



COMMUNITY

Autumn 2021



FROM THE DESK OF THE CEO

Dear clients, families and advocates, welcome to the Autumn edition of LDS Community. I hope this magazine will keep you informed and connected to the various happenings and wonderful stories of the important work we do supporting persons living with disability.

We are so pleased to report that LDS has “passed” the recent NDIS commission mid-term audit and that we keep our registration to deliver the important services we provide. The whole team at LDS have been working hard to update our policies and practices to ensure we continue to provide our supports in line with client needs and choices while keeping our clients and staff safe.

I hope you enjoy reading about Tracey's garden and the fun we have every week at EBC, it's awesome to find out how clients are growing and achieving their life goals here at LDS. I continue to be honoured and blessed to be a part of the LDS family.

Blessings,
JvR



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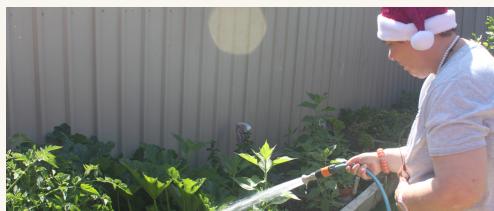
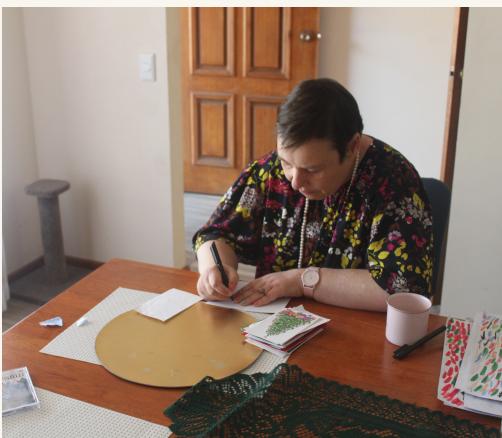
BEBC at Christmas Page 7

Tracey's Garden



Recently we visited Tracey and her housemate, at their lovely home in Hillcrest. Tracey is a client of the independent support living service provided by LDS. When at home, Tracy engages in a wide variety of activities from arts and crafts, basketball at the park, walks around the block and many more. Through, one of her absolute favourite past times is gardening.

Tracey is very passionate about her garden and puts in a lot of time, hard work and love to maintain her beautiful garden and assure the highest quality vegetables and fruits, "I water the garden every day and night" she said. When asked about the wide range of vegetables and fruits she grows, Tracey explained "I have cucumbers, tomatoes, zucchini, carrots, pumpkin, potatoes and sweet potatoes and parsley, the parsley is really good". With her vegetables, Tracy provides her neighbours fresh vegetables and fruits and enjoys cooking with her support worker Katrina, "I sometimes make pumpkin and potatoes bake, it is so nice because of the cream I put in it, it tastes really good."



Tracey is very focused on improving and maintaining a healthy lifestyle as she understands the importance of a healthy diet, she explained that her garden helps her achieve this. The healthy eating and exercise creates a harmonious life balance, builds confidence and self-esteem, and builds community. Tracey, being the friendly person that she is, lets her friends help her out with garden, essentially acting as a sort of community garden within the Hillcrest block. She invites them over to help water the garden, plant new vegetables, cook and eat.

When asked about her home she said, "I have been living here for 8 years and I love it, there's lot to do here". LDS, through housing and support, plays the role of a facilitator to help Tracey achieve her life goals, "Katrina helps me around the home by helping me clean, exercise and we also go to the city together" and that "I can ring her when I need some help".

Know someone in your community with a NDIS plan who wants to explore supported independent living just like Tracey? Give LDS a call on 08 8212 7766 or email at admin@ldssa.org.au

VACANCY ALERT



Nurioopta Location - Female

At LDS we help to create happy homes for our clients. Our clients have the same right as everyone to enjoy life, be integrated into the community and to have a happy home. Our specialist team of support workers are trained to serve the clients to ensure that they can achieve their life goals including making sure that there is fun at home, work and play!

Available now



LDS currently has a vacancy at an established property located in the Barossa Valley at Nurioopta. The home is a 4 bedroom single story house with large individual bedrooms, each having their own ensuite, built-in wardrobe and modern air-conditioning unit.

Our housemates are looking for an additional female housemate to join our caring home, preferable a young adult with EHO (Exploring Housing Options) Assessments completed and who requires Supported Independent Living (SIL) with overnight support to live in a three person SIL.

This lovely renovated home has a large open plan kitchen, dining and lounge area in addition to a sunroom overlooking the enclosed lawn and garden area. The staff sleepover room is adjacent the bedrooms, and the laundry and kitchen are equipped with new appliances. There is undercover parking at the accessible front entrance.

Situated in a quiet leafy area of Nurioopta with views across vineyards, the home is less than 1.5 km walk or drive from the business and shopping centre of town.

If you know a suitable person to come and share our happy home please call our friendly Client Intake team on 8212 7766 or email admin@ldssa.org.au.

VACANCY ALERT



St. Marys Location - Suit Females

At LDS we help to create happy homes for our clients. Our clients have the same right as everyone to enjoy life, be integrated into the community and to have a happy home. Our specialist team of support workers are trained to serve the clients to ensure that they can achieve their life goals including making sure that there is fun at home, work and play!

Available from April 2021



LDS currently has two vacancies at a new property located in St. Marys. The home is a 4 bedroom single story house with large double bedrooms, built in wardrobes and room for a queen bed and other bedroom furniture. There are two bathrooms with four individual shower cubicles.

We are looking for female housemates to join our home, preferably women in their 30's to 50's with EHO (Exploring Housing Options Assessments) completed and who require 24/7 SIL (Supported Independent Living) Active Overnight Support to live in a three person SIL.

This beautiful house is well established and has a large open plan kitchen, dining and lounge area and a lovely undercover garden area. At the front end of the house is another sitting room with a small kitchenette, staff sleep over room and a break out room. The home is walking distance from Edwardstown Baptist Church and has ready access to their Friendship Tuesday and other programs.

LDS is currently working with a female Client in her 50s and are looking at finding housemates with similar interests to create another happy home within our network.

If you know a suitable person to come and share our happy home please call our friendly Client Intake team on 8212 7766 or email admin@ldssa.org.au.

Around LDS

LDS RETAINS NDIS ACCREDITATION

During February LDS was audited by the NDIS Quality & Safeguarding Commission for our mid-term audit. Every NDIS provider must undergo an audit for accreditation every 3 years with a mid-term review.

LDS received excellent feedback on our systems and processes and our growth as an organisation over the past 18 months.

Several clients, family members and staff were also randomly chosen by the audit team for interviews. We thank everyone for their involvement and input into the audit process.

At the end of the audit LDS was informed that we are compliant in all of our previous categories and that we will also now be fully accredited for Specialist Disability Accommodation (SDA) and High Intensity Daily Personal Activity for complex bowel.

In the words of the audit team "...it's been so great to see how far (LDS) you've come...I hope you are celebrating!"

That you to our community for supporting us as we continue to grow while providing that signature client-centred LDS approach.



NDIS Quality and Safeguards Commission

The NDIS Commission oversees:

-  Registration and regulation of providers
-  Compliance with the Practice Standards and Code of Conduct
-  Complaints about NDIS services and supports
-  Reportable incidents, including abuse and neglect of a participant
-  Use of restrictive practices
-  Nationally consistent NDIS worker screening



**lutheran
disability services**

**Supported Independent Living (SIL)
Specialist Disability Accommodation (SDA)
Community Participation
In-Home Supports**

Our mission is to include adults living with a disability in the Christian community.

We provide supported accommodation, community participation and lifestyle support services.

We enable you to live independent, active and fulfilled lives through a range of person-centred supports.

**FAITH
EMPOWERMENT
EXCELLENCE**



Around LDS

COVID-19 Vaccination



LDS is working with SA Health on the rollout of the COVID-19 Vaccine for our clients. All LDS Clients and Staff have been sent a consent form to consider taking the vaccine when it becomes available.

The rollout is:

- Phase 1a Frontline at-risk health care workers including staff in GP respiratory clinics and COVID-19 testing facilities, ICU and emergency department staff, Residential aged care and disability care staff, residential aged care and disability care residents
- Phase 1b Elderly adults aged 70 years and over, adults with an underlying medical condition, including those with a disability

Many LDS clients will be included in the Phase 1a rollout, most likely at their home. Those that are in sole occupant housing will most likely be in Phase 1b or Phase 2a and this will be done at a hospital or clinic.

A couple of key points:

- The COVID-19 Vaccine is NOT compulsory
- Clients are encouraged to consult with their family, guardian or advocate
- Clients are encouraged to consult their medical practitioner

For more information on COVID-19 Vaccine follow this link: <https://www.health.gov.au/initiatives-and-programs/covid-19-vaccines/getting-vaccinated-for-covid-19/information-for-people-with-disability-about-covid-19-vaccines>

LDS will continue to update our community via email as more information becomes available.



The True meaning of Christmas



Edwardstown Baptist Church (EBC) hold a weekly friendship club where people of all abilities from different walks of life enjoy one another's company, engaging in various community activities. Many clients of LDS enjoy heading to EBC each Tuesday to see their friends and spend some time with them. The bread run, pool, arts and crafts, Gwen's Pantry and basketball are among the numerous activities held on Tuesdays at EBC.

In December the friendship club met for a Christmas function. To start the day, a group of volunteers went on the bread run with support worker Michael. Every Tuesday the day is started with a bread run, a group visits various supermarkets around Edwardstown and ask whether there is any left overs, but not expired, bread or foods. The group then loads the van and takes it back to Gwen's Pantry at EBC to prepare and deliver the food to local schools. Whilst the bread run was being conducted, others congregated in the community centre where many different activities were happening such as pool, arts, crafts or a relaxing tea and coffee.



Subsequently, One50 Dance, a Christian dance studio situated at EBC, held a group dance session for everyone in attendance. Firstly, the trio performed a hip-hop routine that everybody enjoyed. Then it was everyone else's turn, the trio taught the crowd steps to a short dance routine and once everybody had it down pat, it was time to dance over the music. Everyone in attendance was having a great time learning something new while enjoying one another's company.

After a bit of exercise, it was time to meet in the community centre for a delicious lunch – roast chicken with gravy and vegetables, a traditional Christmas lunch. Everybody was enjoying the food, socialising and laughing, it was a really friendly and energetic atmosphere. Once everybody had finished their meals the carols begun. The band, I-CASPA, performed in front of everyone with their instruments. Many different Christmas carols were sung with the whole room singing along, it felt electric!

When asked about his thoughts on EBC, EBC regular Rocco expressed, "it's a good place to go... I go with my support worker; he picks me up in the morning and we go do the bread run at EBC." EBC's friendship club is the epitome of the true meaning of Christmas - family and community. EBC's purpose is to bring people from all different walks of life together, to create a bond and support one another.

Want to join to EBC friendship group? It's a gold coin donation, held every Tuesday at Edwardstown Baptist Church.

Around LDS

New Car for ROC

Kathy's new car has been delivered to ROC house! With this new donated vehicle Kathy can now get out and about a lot more in the community and even travel with her housemates.

Thank you to everyone who has supported us in sourcing the vehicle, preparing it for use and training us on how to safely load and unload passengers.



Farewell to our Interns

Over the Summer Uni Holidays we welcomed Tom and Sam to LDS to assist us with creating videos & photos for our new web site. Sam even wrote the two feature articles in this edition. Many of our clients had the opportunity to meet the interns as they travelled around Adelaide making videos for our new website.

Thank you for your contribution to our community and all the best for your studies.



Stay Connected

Make sure to follow LDS on our Facebook page and request to join our private Facebook group: Lutheran Disability Services SA.



HOW YOU CAN SUPPORT THE LDS MISSION

PRAY FOR OUR MISSION



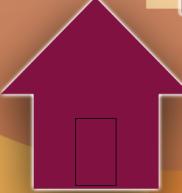
Include LDS in your prayers and ask God to bless our mission of delivering Faith, Empowerment and Excellence to people living with disability



VOLUNTEER YOUR TIME

Do you have a special skill that you'd like to share with a LDS client? Our clients love to cook, create, play sport and help the community

HELP BUILD OUR NETWORK



LDS wants to positively impact in the lives of people with disability. If your community has a disused building, land or other facility that could be converted to disability housing please contact us.



SERVING COMMUNITIES

Do you have community activities, projects, jobs where people living with disability can be involved? Reach out to us as our community is keen to serve.



DONATE & OFFERINGS

You can donate direct to LDS by calling 08 8212 7766 or visiting our website