (g)	19
Fat - Total (g)	6
Carbohydrate - Total (g)	6
Sodium (mg)	144
Potassium (mg)	531
Phosphorus (mg)	206

Thanks to Kidney Health Australia for supplying this recipe.

Recipes from a CD entitled, Healthy Eating with the Renal Recipe Bank. Produced by Janssen-Cilag for the Government of South Australia.

Disclaimer: Always consider your individual circumstances when using this resource. The information contained herein is of general nature and is not intended to replace the advice of an Accredited Dietician or Renal Physician. Please consult an Accredited Dietician for individual dietary advice.

Calendar of Events

Quarterly Meetings

Meetings for the Group are held at the Pearce Community Centre, Building 1, Collett Place, Pearce on the dates indicated below. Meetings are held on Saturdays at 2:00pm on each occasion.

Meeting dates for 2012 are as follows:

8th September (AGM) (CANCELLED), and

8th December

NOTE: Please note that due to unforeseen circumstances the AGM will now be held on Saturday 15th September.

All welcome

Eurobodalla Renal Support Group



Eurobodalla Renal Support Group
&

Organ Donor Awareness
are delighted to present the following
Community Event

It's

Organ Donor Registration Day

[FIND OUT FRIDAY](#)

When- Most Fridays.

Venue- Bridge Plaza.

Batemans Bay.

Time- 9.30am to 5.00pm

Australian Organ Donor Registration forms for you on the day.

Plenty of handout information offered by-

Donate Life. www.donatelife.gov.au &

Kidney Health Australia. www.kidney.org.au

**Chat with Brad Rossiter, Dual Organ Transplant recipient –
Kidney & Pancreas.**

On display

Donate Life- The Book of Life

"Have You Registered as an Australian Organ & Tissue Donor"?

If you haven't registered to be an Organ Donor here's a convenient way for you.

Remember- If someone close to you has decided to become an organ and tissue donor you need to know their wishes because one day you could be asked to give the OK.

Discuss it today- **It's your decision.**

Looking forward to seeing you there.

2012 Eurobodalla Shire Citizen of the Year- Brad Rossiter



If Undelivered Please Return To:

CRKSG
PO Box 5051
Garran ACT 2605

Phone: 02 6290 1984
E-mail: crksg@shout.org.au
Web: http://www.crksg.org.au



MEMBERSHIP APPLICATION/RENEWAL

Canberra Region Kidney Support Group Inc
PO Box 5051 GARRAN ACT 2605.
ABN: 77 396 063 641

Last Name: **First Name:**

Address:

Email:

Phone No:

I would like to make a voluntary donation to CRKSG for the amount of: \$..... Membership is free. All donations \$2 or more are tax deductible. Cheque/Money Order payable to CRKSG Inc. Please accept this application for membership of the Canberra Region Kidney Support Group Inc.

Signature: **Date:**.....

Post Form to:

The Treasurer
Canberra Region Kidney Support Group Inc
PO Box 5051
GARRAN ACT 2605.