

## Who are the people of FOCAS?

I am delighted to begin the Aug edition of WTF with our first FOCAS Staff 'profile'. I'm sure you will join me in looking forward to this fun feature being a regular in WTF.

So...introducing to you, FOCAS Community Facilitator Chris Cerinich. Chris shared the following 'fun facts' about himself...

### What is your dream holiday?

A road trip around NSW

### What do you like doing in your spare time?

Playing guitar and singing. In the past I have performed regular gigs in pubs and at parties. I also enjoy bird watching and watching horse racing.

### What motivates you?

A good walk on the beach and through the National Park, both of which I am lucky to have close to home.



## Individual staff supervisions

As noted in the July edition of WTF, the second round of individual staff supervisions for 2021 are now underway. Having completed a number of supervisions already I have found these discussions to be interesting, often quite thought provoking and highly constructive. We have been discussing a broader range of topics this time around, much to the benefit of FOCAS and staff professional development. Thank you for your valuable contributions and making this the case!



If you haven't already please accept your emailed invitation or be in contact with me to arrange an alternative date/time (please understand that some of the times/days I selected for the supervision meetings were very much 'guess work' and it's no problem to change them if they don't suit). Until further notice this round of supervisions will be completed by phone (I will ring you at the scheduled time) with the discussion recorded with your permission.

## Completion of FOCAS History Notes - an essential part of support

Earlier this month I sent a reminder email to all FOCAS staff, participants/families and other stakeholders regarding the completion of 'History Notes' and how this forms an essential part of the support role. As outlined in the FOCAS Service Agreement for Direct Support....

*"History notes are to be completed by support staff within the final 15 mins of the support shift, in collaboration with the participant, if applicable. History notes outline the activities engaged in and how they relate to the participants goals as outlined in their NDIS plan and FOCAS Support Plan."*

By way of a practical example, this would mean that in a support from 9.30 to 1.30 (4 hours), active support would stop at approx 1:15pm and history notes completed as part of the conclusion of the support. History notes (and timesheet) are submitted by FOCAS staff at the completion time of the support - in this example 1.30pm - or after (not before the finishing time of the support).

Whenever possible support staff should complete history notes with the participant in the last 15 minutes of the support shift. If it is not practical or feasible to complete the history notes with the participant, then 15 minutes is still allowed for staff to complete the history notes. This may be completed in the presence of the participant/family in the last 15 minutes of the support or at another time if all parties are in agreement.

History notes are an essential part of support work and a legal obligation. They are an important communication tool for participants, families and staff and serve to ensure continuity of quality support. Therefore I ask that all participants, families and staff respect and accept this policy. If you have any questions or would like to discuss this policy further with me please don't hesitate to make contact.



### The FOCAS office during lockdown

During lockdown please avoid visiting the FOCAS office. As you are aware Anne and I are working from home as much as possible and our time in the office is limited to specific times only. We can also attend by prior arrangement for essential contact only.



Please remember that ALL STAFF, PARTICIPANTS and VISITORS of FOCAS MUST use the QR code located at the entrance of the Centre. Participants and visitors without a phone who are with support staff can be scanned in by support staff in the section devoted to "dependent". If it is not possible to complete the above procedure, a new sign in sheet on the front desk will be available to complete. The new sign in sheet will require the completion of your full name and contact number.

### Tokyo 2020 Paralympics



Have you been watching? I sure have :) Catch it while you can, particularly while the stay at home orders are in place! I rate this as a sporting 'must see' and the paralympic movement as a powerful awareness raiser. I attended several events at the 2000 Sydney Paralympics and found myself completely enthralled. The memories remain vivid. And for a couple of different reasons, I rank the promotional video for the 2012 London Paralympics produced by the BBC as one of the best for advancing equality, respect and self determination for people with a disability. Firstly, the production values are high - it's slick, sexy, powerful and edgy - not characteristics often associated with 'disability'.

Secondly, it tells it exactly how it is...what it takes to be an elite athlete who is 'up against it' - the pain, the grit and the determination - and the rewards that come from that sort of phenomenal effort. It respects athletes as athletes. Not a 'pity party' or 'sympathy vote' anywhere to be seen. If you're after some inspiration or just need a bit of a boost I think you'll find it right here...

<https://www.youtube.com/watch?v=tuAPPeRg3Nw>