

Newsletter of IDEAS



MAR | APR 2019

The background of the central section is an abstract painting with vibrant colors including green, blue, orange, and red, with white brushstrokes creating a sense of movement and depth.

PLATFORM

Disability Information
Free, Accurate & Independent

I'M FREE
Take Me!



info@ideas.org.au



1800 029 904



www.ideas.org.au



[@disabilityinformation](https://www.facebook.com/disabilityinformation)



[@IDEASAU](https://twitter.com/IDEASAU)





Editorial - *Diana Palmer* *IDEAS Executive Officer*

Welcome to this edition!

The year moves on, and after a long hot summer, let's hope for a pleasant autumn!

March and April see IDEAS in a similar space as last year, without a confirmed stream of ongoing income from either the NSW or Federal Government.

Our focus in the first few months of this year is on applying for numerous grants and meeting with key stakeholders to firm up ongoing funds.

In April, we will have a new website online, with our new branding and updating the look and feel of the current site. Other upgrades include refinement of our online searching tools with information categorised and available by disability type in addition to the location, category and keyword search functions. Please let us know what you think of the new site, www.ideas.org.au. The site will be in test mode for the first few weeks so we would appreciate your feedback.

Our Information Line has been very busy since the start of the year with an increase in calls coming from people with disability and their families who are NDIS participants and looking for options available to them in preparation for their plan reviews. In addition, calls from professionals in the sector are increasing as they support their clients to maximise the options available to them.

IDEAS has supported the **Stand By Me** Campaign again this year and attended the Rally held in Martin Place on 24th February. A good crowd showed up to support the need for funding to be retained for advocacy and information services in NSW. More information on how you can help can be found at www.standbyme.org.au.

Our Information Line is available **Monday to Friday 8am – 8pm (AEDT/AEST)** so, if you have any query, please call our Information Officers who are there to answer your questions. Our website is also available for you to search directly or to chat with an Information Officer online: www.ideas.org.au.

I hope you enjoy this edition.

Regards,

Diana

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How to Become an IDEAS Member



We want to provide a better service for people with disabilities, their families, carers and other supporters in communities across Australia. You can help this become a reality by becoming a member of IDEAS.

As a member you are entitled to:

- Receive a copy of our newsletter six times a year
- The right to vote at our Annual General Meeting
- The right to vote to elect our Board of Directors, who govern our service
- To nominate yourself or another IDEAS member to be on the Board


Your membership helps us to improve our service by allowing us to:

- Ask for your feedback on the quality and relevance of what we offer
- Seek your advice about developing IDEAS services further
- Show that we are keen to listen to the people we serve
- Be accountable to the charitable donors, commercial and community sponsors and government funds which pay for the services we offer

IDEAS offers an easy to complete Membership application form that is available via hard copy or email and you can contact us Mon-Fri 8am-8pm to request a copy. You can also register online at www.ideas.org.au at any time.

CONTACT DETAILS

IDEAS

 1800 029 904

 www.ideas.org.au

 www.ideas.org.au/lx?sid=81199

Creative Kids Rebate



As a follow on from the Active Kids Voucher introduced last year, the NSW Government is now offering the Creative Kids Voucher. With a value of up to \$100 per calendar year for each student aged 4 and a half years to 18 years and enrolled in school, parents, guardians and carers can now apply for the voucher. To be eligible a child has to have a current Medicare card and be enrolled in school from Kindergarten to Year 12. This includes those who are home-schooled or enrolled in secondary school education at TAFE NSW.


The voucher is not means tested and there are no limits on the number of applications per family, as long as each child is enrolled in school and has a valid Medicare card.

This voucher can only be used with a registered activity provider for registration, participation and tuition expenses. Creative arts, speech, drama, dance, digital design, coding and music lessons are some of the activities where the voucher can be applied. A more comprehensive list of eligible activities is available on the website. The voucher can be used at any time during the calendar year it was issued. The voucher can only be used once with one provider. If an activity costs less than \$100, the balance of the voucher cannot be redeemed. If an activity costs more than \$100, the extra cost needs to be paid for by the parent, guardian or carer.

This is a four-year program currently planned to run until 31 December 2022.

CONTACT DETAILS

Service NSW

 13 77 88

 bit.ly/creative-kids-rebate

Information sourced from Service NSW website

Art Therapy



Art therapy helps children, adolescents, and adults explore emotions, improve self-esteem, manage addictions, relieve stress, improve symptoms of anxiety and depression, and cope with physical illness or disability. Focus is on the inner experience of feelings, perception and imagination. Art therapists work with people of all ages and backgrounds and there is no need to be an artist to benefit. Art therapy usually focuses on the art-making process, rather than the end product. How a person feels while making art and what they can learn about themselves is the important thing. Art Therapy is both a therapeutic and diagnostic tool.

Art therapists provide a safe supportive space so participants can:

- Express experiences and feelings not easily articulated with words
- Develop and strengthen self-awareness and self-esteem
- Work on social skills
- Solve problems by changing their perspective

There are a number of initiatives regarding art therapy operating in Australia.

A mobile art therapy van, called Van Go Moorabool, is aimed at children who have experienced trauma, abuse or other psychological issues. It was introduced in regional Victoria in 2017 as a pilot project offering activities such as art, dance, movement, music and play. It addressed the issue of isolation and lack of services in regional areas by bringing the therapy space to areas with an identified need.

A second program, called Arts on Prescription, where experienced artists are placed with a small group of people to help them discover and explore their creativity and to learn some new skills. The specific health and wellness needs of each participant is taken into consideration when the program begins. A number of options are available when looking to use this program, namely community arts programs and workshops for small groups; one-on-one artist sessions at home; programs for people living with dementia and their carers, and specific programs developed for hospitals, nursing homes and community centres.

Open Art Therapy is a mobile art therapy and mental health service which operates in Melbourne and offers mental wellbeing support for the community. Mental Health First Aid training is available so staff can better support those participating. Individual and Group Therapy sessions can be arranged within a variety of locations such as schools and residential units. For more information, check our Community Directory.

CONTACT DETAILS

Open Art Therapy

www.openarttherapy.com.au
www.ideas.org.au/lx?sid=81430

Van Go Moorabool

03 5333 3666
www.wrisc.org.au
www.ideas.org.au/lx?sid=81431

PHONE LINE

211 **JAN 2018**

200 **SEP 2018**

267 **OCT 2018**

231 **NOV 2018**

315 **DEC 2018**



Toll Free: 1800 029 904



Equine-assisted therapy (EAT) is a range of treatments involving activities with horses and other equines to enhance human physical and mental health. Relying on their senses for survival, horses are highly sensitive. Reacting to non-verbal communication, they mirror human body language. Highly vigilant and present, they provide feedback immediately about a person.

Current research suggests that this form of therapy provides benefits for people with disability, at-risk children, teens with anxiety and depression, people with mental health and behavioural disorders, children who have witnessed intra-family violence, or who have been abused.

The words 'empowering' and 'awareness' are often used to describe the feelings experienced when participants are engaged with equine therapy. The impact their actions and behaviour can have on themselves and other people is more clearly seen. ***A number of programs in Australia offer equine therapy services.***

In the Kids in Focus program at Odyssey House Victoria, children become more aware of their emotions and the horses form part of the treatment routine offered to families affected by drug and alcohol abuse.

At the Byron Private Holistic Treatment Centre near Byron Bay in NSW, horses are used in sessions with clients to assist with confidence-building, self-esteem and boundary-setting activities.

HEAL Psychology (Equine Assisted Psychotherapy - EAP) is a service located in Wombarra, near Coledale south of Sydney. It embraces: a decrease in depression; reduced psychological stress; improved psychological wellbeing; reduced trait anxiety and an increase in self-esteem.

The Equine Psychotherapy Institute is located at Mt Prospect in the Daylesford region of Victoria. Clients who are dealing with mental health issues or who are interested in their own personal development are welcome.

At Equine Assisted Therapy in the Tallebudgera Valley inland from Currumbin QLD, a variety of activities is available. With horsemanship they promote the concept of empowering individuals to connect more closely with their emotions.

Horses for Hope is a service in Shepparton Victoria using therapy to help people deal with issues such as abuse or trauma, or who have experienced an accident or natural disaster. Life skills such as anger management, teamwork, assertiveness, confidence, trust, compassion, resilience and self-respect are approached here.

For contact details on the organisations mentioned in the article please contact us by phone, **Toll Free 1800 029 904** or you can email us at **info@ideas.org.au**

DID YOU KNOW?



IDEAS is now open from

8AM - 8PM AEDT/AEST

Monday to Friday



Toll Free: **1800 029 904**



Email: **info@ideas.org.au**



LiveChat: **www.ideas.org.au**

Invisible Disabilities



Imagine being confronted by a total stranger as you get out of your car in a disability access parking area at the local shopping centre. You have displayed a valid permit issued by the relevant authority.

This scenario occurs when people wrongly assume that to have a disability, a person must use a wheelchair, carry a white cane, walk with a distinctive gait or display some other obvious symptom of disability.

Invisible disabilities (or hidden disabilities) are defined as disabilities that are not immediately apparent. Many people find it hard to understand the cause of a problem, if they cannot see evidence of it in a visible way. The list of invisible disabilities is a long one and includes psychiatric disabilities such as major depression, bipolar disorder, schizophrenia and anxiety disorders, and post-traumatic stress disorder. Others include epilepsy, Multiple Sclerosis, Rheumatoid arthritis, Crohn's disease, Autism, Ehlers Danlos Syndrome, Irritable Bowel Syndrome, Asperger Syndrome, allergies, endometriosis, diabetes, Lyme disease, migraines, Inflammatory Bowel disease, Hypoglycemia, HIV/AIDS, Chronic Fatigue Syndrome, Cystic Fibrosis, ADD/ADHD, learning disabilities, and medical conditions associated with these disabilities.

There are a number of assumptions regarding invisible disabilities with the inability to “see” the disability, and the absence of “visible” supports such as canes and wheelchairs compounding such thoughts. In addition, a person must be experiencing some kind of physical or emotional pain.

So returning to the scenario at the beginning of this article, there are challenges for a person with an invisible disability with common threads being misunderstanding, ignorance or invalidation. It is time now for these trends to be tempered and the

stereotyping to stop. Not all people who are blind have a guide dog, not all people who are D/deaf wear visible hearing aids, not all of those with physical disabilities use wheelchairs or have disabilities which are permanent. Some people living with an invisible disability can still be active in their day-to-day activities, be it work or leisure, while for others it is a daily struggle. Not every disability is visible or obvious, some truly are invisible.

#ThinkOutsideTheChair is a collaborative movement and campaign designed to challenge and change the current thinking around disabilities. This initiative seeks to inform, engage and educate to see all Australians live harmoniously in communities that celebrate inclusion and diversity in an effort to see beyond the chair because Not All Disabilities Are Visible.

The public are being encouraged to download, print and display a new symbol that includes all disabilities whether they are visible or not.

Instigator of the campaign, Marni Walkerden, said the new symbol and accompanying hashtag, #ThinkOutsideTheChair, would be placed beside the current symbol in public spaces. The public perception of what a disability means and looks like, would hopefully be bolstered.

As with similar incidents reported recently, Ms Walkerden's situation began in a carpark when she began using a mobility parking permit. Even with this being displayed she had people querying her use of a disabled parking space. She proposed then to raise people's awareness of the way they view disabilities.

Currently based in NSW there is optimism that it will expand to be nationwide and eventually become a global entity. There needs to be the realisation that not everyone with a disability is in a wheelchair.

Internationally, there are initiatives such as using a lowercase 'i' on a driver's license to indicate a disability, or wearing a badge that says 'Please offer me a seat', to help reduce the misunderstandings currently held. In Australia, suggestions for similar moves are being welcomed during the consultation stage of the National Disability Strategy, established in 2019 and extending into 2020.

CONTACT DETAILS

Think Outside the Chair

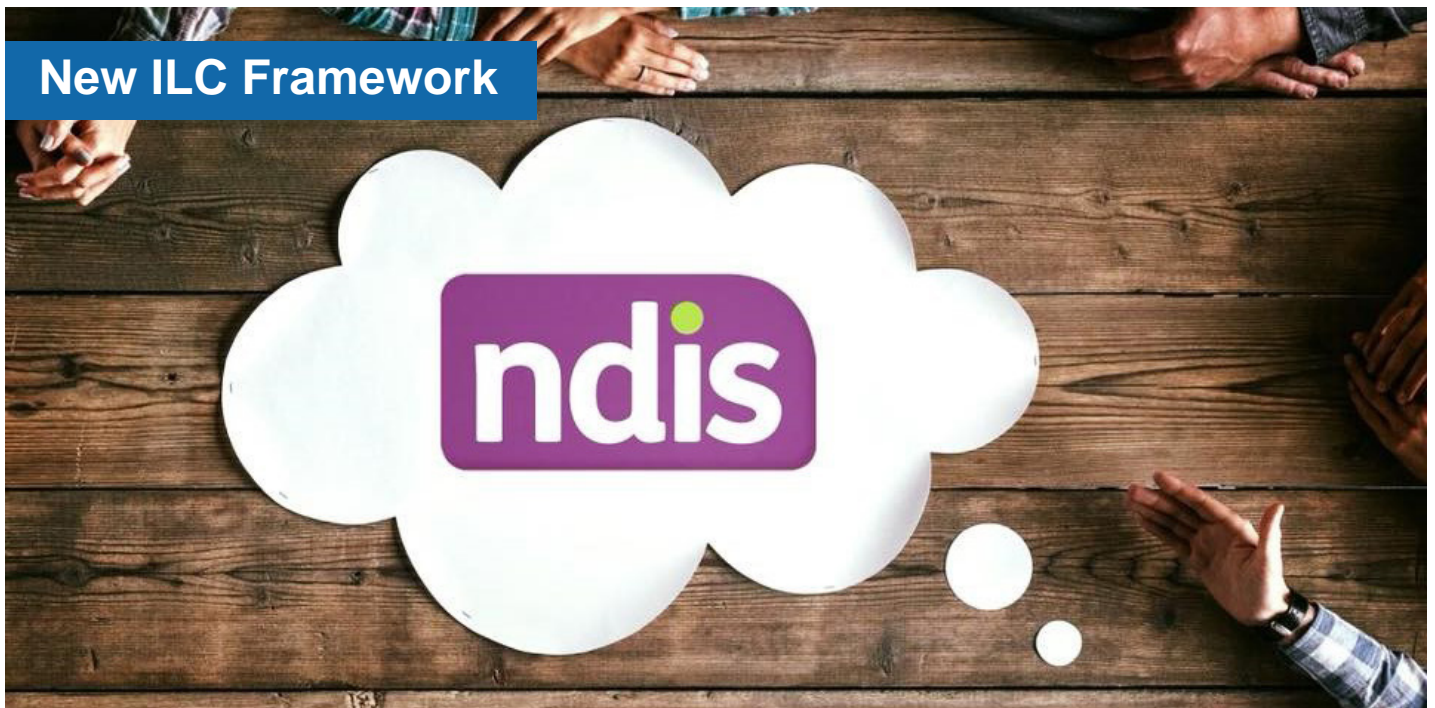
✉ info@thinkoutsidethechair.com.au

🌐 www.thinkoutsidethechair.com.au

📍 www.ideas.org.au/lx?sid=81415



New ILC Framework



The Information, Linkages and Capacity (ILC) Building Program is a fundamental aspect of the NDIS, designed to empower people with disability to access their community and achieve their goals.


In December of last year, Minister for Families and Social Services, Paul Fletcher, and Assistant Minister for Social Services, Housing and Disability Services, Sarah Henderson, announced opportunities through the ILC program, which will be available from early 2019, with more than \$398 million of funding available over 2019-20 to 2021-22.

The new approach to ILC will be delivered through four complementary programs; an Individual Capacity Building Program, a National Information Program which will provide accessible, quality and consistent information about disability types and service and support options, a Mainstream Capacity Building Program and an Economic and Community Participation Program.

IDEAS is a disability information provider and is currently funded by an NDIS ILC grant. We provide information and connections to people with disability, their families and carers that is free, accurate and independent.

CONTACT DETAILS

NDIS

 1800 800 110

 www.ndis.gov.au

 www.ideas.org.au/lx?sid=71366

Information sourced from NDIA Media release

NDIS roll-out nearly complete



As of 1 January 2019, the NDIS, National Disability Insurance Scheme, is available to eligible Australians with disability across all of New South Wales, Victoria, Australian Capital Territory, Northern Territory, Queensland, Tasmania and some parts of Western Australia. The roll-out will be complete by mid-2020.


Then Prime Minister Julia Gillard MP introduced legislation for a National Disability Insurance Scheme in May 2013 and trial sites were launched on 1 July 2013. The NDIS is a once in a generation social and economic reform. It is a new way of providing support for people with disability, their families and carers. It focuses on providing funding to individuals with access and inclusion needs, rather than block funding to disability support providers, enabling users of the scheme (NDIS participants) to have choice and control over their services and supports.

208,000 Australians are currently accessing the NDIS, which is roughly half of the projected 400,000 Australians who are eligible to access it.

As of 1 January 2019, people in the Goulburn, Mallee and Outer Gippsland areas in Victoria, along with Moreton Bay and the Sunshine Coast in Queensland, are now able to access the Scheme for the first time. In Tasmania, people aged between 50 and 64 years old can also begin to access the NDIS. The remaining areas in Western Australia will progressively join the Scheme until 2020.

CONTACT DETAILS

NDIS

 1800 800 110

 www.ndis.gov.au

 www.ideas.org.au/lx?sid=71366

Information sourced from NDIA website

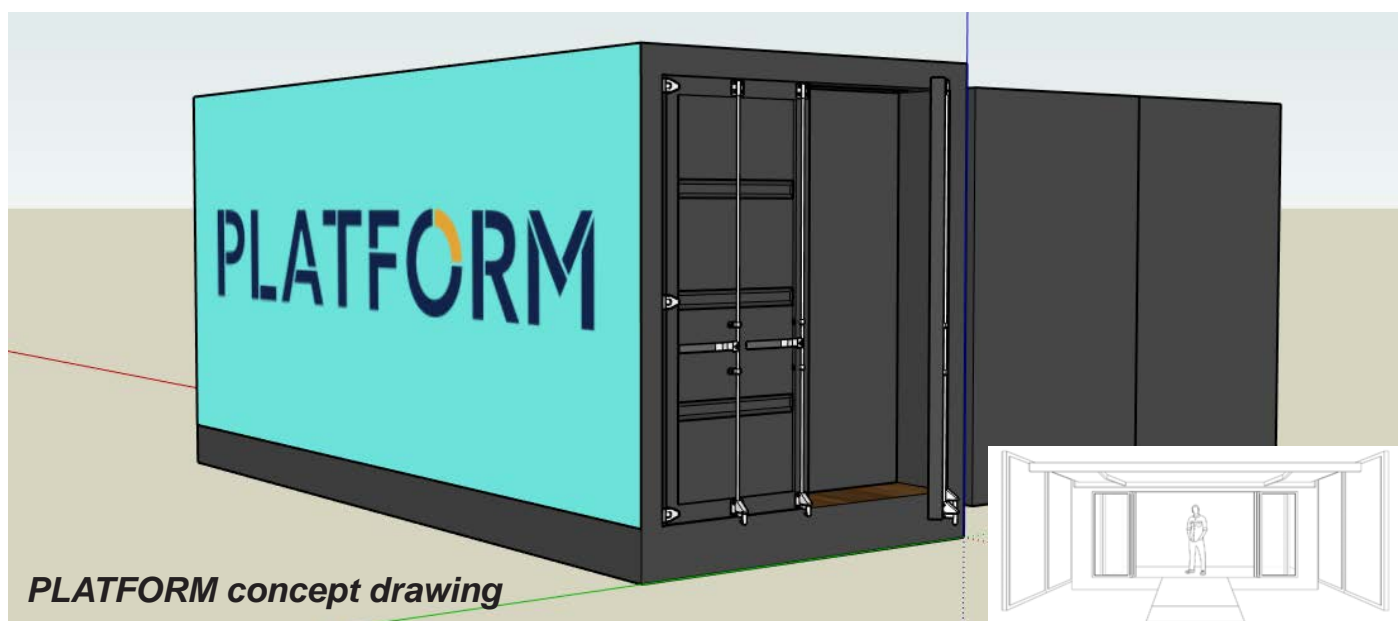
PLATFORM

PLATFORM: What is it?

PLATFORM is a mobile multisensory exhibition space, which will be touring festivals across the Riverina in 2019/2020. A co-initiative between IDEAS and Eastern Riverina Arts, PLATFORM aims to increase participation and visibility of both artists and people with disability at community events across the region.

PLATFORM is funded by an ILC National Readiness Grant through the National Disability Insurance Scheme (NDIS). Housed in a purpose-built, portable, accessible 'space' adapted from a shipping container, its unique arrangement allows it to be configured as a sensory space, chill out area, exhibition and art installation space or even as a small stage. It will travel to ten festivals across the Riverina over an 18-month period.

PLATFORM also marks the second collaboration between Eastern Riverina Arts and IDEAS, following on from the successful 8 Artists program in 2014.

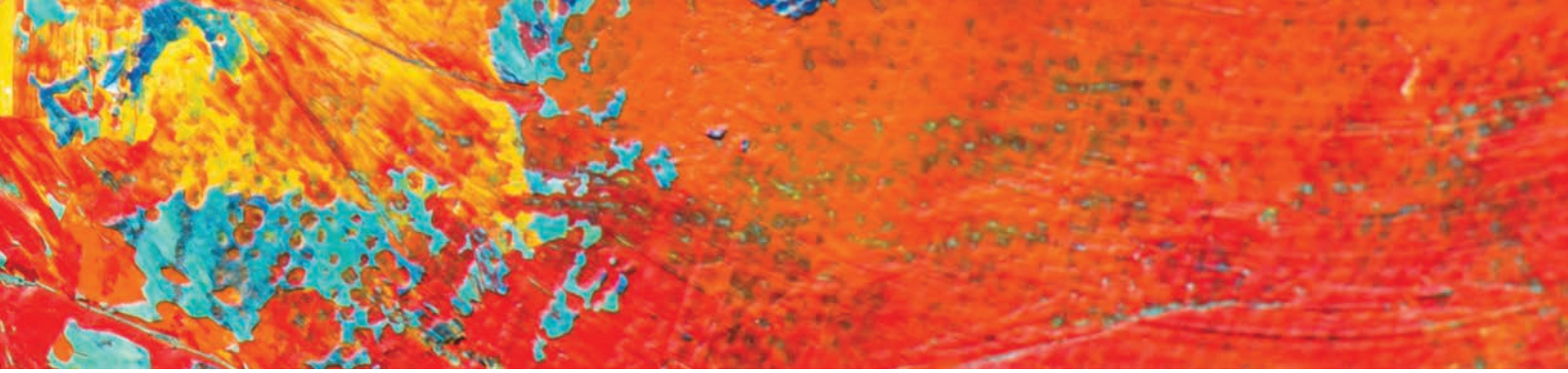


PLATFORM concept drawing

“

“Everyone has the right to participate in cultural events. By partnering with IDEAS, we will be able to deliver a project that ensures art can be accessed by all members of our community”, said *Eastern Riverina Arts' Executive Officer, Scott Howie.*

”



Featured Artist

PLATFORM will feature a sensory based art installation by Sydney-based artist, Bliss Cavanagh, whose designs have been exhibited at the Maitland Regional Art Gallery, Noosa Regional Gallery and Australian Museum. Bliss is well known to IDEAS, having created our sensory rooms, or RAVE Lounge, at past PossABLE Expos in Penrith (picture below), Maitland and Newcastle. Bliss' personal experience of living with Tourette syndrome both informs her work and motivates her to create spaces for other people with disabilities.



Official Launch

PLATFORM's official launch is on Monday 4th March at Wagga Beach Reserve in Wagga Wagga, NSW, from 10am. The space will be offered free of charge to all event attendees, alongside an accessible toilet and adult changing place facility. PLATFORM will also provide complimentary consultations and Disability Awareness training for event organisers looking to improve accessibility in community-based festivals and cultural events.

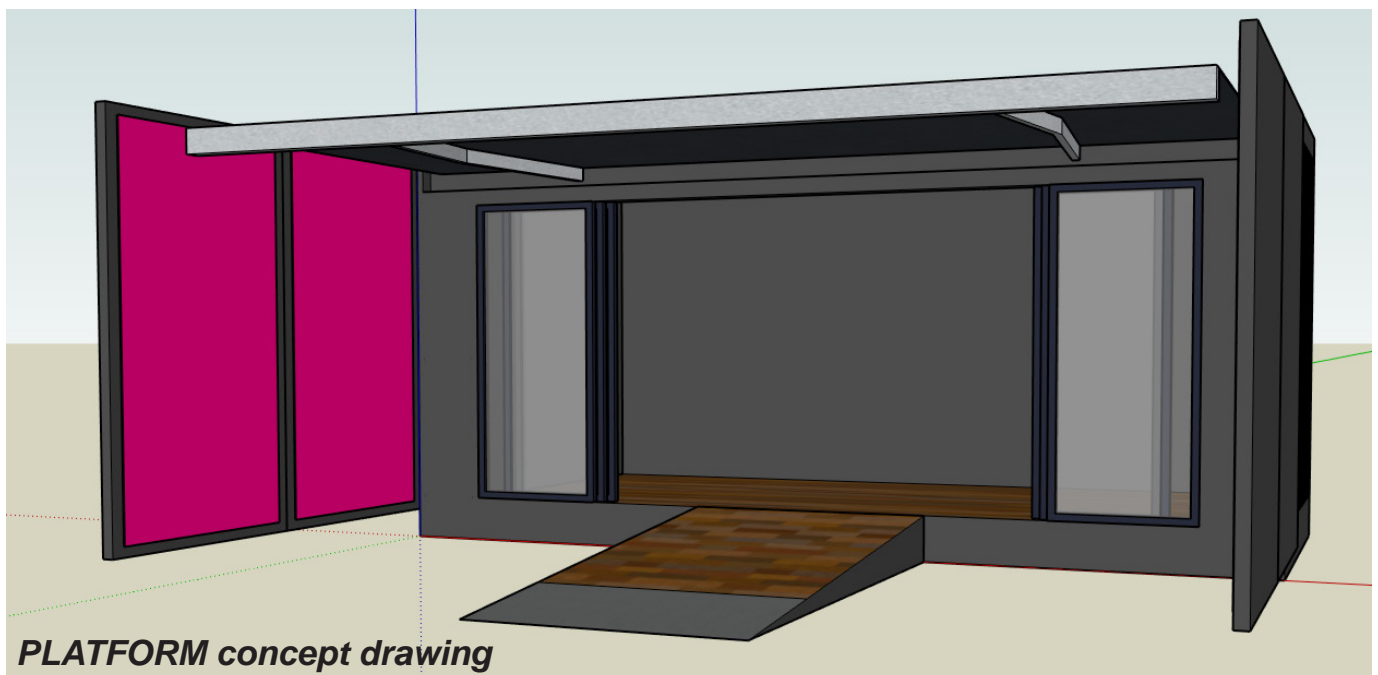
The Bland Shire Council's 125th Anniversary of Wyalong and West Wyalong will be the first festival that will be showcasing the PLATFORM art space. Taking place from Friday 22 March to Sunday 24 March, they have a jam-packed program, with something for everyone.

PLATFORM

PLATFORM will be on site and accessible to the community on Saturday 23rd March at the 'Golden Days Fair' at Cooina Park, West Wylong. Set amongst bush land, the PLATFORM space will provide a colourful, tactile and sensory place for people to relax and immerse themselves in artist Bliss Cavanagh's dynamic and dreamy sensory installation.

Accessible Toilet and Adult Changing Facility

A touchstone element of the PLATFORM project is provision of an accessible toilet and adult changing facility for festival goers with mobility related disabilities. This opens up community and cultural festivals to be more inclusive and accessible for all; something the Bland Shire Council are keen to achieve as per their Disability Inclusion Action Plan. This transportable facility is an essential element in increasing participation of people with mobility disabilities and allowing them to attend, dwell and participate in all day events, just like anybody else.

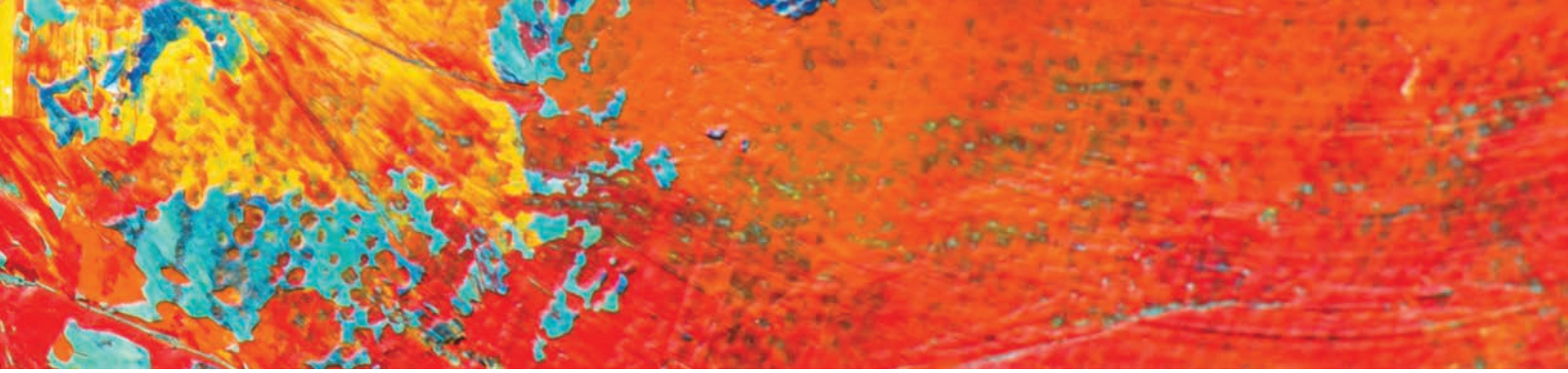


PLATFORM concept drawing

“

IDEAS is excited to partner with ERA for this project which will increase inclusion of people with disability in cultural events by raising awareness in the arts and events community”
says *IDEAS Executive Officer, Diana Palmer.*

”



Be on the Lookout

If you are in the Riverina or thinking of travelling there, be on the lookout for PLATFORM at community events across the region throughout 2019-2020. A highlight for IDEAS, will be the inclusion of PLATFORM at the Lanterns on the Lagoon festival on September 21, 2019 at Rotary Pioneer Park in Tumut. Lanterns on the Lagoon combines an outdoor sculpture competition with a focus on sustainability and reuse, a dynamic floating lantern display (pictures below), live music and entertainment, artisan stalls, multicultural food court and local produce market.



IDEAS' head office and call centre is located in Tumut, and has been since its inception in 1984. Despite being a national call centre, Tumut, and the Riverina region at large, is our home and hub of operations. We are thrilled to deliver such an exciting, accessible and inclusive experience for people with disability, their families and carers in our local community and the wider region of the Riverina, through our partnership with Eastern Riverina Arts.

CONTACT DETAILS

Eastern Riverina Arts

☎ 02 6921 6890

🌐 www.easternriverinaarts.org.au

📍 www.ideas.org.au/lx?sid=37982

Information sourced from Eastern Riverina Arts and IDEAS



PLATFORM

Make Art part of your NDIS Plan

Art matters within an NDIS context and a participant can advocate to have it included in their plan. Called "cultural participation", art can be of benefit in a variety of ways. It may just make a person happy by creating a piece of work, or it could be the catalyst for a much larger change in a person's life.

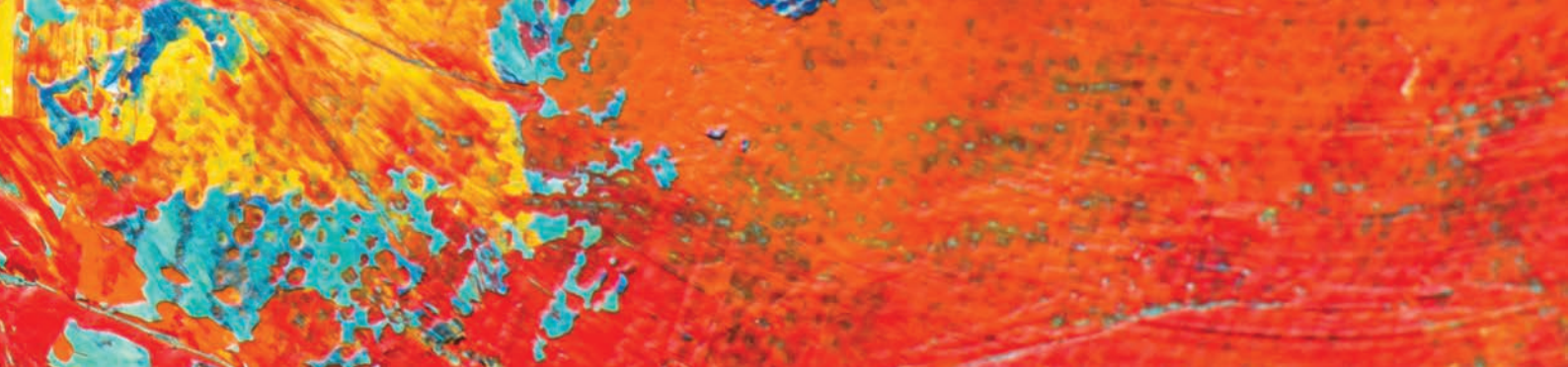
Connections between people with disability and the wider community are made by engaging in art activities. Confidence is built and a person's wellbeing enhanced. Positive social, employment, and education outcomes are all benefits from participation in art programs.

Two documents, the International Covenant on Economic, Social and Cultural Rights and the United Nations Convention on the Rights of Persons with Disabilities state that governments must ensure that people with disability have the chance to be creative, make art, and learn new skills.

Art isn't mentioned specifically within the realm of the NDIS but is found within the categories of Participation, Recreation or Skills Development. A number of key outcomes identify how art can fit within the Scheme. Social engagement is an integral part of an NDIS plan and arts programs are an ideal way for participants to spend time with friends and meet new people. Another outcome is the economic benefits. There are a myriad of opportunities available for people with disability to be productive and to contribute in this sector. Projects, partnerships and development opportunities support the dreams and aspirations of many artists. Planning, writing and budgeting tips are often available.

The positive mental and physical health benefits of art and creativity is well known, especially the social, artistic, environmental, cultural, economic and health aspects. Making art, and engaging in such activities as singing, dancing and playing instruments are all linked with people living healthier and longer lives through increased heart and brain health. In some cases, art has been effective as a tool in pain management for those experiencing surgical treatment or chronic illness.

Mental health issues such as anxiety and depression have been known to gain benefit from art activities. The abstract concepts often used in art can be the cornerstone for people exploring their emotions and feelings.



A basic principle of the NDIS is choice and control, and the programs offered within the arts sphere by different services assists with the connection and creativity of participants. A truly supportive service will enhance a person's art desire and may reach out to recoup their power, identity and self-worth if past circumstances have seen these diminished. A participant always has the right to make informed choices, take calculated and goal-oriented risks, and learn from their experiences.

Art is an important part of life, but some convincing may be necessary to let planners and administrators in the NDIS observe that art is a reasonable and necessary support. Self-advocacy will let a participant put forward their argument on the importance of art to them, and enable them to garner information from people who can assist. The document **Art and You: A Planning Guide** provides information on thinking, talking and writing about how art makes a participant feel. There is also a workbook for young people to help advocate for the arts as part of their NDIS plan.

CONTACT DETAILS

Art and You: A Planning Guide

 www.artsaccess.com.au/ndis-art-and-you/

Workbook for Young People

 www.artsaccess.com.au/art-form-a-workbook-for-young-people/

Information sourced from Arts Access Victoria

PLATFORM

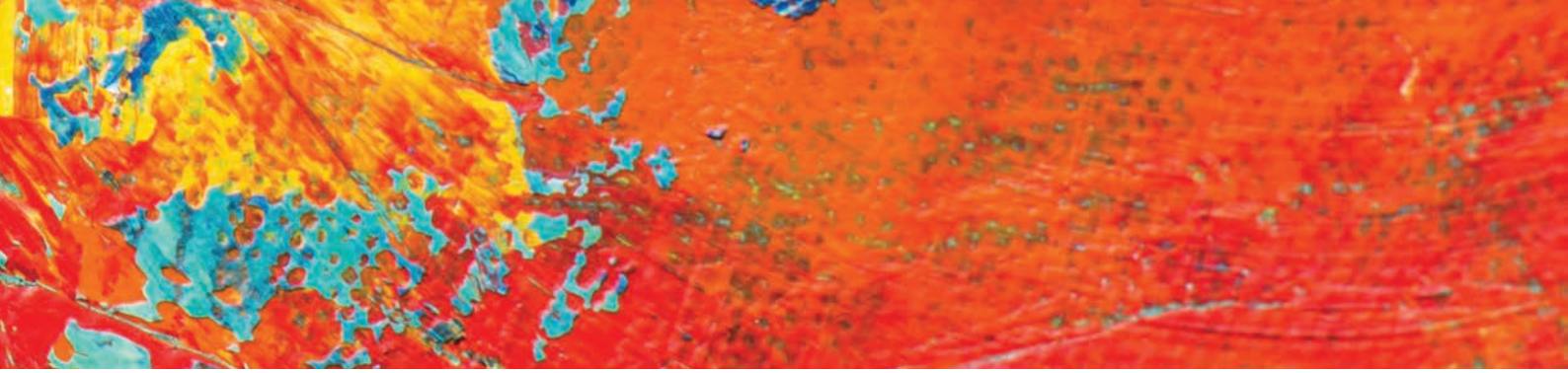
Big Little Woman

How people with disability are perceived and received in a society directly correlates with how inclusive that society is as a whole. Facilitators or managers of public and commercial spaces need to be proactive in ensuring that people with disability are not only accommodated for, but also welcomed and treated with respect when entering such spaces. Public and commercial spaces should be inviting and welcoming for all, and people should not feel judged when entering and using these spaces.

Dr Debra Keenahan is an artist and academic from Wollongong NSW. She has a PhD and BA from the University of Wollongong and is a lecturer at Western Sydney University. She is also a person with dwarfism. Dr Keenahan's artwork, *Little Big Woman: Condescension*, which was on display as part of The Big Anxiety festival in Sydney in 2017, aims to shift the attitudes and perspectives of its audience, illuminating the lived experience of someone living in society who is different. This series of three dimensional, life sized prints of Debra's own body function as a self-portrait which literally looks down on the audience, flipping the lived experience of both the subject, a person with dwarfism, and the viewer, on its head. "Debra looks back at her audience to confront anxieties and start a conversation about living comfortably with difference, encouraging the audience to understand the need to avoid treating dwarfs like infants."¹



Detail of Dr Debra Keenahan's artwork *Little Big Woman: Condescension*, 2017.
Produced with support from the Australia Council for the Arts under mentorship of Louis Pratt.



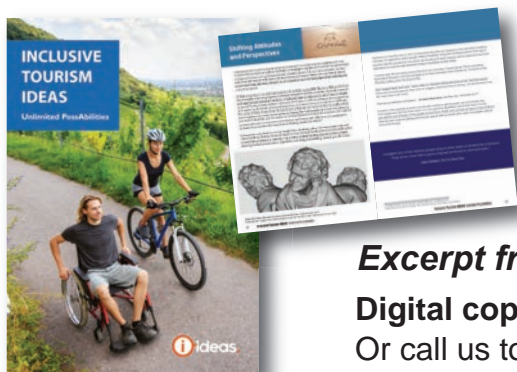
Dr Keenahan notes that it is not her height that is disabling, rather, it is how people view and interact with her that has the most impact on how she lives her life and moves and exists within society. Being treated as a curiosity or as a child is a dehumanising experience. Being stared at, being mocked and abused or objectified is isolating and belittling. Speaking to ABC’s Jane Hutcheon on One Plus One in 2017, Dr Keenahan describes an experience she had while travelling overseas. An experience which people without disability, living and moving around in their day to day lives take for granted but one which she found particularly singular and exceptional in her lived experience as a person with dwarfism living in Australian society today:

“I went to Italy. We were going around Pisa and I can remember, I started going “There’s something funny about this place. Can’t put my finger on it.” And I remember when it struck me. 10 o’clock on the Thursday walking down the street in Pisa.

And I stopped dead. And I said, “I know what it is. Nobody’s taking any notice of me.” And they weren’t. There were no furtive glances, there were no sniggers, [and] there was no staring. I, for the first time in my life, I was a face in the crowd.

That was my definition of freedom. – *Dr Debra Keenahan, One Plus One, 19 October 2017*

Freedom is the capacity to exist in an inclusive society in which people can move freely, free from judgement and free from notice. It is not a person’s disabilities which limit them, it is the perceptions and attitudes of the people around them. Public and commercial spaces must embrace diversity and create accepting and inclusive spaces with access for all in order to instigate cultural and social change.



Excerpt from IDEAS Inclusive Tourism Booklet.
Digital copy available at: bit.ly/InclusiveTourismIDEAS
 Or call us to receive a hard copy posted to you.

¹ The Big Anxiety. (2018, Feb 28). Little Big Woman: Condescension.
² Keenahan, D. D. (2017, October 19). One Plus One. (J. Hutcheon, Interviewer)



Gallery Guide

Galleries are public spaces. They should be welcoming, accessible and inclusive for everyone. People with mobility, cognitive and sensory disabilities should be able to access and appreciate the Visual Arts, just like anybody else.

Galleries in major cities and regional centres throughout Australia have an obligation to make their collections as accessible and inclusive as possible. Art appreciation can be an enriching and wide-ranging experience, it can create conversations, be emotionally and intellectually engaging, and even force people to grapple with confronting issues. Each gallery has its own diverse collection, and will often host travelling exhibitions from around the world, so there is something for everyone at a gallery near you.

The following major institutions have all developed Disability Inclusion and/or Access programs aimed at enabling people with disability to access and enjoy the Visual Arts. For details on each gallery, see our online directory or contact the Call Centre (Toll Free 1800 029 904 Mon-Fri 8am-8pm).

QLD QAG-GOMA – Queensland Art Gallery | Gallery of Modern Art

- 07 3840 7303
- www.qagoma.qld.gov.au
- www.ideas.org.au/lx?sid=81419

NSW AGNSW – Art Gallery of New South Wales




- 1800 679 278
- www.artgallery.nsw.gov.au
- www.ideas.org.au/lx?sid=81413

MCA – Museum of Contemporary Art




- 02 9245 2400
- www.mca.com.au
- www.ideas.org.au/lx?sid=81414

VIC

NGV – National Gallery of Victoria




-  03 8620 2222
-  www.ngv.vic.gov.au
-  bit.ly/NGV_Int or bit.ly/NGV_Aus

ACCA – Australian Centre for Contemporary Art

-  03 9697 9999
-  acca.melbourne
-  www.ideas.org.au/lx?sid=81418




TAS

MONA – Museum of Old and New Art

-  03 6277 9900
-  www.mona.net.au
-  www.ideas.org.au/lx?sid=81421




SA

AGSA – Art Gallery of South Australia



-  08 8207 7000
-  www.agsa.sa.gov.au
-  www.ideas.org.au/lx?sid=81424

WA

AGWA – Art Gallery of Western Australia




-  08 9492 6622 (24 hours)
-  www.artgallery.wa.gov.au
-  www.ideas.org.au/lx?sid=81420

PICA – Perth Institute of Contemporary Art

-  08 9228 6300
-  www.pica.org.au
-  www.ideas.org.au/lx?sid=81422

NT

NCCA – Northern Centre for Contemporary Art

-  08 8981 5368
-  www.nccart.com.au
-  www.ideas.org.au/lx?sid=81426

MAGNT – Museum and Art Gallery of the Northern Territory

-  08 8999 8264
-  www.magnt.net.au
-  www.ideas.org.au/lx?sid=81423

ACT

National Portrait Gallery

-  02 6102 7000
-  www.portrait.gov.au
-  www.ideas.org.au/lx?sid=81412

National Gallery of Australia (NGA)



The National Gallery of Australia (NGA) is on King Edward Terrace and Parkes Place in Parkes Canberra, ACT. It is located on the banks of Lake Burley Griffin. Other attractions in this precinct include the National Portrait Gallery (adjacent), the High Court of Australia, Questacon and the National Library. The NGA is open daily from 10am-5pm except Christmas Day. The NGA café is located on-site and located on the lower ground (LG) floor, overlooking the Sculpture Garden.

The NGA provides a range of services, facilities and programs to enable visitors to access the national collection, as well touring exhibitions. You can ask for assistance at any time during your visit.

Public Transport

There are four bus stops in close proximity to the National Gallery. Many or most buses which stop at these stops are wheelchair accessible. For timetables, and to find the specific route number from your starting point to one of these stops, try Transport Canberra's new online Journey Planner or phone ACTION on 13 17 10 Mon-Fri 7am-9pm, Sat 8am-8pm, Sun and Public Holidays 9am-5pm.

Routes 4, 80 and 935

Bus Stop 3415 – King Edward Terrace before Bowen Drive (front of NGA)

Bus Stop 3416 – King Edward Terrace after Bowen Drive (opposite NGA)

Routes 1, 2, 3, 6, 934 and 938

Bus Stop 3260 – Parkes Place John Gorton Building (around the corner)

Bus Stop 3261 – Parkes Place National Rose Gardens (around the corner)

Culture Loop Shuttle

This is a free shuttle service operating 7 days a week from 9 am to 5 pm. There is a stop situated near the National Library and Questacon on King Edward Terrace, arriving at 25 minutes past the hour and linking the foreshore cultural precinct with other places of interest across the Canberra CBD, including the Museum of Australian Democracy (Old Parliament House), Australian Parliament House, Canberra Museum and Gallery and the Canberra Centre (Civic), the National Museum of Australia and the National Film and Sound Archive.

This free shuttle service is wheelchair accessible and has capacity for people travelling with mobility aids, prams and strollers. For a route map and timetable for this service, go to: http://bit.ly/Culture_loop

On-site Parking

Undercover car park

Entrance is via Parkes Place off King Edward Terrace. Designated parking spaces for people with limited mobility exist at either ends of the car park closest to the car park entrance/exits.

There is lift access to the main entrance from the underground car park.

Above ground car park

Entrance is via Bowen Drive (weekends only). There are designated parking spaces for people with limited mobility near the car park entrance.

Toilets

Accessible toilets are found on the Ground floor at the main entrance, near the cloakroom and on Level 1, near the James O Fairfax Theatre.

Wheelchair and mobile scooters

Wheelchairs and mobile scooters are available from the cloakroom. You can book these by contacting the Visitor Experience team on 02 6240 6522.

Access to the main entrance is at street level. People using wheelchairs and strollers can navigate the Gallery via lifts and ramps.

Visitors with Hearing Impairment

Audio loop

There are Audio Induction Loop Systems installed at the main entry, Gandel Hall, in the James O Fairfax Theatre (rows 1–5) and in the Small Theatre.

Sign-interpreted lectures

Sign-interpreted lectures are a regular feature of each major exhibition. Please contact the Gallery for information about upcoming lectures.

Contact via email: access@nga.gov.au or phone 02 6240 6519

Visitors with Vision Impairment

Braille Sculpture Garden brochure

The braille Sculpture Garden brochure includes an introduction and map of the garden plus descriptive text about the sculptures. Braille brochures are available at the information desk.

Braille guide to the Gallery

The braille guide includes an introduction to the Gallery and its collections, plus descriptive text and braille images of six key works in the collection. Braille guides are available at the information desk.

Tours for people with vision impairment

Education staff and voluntary guides are available to take people with vision impairment on tours of the Gallery's collection. The tour is hands-on where possible. Bookings are essential for this service.

Contact via email: access@nga.gov.au or phone 02 6240 6519





Visitors with special needs

Programs for students with special needs can be developed in consultation with Gallery Education staff. Sessions are built around workshop activities in the Gallery spaces.

Contact via email or phone 02 6240 6519

Assisted access events

These regular events provide an opportunity for people with disabilities, their families and carers to view major exhibitions without competing with crowds or high level noise.

Contact via email or phone 02 6240 6519

Art and Dementia


The Art and Dementia program provides people living with dementia with an opportunity to connect with the world in enriching and life-enhancing ways. A discussion-based tour of works of art provides intellectual stimulation and social inclusion.

Contact via email: access@nga.gov.au or phone: 02 6240 6632

ACT

CONTACT DETAILS

NGA – National Gallery of Australia

 02 6240 6411

 www.nga.gov.au

 www.ideas.org.au/lx?sid=81411

The Mollii Walking Suit



The Mollii Walking Suit is a neurorehabilitation concept, which provides specifically adapted rehabilitation in the form of a garment (a 2-piece suit) with electrotherapy by way of a unique, mild, low frequency electro-stimulation. It is designed to relax muscles that are spastic, tense and aching, and provide the user with increased confidence to test previously unused muscles. As one user commented, she can now “run and take her steps up and down”. Other noted benefits include improved efficiency of mobility and upper limb function, improved postural control and balance, and the reduction of muscle fatigue and pain.

The suit helps rehabilitate people with spasticity such as MS, Parkinson’s disease, Cerebral Palsy, Acquired Brain Injury, spinal injury, stroke and other diagnoses that result in motor disabilities.

The wearer is fitted with a suit consisting of trousers, a jacket and a detachable control unit. During an assessment by a Mollii trained therapist the unit is programmed to their unique needs. The specific muscle groups are targeted via the antagonist (opposite) muscles, with electro-stimulation treatment for 60 minutes. This process assist in the relief of muscle tension, imbalances and spasticity and improves the range of movement, function and activity. The benefits of a 60-minute treatment can last for up to 48 hours after which the treatment can be repeated. It is vital to have on-going exercise or therapy to develop lasting improvements.

It is a safe treatment with some users likening it to TENS (Transcutaneous electrical nerve stimulation), which is used for pain relief. There are no known side effects although a prospective user may be advised not to try it if they have an implanted electronic or magnetic device such as a pacemaker, baclofen pump or shunt.

Mollii is a Swedish development and has been in use since 2010. It has now launched in Australia and there are a number of agencies with the Head Office located in Cessnock, NSW, where trial therapy sessions for the Mollii suit are carried out. Other trial locations include the Sunshine Coast, Brisbane and another location to be opened in Melbourne in the near future.

Currently suits can cost up to \$15,000 and the Australian distributor Metier Medical has applied to the NDIS to include them on the scheme.



CONTACT DETAILS

Metier Medical

 www.mollii.com.au

 www.ideas.org.au/lx?sid=81437

Images & info sourced from Metier Medical, Synergistix and Hobbs Rehabilitation

Netflix and Chill



Netflix is a web-based media streaming platform, which allows users to access content directly through their smart TV, smart phone, tablet or laptop/desktop computer. Improved connectivity through the NBN (National Broadband Network) has revolutionised the way Australian viewers consume their media content. Streaming content on services like Stan and Netflix is currently ad-free and convenient and has had a huge impact on traditional broadcast viewership.

With Video/DVD stores a thing of the past, there are some groups, particularly people who are older or with disabilities, who are not accessing their content online, and this is limiting their content choices to what is being broadcast on live free to air television. Unfortunately, very little content on live free to air channels, especially commercial channels, is fully inclusive or accessible.

Even if you do “Netflix and chill” regularly, you may not know about the built-in accessibility features available. Audio Descriptions (AD) and custom Closed Captions (CC) make consumption of content easier and more inclusive and accessible for everyone, especially for people with hearing or vision impairments.

In a court settlement with the American Council of the Blind (ACB), Netflix agreed to include more audio descriptions on its streamed content shortly after it launched in Australia in 2015, and has added more audio described content since. Subtitle appearance, including font, size and high contrast text / background colours, can be customised via your Account settings and increase usability and accessibility of your streamed media content.

CONTACT DETAILS

Netflix Subtitle Preferences

 www.netflix.com/SubtitlePreferences

Information sourced from Media Access Australia and Netflix

What's On: March - April

4 March - PLATFORM Launch

Wagga Beach, Johnson St, Wagga Wagga, NSW, 2650

Contact: platform@easternriverinaarts.org.au or 02 6921 6890

6 March - GBLTIQ Social Event 18+

Salisbury Hotel, 118 Percival Rd, Stanmore, NSW, 2048

Contact: jan@relationshipsandprivatestuff.com

14 March - Early Days Moving Forward Workshop - Griffith

Griffith Leagues Club, Cnr Bridge road & Jondaryan Avenue, Griffith, NSW, 2680

Contact: 1800 242 636 or betterstart@carersnsw.org.au

22-24 March - 125th Anniversary of Wylong and West Wylong

West Wylong Area, NSW, 2671 (see contact for more details)

PLATFORM featured at this event.

Contact: csutton@blandshire.nsw.gov.au or phone Craig or Rebecca on 6972 2266

29-30 March - Source Kids Disability Expo Melbourne

Convention & Exhibition Centre, 1 Convention Centre Pl, South Wharf VIC 3006

Contact: www.sourcekids.com.au/expo-melbourne

1 April - Albury Diverse Learners Conference

Mantra Albury Hotel, Albury, NSW, 2640

Contact: Illume Learning 0423 966 516

2 April - Free Early Days Moving Forward Workshop for parents/carers

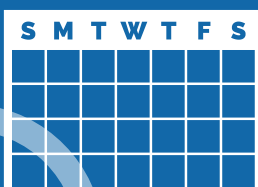
Camden Civic Centre, Cnr Oxley & Mitchell Street, Camden, NSW, 2570

Contact: 1800 242 636 or betterstart@carersnsw.org.au

5 April - South West Disability Expo - Liverpool

Whitlam Leisure Centre, 90 Memorial Ave, Liverpool, NSW, 2170

Contact: www.southwestdisabilityexpo.com.au



To find more events in your area, visit the IDEAS Website and browse the Events Calender

www.ideas.org.au/event/list/upcoming



Power Blog

Would you like to get paid to share your story?

An Australian First - a platform designed to give power to people with disabilities by allowing them a space to share their stories and art and get paid for it. Send us your 'pitch' today!

For more information please contact:



1800 029 904



marketing@ideas.org.au



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Newsletter in Email and Audio**

**Disability Infoline
1800 029 904**

Text: 0458 296 602 - LiveChat: www.ideas.org.au

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