



# NEXUS INK

**EDITION 47 November 2017**

Thank-you to all those who have contributed to this edition of Nexus Ink.  
For article ideas or contributions, or for copies of this newsletter, contact Alona in the office - 6278 1771 or  
[alona.hunter@nexusinc.org.au](mailto:alona.hunter@nexusinc.org.au).

## Our New Home at Technopark



### Nexus Christmas Parties

**Clients:** families welcome Saturday, December 16th 10.30am at the Glenorchy RSL - contact Craig Vernon for details or to RSVP.

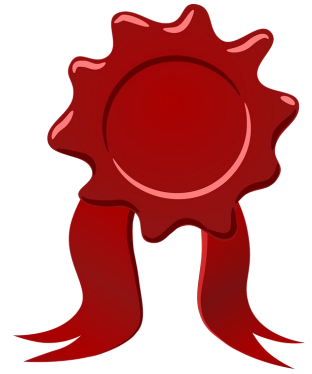
**Staff:** BBQ at the Long Beach Park, Sandy Bay on Friday 1st December 11.30am to 3.30pm - food supplied, BYO drinks, hats and sunscreen - family and kid friendly. Contact Alona on 6278 1771 for more details or to RSVP.



## Staff Achievements

Nexus' commitment to continual education and training continues with many of our staff gaining further qualifications, and upgrading their skills over the past 12 months.

In order to care for some clients with complex health and behavioural needs, and to compliment our new Complex Individualised Supports program, we have been training staff in PEG-J Management (this includes learning how to administer food, fluids, and medications via percutaneous endoscopic gastrostomy); Glucometer Management, and Insulin Administration. The following staff members have completed these units - Kirsty Barwick, Janelle Crosswell, Bruce Caprio, Suzanne Koblenz, Deborah Hoepfner, Maryanne Springfield, Jye Vaughan, Cheryl Roach, Peter Hardman, Libby Oakley, David Smithurst, Mizu Ntumba, Rodney Smith, Michael Alison, Alma Copleman, Meghan Cash, Ann Bleathman, Maggie Dilger, Renee Chaplin, Mathew Lorsch, Jenny Free, and Tania McCarthy. A requirement of this training is that all staff are skills assessed by a qualified trainer every 12 months. Congratulations to all who have achieved this.



During the year, we also continued to provide refresher courses for existing staff, and full training in First Aid, Medication-RHB (Recognising Healthy Body Systems) for all staff.



In partnership with Autism Tasmania we also offered another two groups of 12 staff the opportunity to increase their skills in working with people with autism. We are looking to expand the program to include staff from Montagu Disability Services in the new year.

In the past year, Tess Hancl, Carolyn Breen, Janelle Salter, Tania McCarthy, Debra Crosswell, and Yashwant Dhiman have all embarked on their Certificate 4 in Disability. The following staff members completed their Diploma – Lindy Filipek, Alison Humes, Catherine McNeice and David Smithurst; Maya Subedi, Anthony Briggs and Kyong Mi Choi completed their Cert 4; and Jenna Copleman completed her Cert 3.

Congratulations to all of you and your ongoing commitment to further education and the sector.



**Bon Voyage Norm** - after being given a serious health diagnosis, Norm Reynolds, who has worked with Nexus for the last few years, resigned his job, and is currently doing a road-trip around Australia with a mate. Norm was always a laid back and friendly work colleague, ready to share a joke and a laugh with staff and clients, and loves having a chat, We wish you all the best in your travels, and your treatment when you return Norm.

## Yvette realises her goal

*Ed—we liked Yvette's story so much from the Annual Report we have repeated it here. Yvette moved into Nexus Winifred in 2014 and has made herself right at home.....*

Hi there, my name is Yvette and I'd like to share a story about being independent again.

In the past before moving to Nexus I had owned an electric scooter which I was just starting to use. Unfortunately, I had a pretty scary fall trying to negotiate a driveway/gutter whilst driving to



visit my sister who lived up the road, after which I didn't feel comfortable to try again.

When I first moved into Winifred house at Austins Ferry in 2014, I spoke with staff regarding what is important to me and set some goals to achieve what I desired. The two main goals other than managing my diabetes was to be as independent as possible and access my community and surrounds.

So I set out to achieve these goals! Over the next 2 years and with support from staff I have slowly regained the confidence to use an electric wheelchair (much safer than my old scooter by the way)

The first time I headed out straight away I approached a gutter and without hesitating I rolled over that hurdle with ease! it felt way more stable than the scooter and ever since staff have had a hard time keeping up! I'm now able to catch taxis here and there on my own and am thrilled to be out and about doing my own thing such as banking, helping with the grocery shopping, eating out, and just being able to go this way or that when I choose.

I hope you enjoyed my story, thanks for reading.

Yvette Nute



**Nexus Out and About**

Janine loves bowling.



Martin (right) enjoys a trip to the newsagent to buy his weekly magazines, and coming home to cook some scones (below right)



Alanna enjoys a game of mini-golf, and feeding the ducks (Above and left)



Johnston House newest client, Linda, loves getting out into the community to run her errands

Rowbottoms clients enjoy a day out in the sun, and a barbeque every Friday.





## Are you NDIS Ready?

You would have to be hiding not to know the NDIS is being rolled out. It's a big project for the "Agency" (i.e. the NDIA - the government department which has been tasked with the roll-out) and has been



widely written up in the media. There have been some significant problems with the roll out around technology, staff skills and the management culture at the NDIA - which has been analysed by the Productivity Commission review at length. A new CEO and Board were appointed by the Government earlier this year and we have noticed some positive changes - lets hope this keeps going.

But what does it mean for you and Nexus? Earlier this year DHHS told Nexus that all of our funded group homes will "transition" into the scheme this financial year - so far 4 houses have moved and 2 more are moving this quarter.

So what have we learnt? The NDIS staff who create the (funding) Plan rely on service providers and family for "evidence" of need. Under the NDIS legislation the planner can only fund services for clients (or "participants") that are "reasonable and necessary" to support the person. The only way they can really "prove" this is to have supporting documentation such as medical reports, as well as observations and history from people working directly with the participant.

Alison has been very busy going back over the records to find old medical reports, behaviour plans, meal management advice, etc. In some cases hundreds of pages of information. Where we know there is a need, but no reports, Alison has had to book people in for health professional reviews.

Any family member who is supporting someone in an NDIS planning meeting needs to go in prepared. The NDIS is trying to write 500 plans a day as the scheme rolls out so there is not a lot of time to redo plans. Documents, testimonials, support plans, school reports, etc. are all useful information to help in the planning process. It is also important to go in with a positive attitude and a clear objective for what will help your family member participate in the community.

# Nexus Grand Opening and AGM 2017



Minister Elise Archer gives the opening presentation, along with Chair of the Nexus Board Kerry Burns, and CEO Mark Jessop.



Family, friends, clients and staff enjoyed the brief speeches followed by a delicious morning tea supplied by Aurora Disability Services.







## Chocolate Balsamic Pavlova with Raspberries

This recipe is a family favourite for Christmas, and any other special occasion.

It is especially good in Tasmania in summer with an abundance of fresh berries available. I always use raspberries, but blueberries or boysenberries would be equally delicious if you prefer. Leave some bigger chunks of chocolate for extra texture, and a flavour burst. To make a bigger pavlova, increase amounts at the ratio of one egg white to a quarter cup of castor sugar.

### Ingredients

4 egg white (room temperature)

1 cup castor sugar

1 tsp cornflour

1 tsp balsamic vinegar

50 gm grated good quality dark chocolate (extra for garnish)

400gm fresh raspberries

400ml fresh cream

### Method

Heat oven to 180°C.

Line a flat baking sheet with baking paper and sprinkle with water.

Whisk egg whites until stiff peaks form. With the mixer still running, gradually add the sugar ensuring it is dissolved before adding more. When it is all combined, and stiff and glossy, gently fold in the cornflour, vinegar and grated chocolate until just combined.

Mound mixture onto prepared baking sheet in a circular pile, and form a dip in the centre. Be careful not to overwork the mixture or it will collapse.

Place in preheated oven that has been turned down to 110°C and cook for 1 – 1.25 hours (or until hard when tapped).

Turn the oven off, and let it cool in the oven. Keep in a cool dry place until ready to decorate.

Whip the cream until soft peaks form. Dollop it into the centre and up around the edges of the pavlova, and top generously with raspberries. Garnish liberally with grated chocolate, serve!



From Alona's personal cookbook.