

Supported Decision-Making: Managing risks

Like everyone else, people with a disability have the right to make every decision about their own lives, and making a decision on someone else's behalf is a denial of a fundamental right. There is however a difference between a person's legal capacity to make a decision, which is their right, and their decision making ability. In some circumstances, supported decision making is appropriate. Life is full of risks and as Community Facilitators we need to respect the right of the people we support to take risks. Supported decision making is about making sure that participants are fully informed about the risks involved in the decisions that they make, and how those risks might be avoided. This can be a complex matter as each person is different, and each decision is different. For help understanding more about this issue, here is a useful [guide](#).



FOCAS 2021 AGM

The FOCAS Annual General Meeting will be held on 16 November 2021 at 4pm. As previously emailed this year's meeting will occur via Zoom. We will send out the AGM agenda and any other relevant documents plus the zoom invite the week before the meeting.

If you're not on the management committee, but are interested in attending the AGM please let me know. Likewise, if you are interested in becoming involved in the FOCAS management committee or involved in our organisation some other way. I'd love to hear from you.



Access to the FOCAS office/building now that we are out of lockdown

In December the FOCAS building will be fully open. Until then only those who are fully vaccinated can enter the premises. If any of the following apply to you, you will not be able to enter:

- If you have been to any COVID exposure sites in the past 14 days
- If you have any cold or flu-like symptoms
- If you are a close or casual contact of a person with confirmed COVID-19 infection within their isolation period
- If you live in a household with a person who is self-isolating
- If you are waiting for a COVID test result

Also, 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.

Further on-line training for FOCAS staff - CPA Assist Clients with Medications Course.

Recently all FOCAS staff completed the on-line training module; 'Manual Handling for Disability Support Workers' developed by our industry peak body, National Disability Services (NDS). In Sept we rolled out the next of these essential on-line modules 'Assist Clients with Medications' developed by the Cerebral Palsy Alliance in partnership with NDS. All FOCAS staff have received the information to complete this module and several have already completed it. For those of you who are yet to get started or still 'in progress' please keep in mind that this module must be completed by 15 Dec, 2021. If you encounter any problems with the training itself please contact the NDS Learning management system help desk. If the problem isn't resolved from there please contact Anne on 0402307974 or at admin@focas.org.au



FOCAS participants, families and significant others - a reminder about signing and sending back Service Agreements.

Over the last months many FOCAS participants and/or their families or significant others have received Service Agreements from us to read, sign and return by email or post. Thank you to the many of you who have completed and returned these important documents. We are still waiting on a few more to be returned and would very much appreciate your prompt assistance with this matter. If you have any questions or are uncertain if this relates to you please call Anne on 0402307974 or email her at admin@focas.org.au

FOCAS Participant Support Plans

Over the last months, an increasing number of FOCAS participant support plans (PSPs) have been completed by FOCAS Community Facilitators in consultation with participants, their families or significant others. These plans are complementary to participant NDIS plans and contain essential details about the participant, their FOCAS goals and schedule of supports. Once completed the PSPs are uploaded to the participant's FOCAS webpage. The completion of these plans for every participant is a gradual process but the end goal is to have a PSP for every participant who uses FOCAS direct support services.

New support staff

Ray Bellamy joins us this month in the role of Community Facilitator. A warm welcome to Ray, and it's wonderful to have you on the FOCAS team. If you have contact with Ray be sure to give him a cheery welcome and share any helpful information he might need to settle into his role smoothly.

Christmas is coming

The festive period is nearly upon us! Keep an eye out for your emailed invitation to the FOCAS Xmas party which will be coming soon!

The FOCAS office will be closed from Wed 22.12.21 and re-opening Mon 3.1.22. Support that has been arranged with participants between 22.12.21 and 3.1.22 will of course go ahead but there will be no access to the FOCAS office. More details will be provided in the Nov and Dec edition of WTF.

FOCAS staff - If you are planning to have some time off over the Xmas break I would appreciate as much notice as possible. As a first step please let



participants/families know of your plans and confirm whether or not they require replacement supports, and then let me know the outcome.

FOCAS participants and families - I'm aware that several of you do not usually have support over Xmas. If you will not be requiring support or your usual support at any point over the Xmas period please discuss this with your FOCAS support staff and/or me.

COVID Vaccinations

FOCAS participants - Being vaccinated against COVID 19 is the most effective method for ensuring your safety against infection. Once you are vaccinated ensure that you obtain a certificate verifying this. This can be done through your MyGov account which then links to either your My Health Record, or to Medicare for access to a certificate which you can download. If you link your MyGov account to your Medicare records you can then have an electronic copy of your certificate linked to your Service NSW QR code reader so when you check-in to a venue, you can also display your certificate. FOCAS support staff can help you with this process if you need it.

Please also send evidence of your vaccination to FOCAS - admin@focas.org.au



If you have concerns or questions about the vaccine please seek the advice of your GP or a medical practitioner. Consulting with trusted reliable sources like the NSW Health website is another good idea. Please only rely on official, credible sources for information regarding the vaccine. If you receive advice that you should not receive the vaccine due to a health/medical issue please ensure you get a certificate, notice or letter from your GP that clearly states this. You must carry this document with you at all times.

If you need support to make and/or attend a covid 19 vaccination appointment or other medical appointment FOCAS support staff can help. Don't hesitate to ask support staff or contact me directly on the number below.

There are three ways to make a vaccination appointment - other than contacting your GP, medical practice or pharmacy directly:

1. COVID-19 Vaccine Clinic Finder

<https://www.health.gov.au/resources/apps-and-tools/covid-19-vaccine-clinic-finder>

2. HotDoc app

You can download this app and use it on your mobile. It allows you to find places where you can get vaccinated and make appointments from your phone. The app keeps a record of your appointments and will notify you of when they are. You can choose to look for either AstraZeneca or Pfizer and it tells you how long you will need to wait for each clinic in your area.

3. The NDIA has partnered with the Pharmacy Guild of Australia to provide an easy access link for NDIS participants to book a COVID-19 vaccine . More than 3,500 community pharmacies are participating across the country and more than one million doses of Moderna are available. To book:

- visit the pharmacy bookings [website](#)
- select your local pharmacy
- choose which vaccine (Moderna or Astra Zeneca) you would like to receive
- make a booking.

Who are the people of FOCAS?

Introducing to you, FOCAS Community Facilitator **Paula Crane**....

What are you passionate about?

If something grabs me and resonates with me then I'm all in, gung ho, and it's full steam ahead with it! At the moment it's all about staying connected with loved one during lockdown... Not even a 40 minute phone call repeatedly giving my 74 yr old mum instructions (for the third day in a row) on how to join a chat room on messenger can dampen my enthusiasm. At home its board games, loving playing Quirkle and Tri-dominos.

What motivates you?

Coffee and kindness.

Seriously can't function without a morning brew, I'm no coffee snob, just as happy with a black and gold instant as a half strength cappuccino with skim milk – 1 sugar. (Just putting that order out there in case you end up cornered by me in a coffee shop to have a chat). There can't be enough kindness in the world. Small acts of kindness are what keeps the world making sense to me, they make me smile, they make me happy, they keep me feeling connected.

Three words that best describe you

I'm not sure these three words best describe me but they do often describe me : loud, light hearted and laughing. I'm the sort of person you hear coming long before you see me! Favourite emojis 😊 and 🤪

