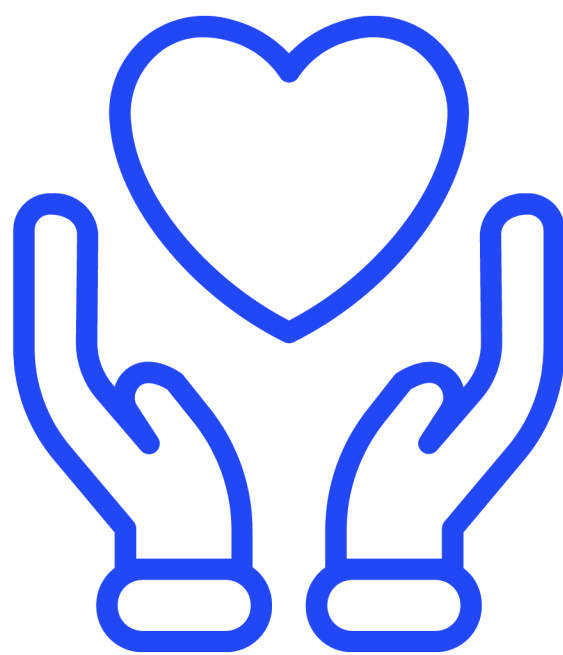


Life Hack posters

These posters have been generously contributed by members of our Australian Angelman syndrome community. After the conference the posters will be made publicly available on the ASAA website.



To browse our existing resources on topics including:



- behaviour
- communication
- epilepsy
- navigating the NDIS
- supported independent living

go to our website, at

angelmansyndrome.org

Nut and Seed Loaf, aka Poo Bread

A very healthy easy recipe from "The Food for Life Cookbook" by Tim Spector. This bread is known in our house as "Poo Bread" as just 1 small slice a day is great at keeping Max regular.

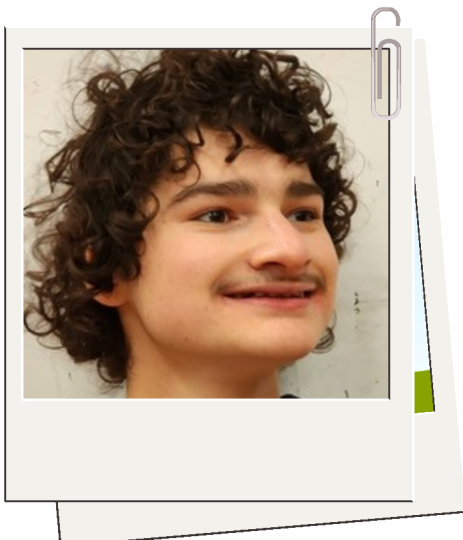


YOU'LL NEED

85g sunflower seeds
80g pumpkin seeds
90g flax seeds
60g nuts (mixture of almonds/hazel nuts or substitute with sunflower/pumpkin seeds for a nut free loaf)
145g oats
2 tbsp chia seeds
4 tbsp psyllium husk
3 tbsp olive oil
350ml water
1 tsp salt

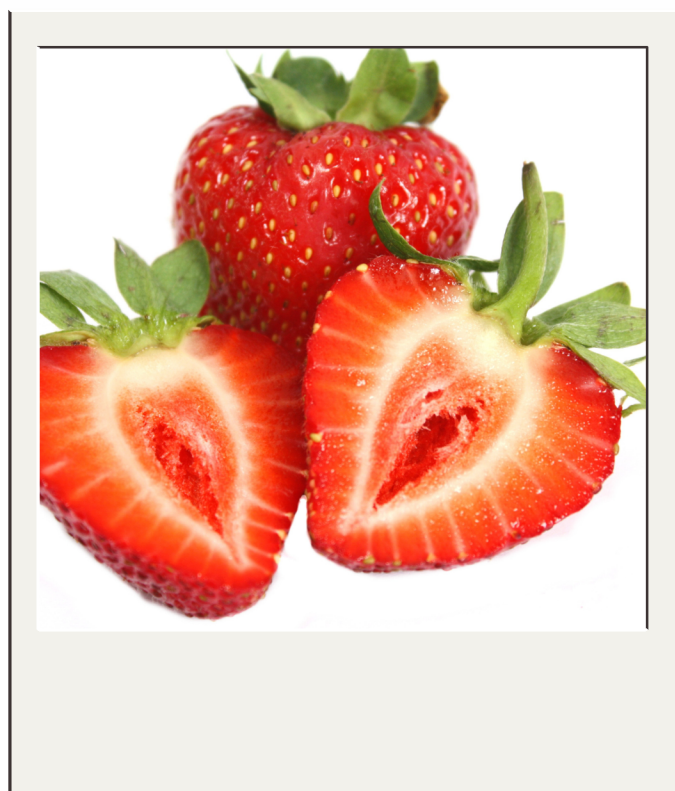
ALL YOU HAVE TO DO

Line a 900g loaf tin with paper.
Mix dry ingredients in a bowl.
Mix together the oil and water, pour over dry ingredients and mix well until combined into a thick dough.
Immediately add to tin, press down firmly, smooth out the top and leave for at least 2 hours (overnight is good too).
Place the bread into the oven at 180 Celcius (160 fan) for 20 minutes then remove the bread from the loaf tin and flip upside down to bake for a further 40 minutes on the oven rack.
Let cool, slice and enjoy!



Annie and Max live in Melbourne, Victoria.
Max loves watermelon and eats 2-3 whole watermelons a week!

Strawberry yoghurt whip



This recipe was given to me by another “special” mum, Vivienne. It’s great for people who need smooth textures

YOU'LL NEED

1 packet strawberry jelly crystals

500g natural yoghurt

$\frac{3}{4}$ cup boiling water

ALL YOU HAVE TO DO

1. Heat water.
2. Add water to jelly crystals.
3. Stir until dissolved.
4. Add yoghurt.
5. Beat until smooth.
6. Refrigerate until set.

You could try other flavours, or a low sugar/artificially sweetened jelly but I’m not sure if that is a healthier alternative.



Sally and David are parents to Hannah with AS and live in Margate, southern Tasmania. They are currently becoming experts in real estate, trying to find a small house with a big flat yard

Tim's Muesli

A very easy muesli recipe that Tim loves for breakfast and afternoon tea. Also great for keeping him 'regular'!

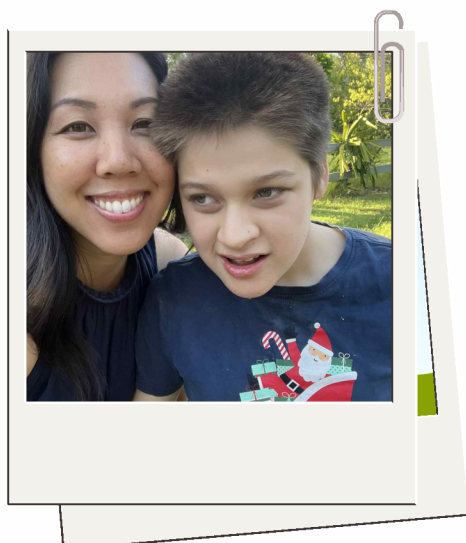


YOU'LL NEED

5 cups of rolled oats
3 cups of a mix of nuts and seeds (eg. walnuts, hazelnuts, pecans, pepitas, sunflower seeds etc - cut them up if the pieces are too big)
1 tbsp cinnamon
2/3 cup raw honey
2/3 cup melted coconut oil
1/2 cup dried fruit (cranberries, sultanas, blueberries).

ALL YOU HAVE TO DO

Mix dry ingredients (except fruit).
Mix wet ingredients.
Mix dry and wet ingredients together.
Bake in a tray at 170°C for 25 mins, giving it a mix every 5 minutes or so to ensure even cooking.
Take out when golden brown and you can smell it all through your house.
Allow to cool and mix in dried fruit.
Store in air tight container.



Di and Tim (13 years old, deletion) live in Brisbane. Tim is wheat, dairy and egg free so Di is always coming up with new recipes so Tim doesn't feel like he misses out and can still eat delicious food.

Raw Brownie Slice

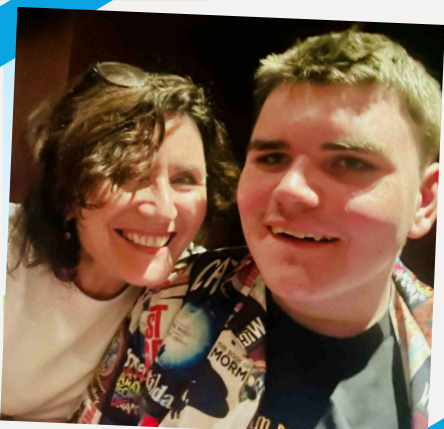
This is super easy to make, very healthy and a great sweet alternative



YOU'LL NEED

(12-16 brownies)

- 1.5 cups whole walnuts
- 1/2 cup raw cashews
- 2.5 cups Medjool dates, pitted
- 3/4 cup raw cacao powder or dutch-processed cocoa powder
- 1.5 teaspoons pure vanilla extract
- 1/2 cup shredded coconut
- 1/4 teaspoon sea salt
- 1 Tbsp MCT Oil
- Coconut Oil as needed for consistency



ALL YOU HAVE TO DO

- Line an 8-inch square baking pan with parchment paper. This will make it easy to lift out the brownies later on.
- Place the walnuts and cashews in your food processor and blend until the nuts are ground to a fine crumb.
- Add the cacao powder, vanilla, shredded coconut, and sea salt; process until thoroughly combined.
- Add the pitted dates and blend until finely chopped. The mixture will be sticky and should easily hold together when pressed. You can test this by pressing a tiny bit of the mix between your finger and thumb. Add MCT and coconut oil to ensure it is sticky.
- Evenly press the brownie mixture into prepared pan. Place in the fridge or freezer for about 30 minutes, cut and serve. Store leftovers in the freezer.

Fiona Lawton

Fiona and Connor live on Macleay Island in SE Queensland.

www.angelmansyndrome.org



Chocolate Chia Pudding

This is a great healthy snack and can even help get medications down



YOU'LL NEED

- 3 Tbsp chia seeds
- 1 cup unsweetened coconut milk
- 1 Tbsp cocoa powder
- 1 Tbsp MCT oil (if able to tolerate)
- 1 tsp vanilla extract
- Sweetener to taste (e.g., stevia, honey or maple syrup)

ALL YOU HAVE TO DO

- Whisk coconut milk, cocoa, MCT oil, vanilla, and sweetener.
- Stir in chia seeds; refrigerate 4 h or overnight.

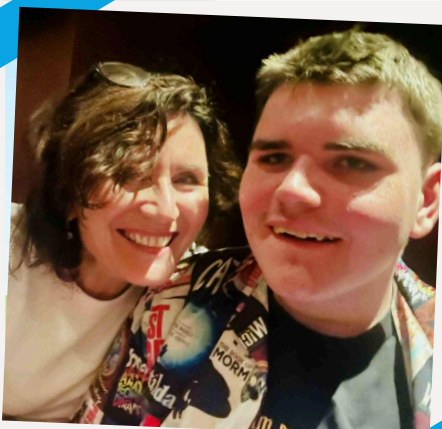
Serve with Greek Yoghurt, sliced banana, blue berries or other fruits.

There are many variations to the recipe - you can be as creative as you like. Add peppermint extract or peanut butter for a different flavour.

Add a scoop of chocolate or vanilla protein power to add an extra boost.

Fiona Lawton

Fiona and Connor live on Macleay Island in SE Queensland.



Chia seeds are rich in antioxidants, magnesium and calcium, which are known to be neuroprotective micronutrients.. They also provide essential fibre, which helps bulk and soften stools to counteract the chronic constipation and GI dysmotility seen in Angelman syndrome.

Jelly Balls

Keeping Max hydrated is difficult as he does not drink fluids. These jelly balls look like lollies so he loves eating them and they are an excellent way to get extra fluids into him, especially during the summer.



YOU'LL NEED

500 mls of water

2 hydralyte tablets
(strawberry ones give a red colour)

2-3 teaspoons of agar
agar powder (heaped
teaspoon)

Sugar (optional)

A drop of red colouring
(optional)

ALL YOU HAVE TO DO

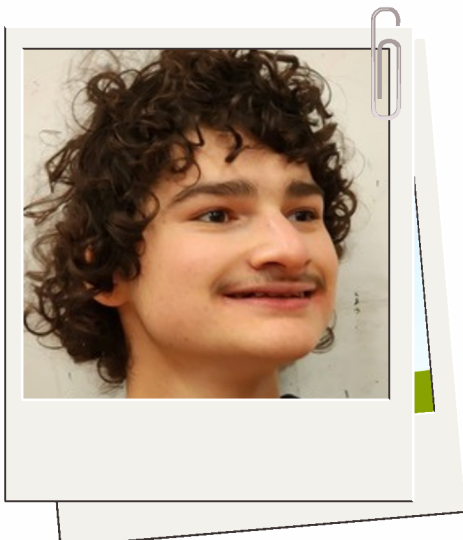
Put the water in a pan. Add hydralyte tablets and stir in the agar powder and sugar if using. Bring to boil and simmer for about 10 mins. Allow to cool a little and add red food colouring if using. Pour into molds and put in fridge for about 1 hour.

I use a silicone ice tray off Amazon that makes the ball shapes, but you can just use an ice tray that makes smallish lolly sized cubes.

Agar is used instead of gelatin as it stays solid at room temperature so you can add to lunch boxes and they don't melt.

You can adjust the amounts based on how many ice trays you have.

500 mls makes about 60 jelly balls.



Annie and Max live in Melbourne, Victoria.
Max loves watermelon and eats 2-3 whole watermelons a week!

4 THINGS FAMILIES ARE USING FOR GUT HEALTH

Families of young adults with Angelman syndrome have been trialling different products to help manage chronic constipation and GI issues, and to enhance nutrient absorption, digestive comfort, and reduce bowel injury and GI-related seizures. Families report some success with these products.

NOTE: Please check with your team before adding supplements to make sure they are right for you.



3 Vital All in One Greens

👍 Probiotics and nourishment to support the gut biome and immune system.

🌟 78 ingredients including greens & superfoods.

🌿 Gluten-free, dairy free and vegan-friendly.

<https://vitaleveryday.com/products/vital-all-in-one-daily-health-supplement>



1 Moodi Pre/Probiotic

👍 2-in-1 prebiotic & probiotic

🌟 Gut health: digestion and bloating

😌 Stress: calm and relaxed mind

😊 Mood: healthy balanced mood

🌿 Vegan and Keto-friendly and all natural

<https://www.moodiblends.com/>

4 MCT Oil

MCT oil rapidly generates ketones for brain fuel

🧬 Enhanced absorption of fat-soluble vitamins (A, D, E, K)

🍽️ Improved gastrointestinal motility and stool consistency

🚽 Softer, more regular stools

Mix into drinks, salad dressings, stews or coconut based recipes (if taste is a concern)

2 Magnesium Oxide Powder

Relieves Constipation

Magnesium oxide draws water into the intestines and softens stool, acting as an osmotic laxative.

Supports Neuronal Stability

Magnesium is essential for proper nerve-cell function and helps regulate neurotransmitter release. Great for gut/brain connection.

Promotes Muscle Relaxation

By competing with calcium at muscle-fibers, magnesium oxide aids smooth-muscle relaxation. This may alleviate abdominal cramps and discomfort associated with both constipation and muscle hypertonicity in people with Angelman syndrome

Fiona Lawton

Fiona and Connor live on Macleay Island in SE Queensland.



6 THINGS YOU NEED TO KNOW ABOUT AVOIDING CONSTIPATION!

01 HYDRATION! HYDRATION! HYDRATION!

Calculate (35mls x weight in kgs) to give the ideal daily fluid intake. Track the input throughout the day and encourage, encourage, encourage this intake. Aim to be at least ½ way by noon. Hit the target by dinner and then reduce intake to sips (to reduce overnight bladder filling).



02 DINNER TIME

Consider food intake. High fibre can significantly contribute to constipation.

Foods considered 'low residue' (think 'white/bland' food) pass through the bowel more easily and can improve output.

Watch for signs of constipation with certain foods and avoid these - they may not be the foods you expect!

Adding additional fluids into meals can also help meet hydration goals.

03 MEDICATION

See your Dr for a medication review. Can we reduce side effects? Add Pre/pro biotics?

Consider adding aperients (think about side effects like tummy pains though)

Add pear juice 150mls once or twice daily as a natural option.

Additional interventions may be required - we must avoid constipation and its nasty impacts.

04 BATHROOM BLISS

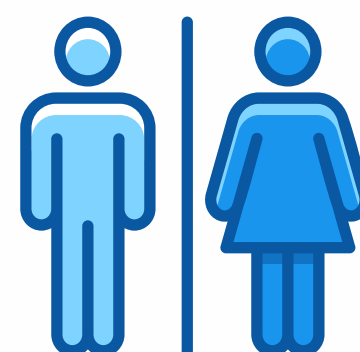
Is the bathroom/toilet a pleasant place to be?

Is the toilet comfortable, supportive and safe?

Is the environment suitable, consider adding music lights, distractions and fun.

Are we giving enough time?

Keep pad changing activities calm with low interaction.



05 COMMUNICATION

Get creative with communication! Create social stories, with pictures of the person making their way into the toilet smiling.

Use music, pictures, stories and cartoons to give predictable, supportive communication around toileting.

Make this fun at every opportunity! Rewards, pride and gratitude communicate just how proud they should be.

Celebrate every success with a toilet party!!



06 GET FORMAL

This is such a vital aspect of life with AS - we have to get formal. Documentation of fluids, food intake and bowel motions is essential. Training care givers is essential - the impacts of constipation are very unpleasant, causing pain, distress, seizures, physical disfunction and physical changes in the long term.

Seeking expert advice, assessment, and a program of care to work towards continence can be genuinely life changing.



www.angelmansyndrome.org

SARA HORSEY

As a Continence Nurse Advisor fixing this one challenge can make such an enormous difference. Please feel free to reach out and see how we can work together to make some differences in your loved ones life.

sara@engagecareservices.com.au

call: 1300 702 033



Independent eating

Mealtimes for people living with Angelman syndrome can be difficult, with swallowing or fine motor challenges and constipation issues to manage

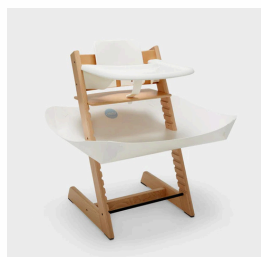
Here are some tips to prevent the floor from having a meal

EQUIPMENT

Figuring out the right tools to encourage independent eating, while reducing mess, involves trial and error.

You could try:

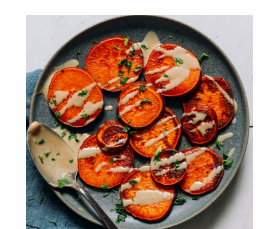
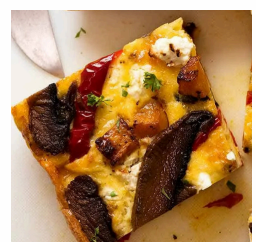
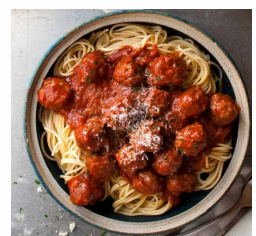
- Grippy left or right handed curved sporks (easier to navigate than spoons)
- Utensil straps
- Snack trays to practise digit isolation with opening and closing (eg berries)
- Subo food bottles for liquid-based foods such as soup, yoghurt or smoothies
- A food catcher or mat which is easy to clean



FAMILY FOOD

Examples of food which can stick on a spork and can also be enjoyed by the family include:

- Pumpkin or ricotta gnocchi
- Meatballs
- Zucchini slice (substitute bacon for chicken, ground meat or fish for a healthier option)
- Vegetable frittata
- Firm tofu
- Almond-flour banana bread
- Banana pancakes
- Avocado and cheese sandwiches (try low carb high protein bread like Burgen)
- Steamed or baked pumpkin or sweet potato



Joelene, Tom and Jude (2.5 years old, deletion) live in Sydney.

Jude has dysphagia and is currently on Level 2 IDDSI thickened fluids.

He may miss his mouth 9 times out of 10, but he gets a gold star for effort!

3 TIPS FOR DENTAL CARE

Oral care and dental hygiene can be challenging for some people with Angelman syndrome.

Having a range of tools that can be used depending on age, sensory preference, and level of independent skills is highly recommended.



Surround Toothbrush

- Designed to make brushing easier for those who cannot use a conventional toothbrush or who have difficulty with motor skills and coordination
- The Surround Toothbrush has 3 rows of bristles that surround the teeth to clean front, back and biting surfaces all at the same time
- The handle is covered with a soft rubber-like material to help protect the oral environment if the person moves unexpectedly during brushing

2



Oral Swabs

Treated Oraswabs are impregnated with a specially compounded paste made in Australia that includes Xylitol and Bicarbonate of Soda.

Xylitol has been found to prevent tooth decay and helps prevent dental cavities by starving the bacteria and remineralising tooth enamel.

Available: Independence Australia

Estimated cost: \$0.35 per swab; \$35.00 per hundred



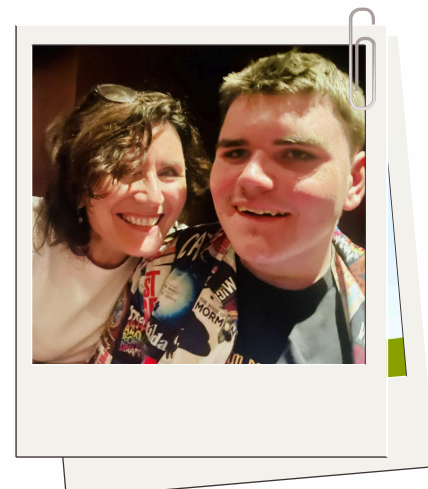
3 Electric Toothbrush



www.angelmansyndrome.org

Fiona Lawton

Fiona and Connor live on Macleay Island in SE Queensland.



6 THINGS YOU NEED TO KNOW ABOUT ADVOCATING FOR ACCESSIBLE PLAYGROUNDS

01 DO YOUR HOMEWORK

Going in prepared will make the conversation with your local council far more effective. Which park/equipment needs to improve and how? Share photos and success stories. **Touched By Olivia** have detailed information and resources on what makes parks accessible for everyone.



02 ENGAGE YOUR COMMUNITY

Gather user feedback and lived experience from local families. Consider a group letter, video or petition.



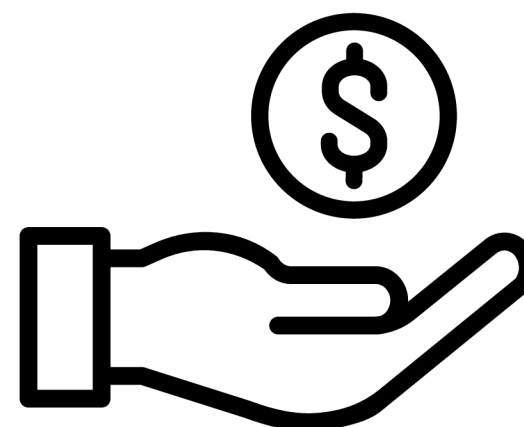
03 RECRUIT ALLIES

Organisations like **Touched by Olivia** and **Variety** can advise and support you, attend meetings and facilitate processes to improve parks. Ask around about local bodies that represent children or disability who can advocate with you.



04 SEEK FUNDS

Contact groups like **Rotary** and **The Lions Club**, and charities local to your area. Research grants that may be used to fund playgrounds. Discuss with your council how you could use community fundraising and sponsorship by local businesses to fund accessible equipment.



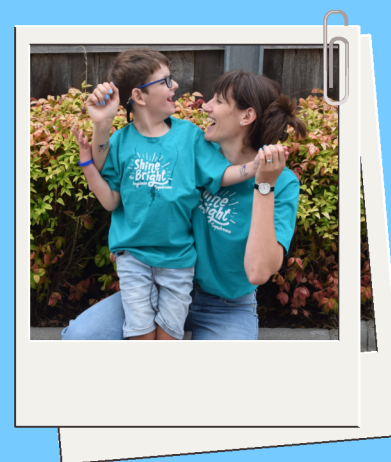
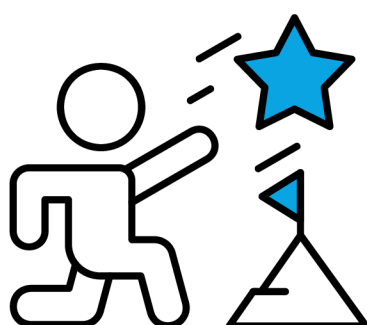
05 KEEP IT POSITIVE

Going in hard with criticism rarely brings people on board. Most people care and want inclusion but don't know what that looks like or how life changing it is. Help people to know better, so they can do better.



06 DON'T GIVE UP!

Change takes time and the fight can be discouraging. Treat it like a marathon, not a sprint. Stay in contact with your council, keep trying and look for the positives. Your efforts will make a difference!



RACHAEL PARRY

Rachael and Robbie live in Launceston, Tasmania

They love finding accessible parks and are on a mission to improve the ones nearest to them.

Records and Relationships

Part One

The why...

Over many years I've developed a record-keeping system for Hannah. It's vital that we keep our own records as we are the ones most invested in our Angelman person. I can 'modestly' (haha!) add that my records may be better than the records kept by the GP, therapist, day support provider, group home provider etc.

Most importantly, the records we keep are a safeguard for our person.

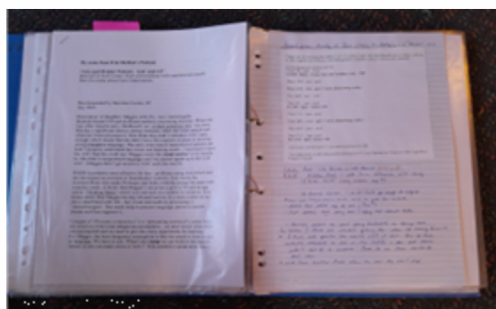
1 section 1

A small note-book for just medical appointments, mainly GP, dental and hospital kept in date order.



2 section 2

A larger diary for meetings, notes, emails etc. This is information you want to keep so you have an idea of day-to-day life. I have a large ringlock folder with both folder paper and plastic inserts for printed sheets. Sometimes I hand write to practice my writing as well as make the whole folder more varied and readable.



3 section 3

External hard drive/USB sticks and desktop files for large documents such as NDIS Plans—past and present, Manual Handling, Mealtime Management, Service Agreements, Reports etc, information relating to wheelchairs etc.

4 section 4

Wallet/Document folder for **current** NDIS Plan, Reports and Service Agreements



Sally Shackcloth

Sally, David are parents to Hannah with AS and live in Margate, southern Tasmania. They are currently becoming experts in real estate, trying to find a small house with a big flat yard.

Records and Relationships

Part Two

5 section 5

Current Photo of your person. Often a parent/carer may be communicating with someone who hasn't met the person. It's always handy to have a photo you can attach to the email or have handy in a meeting.



6 section 6

Finally—I have a MEDICAL SUMMARY folder with a plastic sleeve for each topic. This is a shortcut when you need to fill in forms for hospital or you see a new doctor, visit a new clinic etc. It could be useful for a person moving out of home or for someone changing day support options. It can save a lot of time for the record-keeper.

RELATIONSHIPS

It's important to try to find a way to maintain respectful relationships with all the people around your person with AS. Assertion not Aggression! Depending on your personality, you may not want to be the 'difficult', 'obsessed' mum but you need others to know that your person has support behind them. The welfare of the person with AS must be kept as the focus for everyone. I have found it hard to keep some of the other people (involved in Hannah's care) accountable. It's important to explain your expectations eg about communication between you and a therapist. Recently, I've added a 'communication time-frame' to a service agreement. This was for email contact regularly (within 10 business days). This was with a relating to new wheelchair.



6 section 6 continued

My folder has headings such as: Epilepsy; Dental; Specialised Health Care Clinic Appointment Dates; Diagnosis; X-Rays/Scans; Falls; Menstruation/IUD; Medication Summary; Chronic Disease Management Plan; Article—A multidisciplinary approach and consensus statement to establish standards of care for AS 2021.



Sally Shackcloth

Sally, David are parents to Hannah with AS and live in Margate, southern Tasmania. They are currently becoming experts in real estate, trying to find a small house with a big flat yard.

6 THINGS YOU NEED TO KNOW ABOUT EFFECTIVE PARENT/TEACHER COMMUNICATION AT SCHOOL

01 THE BEST COMMUNICATION



- The best communication is when it's proactive from both sides. Families providing necessary information and updates (because schools can't help with what they don't know) and school communicating what's happening at school (positives and negatives).
- The system of communication needs to work for everyone whether it is through an app like Class Dojo, emails, weekly summary, communication book etc. Whatever works for regular communication.



02 CHECK OUT THE DEPARTMENT OF EDUCATION PAGE FOR YOUR STATE

Each state's department of education website contains information and guidance about communicating with your school. This applies to all state schools.

If your child attends a private school, ask them about their policies regarding communication and collaboration.



03 MEETING PROTOCOL?

All schools have different processes but generally....

- First and foremost, bring your issues or concerns to your classroom teacher. Ask for an appointment to speak to them privately and not during the busy time of drop off or pick up.
- If the concern is not addressed with the teacher, the parent can then start including the next line of leadership which may be the deputy principal.
- Request a stakeholder meeting if you believe you have further needs and extra support is required. This could include the deputy principal, private & school therapists, behaviour support teacher and so on.

04 SHARE ANYTHING AND EVERYTHING!

Teachers want to know everything about your child. The more they know, the more your child will be successful at school.

They want to know:

- How do they communicate and what does their non verbal communication mean?
- What are their interests?
- What do they need to learn effectively? (fidgets, movement, lots of breaks)
- What are their toileting patterns and how can school help?
- What strategies do you use at home to calm them down?
- What are their therapy goals?

If there are any changes with health, behaviours at home, sleep, diet, medication, teachers want to know!

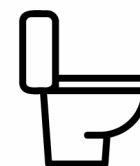
05 ENGAGE WITH THE SCHOOL COMMUNITY



Be an active member of your school community as this builds relationships.

This could look like:

- Joining the P&C Association to stay up to date with school activities and where funding is being spent. This is also where change can happen! If you are unhappy with any of your school processes, you can speak up during these meetings as they are attended by leadership and local members.
- Volunteer for special days such as the mother's/father's day stalls, fundraising events,
- Attend sports days, curriculum days, award assemblies and so on.



I NEED A BREAK

06 TRUST AND RESPECT



The best parent/teacher relationship is built on a foundation of mutual trust and respect.

Teachers want to collaborate with you, because YOU are the expert on your child and it will ensure your child's success at school.



DI BACKHOUSE

Di and Tim (13) live in Brisbane, QLD. Di is a special education teacher who regularly switches between her parent hat and teacher hat! Tim is in grade 8 at special school but attended mainstream for his primary years which required lots of advocacy.

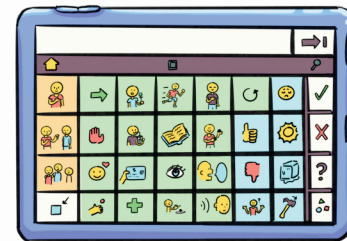
6 THINGS YOU NEED TO KNOW ABOUT STARTING YOUR COMMUNICATION JOURNEY IN AAC

Augmentative and Alternative Communication

01

CHOOSE THE RIGHT DEVICE FOR YOUR CHILD

A communication device is uniquely chosen for your child with input from a speech therapist. There is no such thing as 'waiting' to be ready for a device and everyone should have access to a robust communication system. Considerations for the right device can include access, vision, preference of high tech vs low tech.



02

MODEL, MODEL, MODEL!

The only way your child is going to learn how to use their device is if it's modelled to them. This just means verbally saying your sentence and pointing to a symbol of a keyword from your sentence.
Eg. "Do you want something to eat?" (you could point to want or eat then gradually moving up to 2 key words in your sentence, then 3 and so on depending on their progress).

Your child will only know the vocabulary/symbols that is modelled to them. They will begin to give meaning to that symbol after you have modelled it and used it in context over and over again.

This also means you must **PRACTISE!**

03

TOOLBOX OF COMMUNICATION METHODS



The AAC device is NOT the only method of communication your child uses. They are multi-modal communicators and will use the most efficient method of communication. All of their communication using body language, facial expressions, physical touch and vocalisations should be acknowledged and valued. Therefore, do not ever test them using their AAC. If they've already told you using a gesture, they've already told you! (BUT you can model how to say it using AAC if you want to teach them the symbol).

05

WHAT DO THEY WANT TO TALK ABOUT?



Remember it's their voice you're modelling. What are their interests? Talk about them! Model while they're watching their favourite show and talk about what's happening. If they're not attending to your modelling at all, start with a chat board that you can make about something they love. Chat boards can be made about ANYTHING! They love the Wiggles? Make a chat board with Wiggles vocabulary. Their family? Food choices? Christmas? Find what motivates them to pay attention and go from there.

SECRET TIP: When your child is eating or in the bath is a good time to model because they usually can't go anywhere!



06

GIVE YOURSELF GRACE



Being given a new AAC device can be incredibly overwhelming. Don't feel guilty about not modelling or not remembering to bring their device everywhere. Start small, do it in manageable chunks. Today, your goal might be to remember to bring it out. Next week, your goal might be to model the word 'more'. The following week, you might learn to find the pathway to 'bubbles.' Go slow, it's ok! And if a whole device is still too much, start with Aided language displays (chat boards), that is also ok!!



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04

USE IT EVERYWHERE TO TALK ABOUT EVERYTHING!

Model the AAC device using different communicative functions and across different situations.

For example, do not just ask questions with it or it will become a response device. Do not just model how to ask for things, otherwise it will become a request device. Use it to initiate conversation, make comments, tell a joke, tell a story.

Let them explore it and explore the vocabulary available to them. If they point to a symbol, then presume competence and talk about that symbol as if you know what they're saying.



DI BACKHOUSE

Di and Tim (13) live in Brisbane, QLD. Di is a special education teacher who models different AAC devices all day with her class but sometimes forgets to do it with her own child!

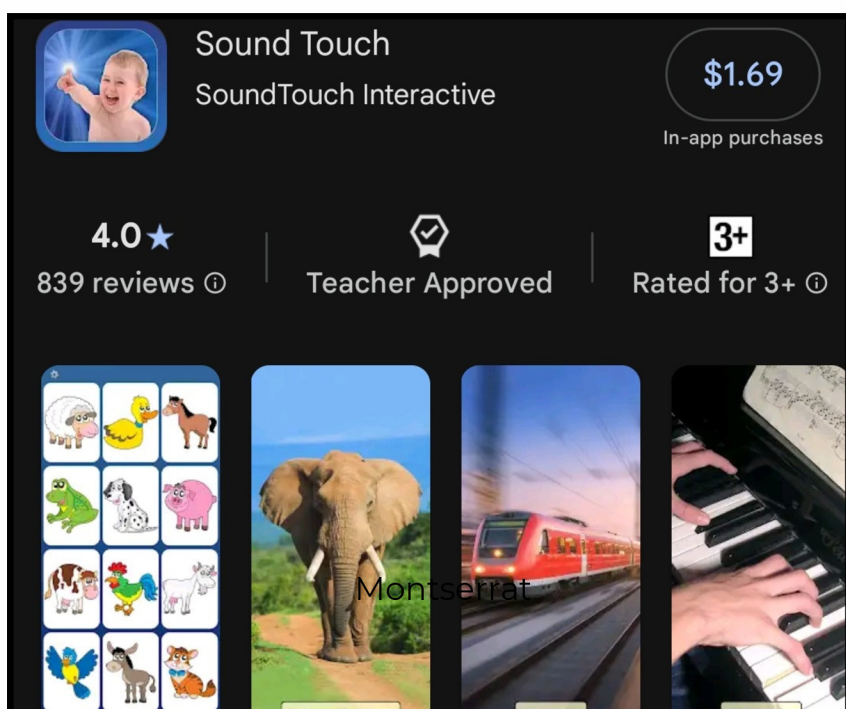
GET THE POINT

Activities for digit isolation



SOUND/PUPPET BOOKS

Books with finger puppets, sound buttons, "slide and seek" and Hervé Tullet's finger sports books all engage the reader in using their fingers to bring the story to life.



SOUND TOUCH APP

A wide range of fun noises and photos are activated by touching one tile at a time. It requires a targeted press and doesn't reward slapping or swiping.



TOYS WITH SMALL TARGETS

Toys with small buttons or spaces for fingers are perfect for developing finger isolation. Choose toys with rewarding sounds and actions when activated.



Peeping Musicians

4+

Inclusive Technology Ltd

Designed for iPad

★★★★★ 1.0 • 1 Rating

\$5.99

PEEPING MUSICIANS APP

Peeping Musicians is an engaging app with fun and zany music and pictures. Its black background removes distractions and it won't activate with swiping or slapping, only targeted touch.

Rachael Parry

Rachael and robbie live in Launceston, Tasmania. They love finding accessible parks and are on a mission to improve the ones nearest to them.



CAR KITS

If you are tired of damage to the car from wheelchair scratches, continence accidents, or objects getting hurled from the back set, you might be interested in some of these tried and tested products!

We make sure support workers using their own cars have access to our Car Kit!



Car Back Seat Cover

Waterproof | Scratchproof | Washable | Durable
Take the stress out of accidents involving continence, spilled drinks, and food messes, etc.
Available through Amazon Australia.

Est \$40.00



Car Mesh Bag

Flexible Mesh Organiser and Barrier Net

A storage and safety barrier for wandering hands from the rear seats, contributing to safer driving and transport.
Available from The Organised Auto.
Est \$35.00



Boot Liner

Hard-wearing | Velcro to hold down | Protects your bumper from scratches

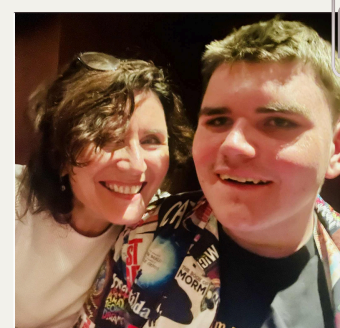
When loading wheelchairs into a car boot, it is common to experience scratches on the vehicle's bumper. To prevent this, consider using a boot liner.

Available from AbbiiCare and Supercheap Auto
Est \$55.00



Fiona Lawton

Fiona and Connor live on Macleay Island in SE Queensland.



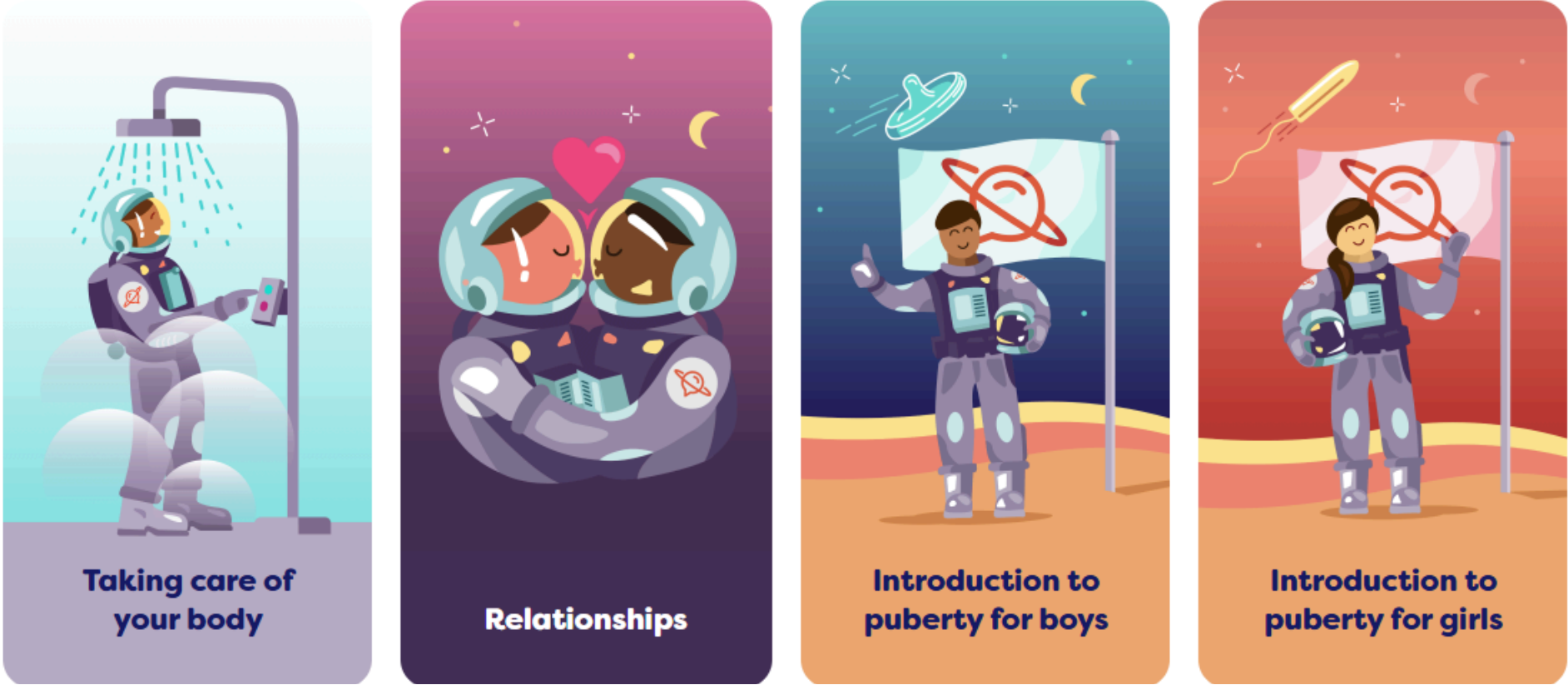
PUBERTY RESOURCES

www.planetpuberty.org.au



FACT SHEETS - BOOKS - SOCIAL STORIES - VIDEOS - ARTICLES - RESOURCES

Planet Puberty is a digital resource suite by Family Planning NSW that aims to provide parents and carers of children with intellectual disability and/or autism spectrum disorder with the latest information, strategies and resources for supporting their child through puberty.



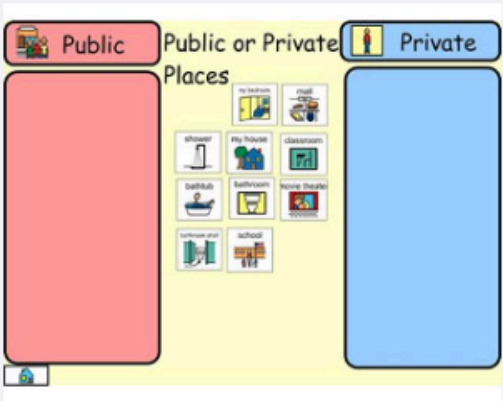
Create a private place sign

Signs are a useful way to help your child identify when they want private time to do private behaviours. You can create a "PRIVATE PLACE" sign for: • the toilet • the bathroom • your child's bedroom Here is an example of a sign that was made for a bedroom.



You can also use the resources below to help your child understand where private parts, places and behaviours come together. Resources like social stories are useful as they help blend individual concepts into a real life situation.

Use games or images to practice categorising private behaviours with the appropriate private place



You can also print out photos of places in your everyday life and use them to reinforce the differences between public and private places. Ask your child where they think certain behaviours should happen and use photos to redirect them to a private place when needed.



Inclusion Australia

It's Doctor Time!



Supporter Kit

Information for families, carers, disability service providers and health professionals

Is the person or people you support doing their yearly health check?

About 'It's Doctor Time!'

This is a national campaign by Inclusion Australia to help increase the number of people with intellectual disability seeing their GP for their Annual Health Assessment - which we are calling a yearly health check. Yearly health checks are proven to lead to better health outcomes for people with intellectual disability.

It's Doctor Time! has been developed by Inclusion Australia in consultation with people with intellectual disability, their families and support people, GPs, allied health professionals and disability service providers.

Why is this campaign important?

Only 7% of Australians with intellectual disability are visiting a GP for a Medicare supported Annual Health Assessment.*

Compared with the general population, people with intellectual disability experience:

- More than twice the rate of avoidable deaths
- Twice the rate of emergency department presentations and hospital admissions
- Higher rates of unrecognised or poorly treated physical and mental health conditions
- Lower rates of preventive healthcare.

What happens at a yearly health check?

The GP might:

- Listen to the person's heart and lungs
- Check their blood pressure, eyes and ears
- Ask questions about diet, exercise and medicines, and more.

Why are only 7% doing their Annual Health Assessment with their GP?*

People with intellectual disability told us:

- Language like 'Annual Health Assessment' is confusing
- Remembering to go to the GP is hard
- Going to the GP can be scary.

How can It's Doctor Time! help?

The campaign uses simple language to help explain what an Annual Health Assessment is. We're calling them 'yearly health checks'. We're asking people to pick a memorable time every year to book an appointment with their GP. This time becomes Doctor Time!

We've created a range of resources for you to download and share in this Supporter Kit.

**NDIS/DSP participants*



Key facts for supporters

Annual Health Assessments for people with intellectual disability

- Medicare supports one Annual Health Assessment a year
- Most appointments will take between 40 minutes to 1 hour
- The [Comprehensive Health Assessment Program \(CHAP\)](#) is an evidence-based tool for GPs to use to conduct these appointments
- There are free versions of the [CHAP available for adults 18+](#), and [young people aged 12-18](#)
- You can ask the GP to use the CHAP to guide the appointment.

Medicare billing

A health assessment for people with intellectual disability can be claimed once every 12 months by an eligible patient. You can ask the GP clinic to use one of these Medicare billing numbers when booking a yearly health check appointment:

- 701 (brief assessment)
- 703 (standard)
- 705 (long); or
- 707 (prolonged).

How you can help

Information for families, carers, Disability Service Providers and health professionals

Tell them about It's Doctor Time!

Chat with the person you support about why it's important to visit the GP for a yearly health check.

Show them our videos

Here are some animations created by people with intellectual disability about yearly health checks:

- [What happens at a yearly health check?](#)
- [How to get a yearly health check](#)
- [Things you and your supporters can do to make yearly health checks easier](#)

Play our song

Here is a short jingle that helps explain yearly health checks.

- [Song: Yearly health checks](#)

Read our Easy Read Fact Sheets

- [What is It's Doctor Time! Easy Read Fact Sheet](#)
- [What is a yearly health check? Easy Fact Sheet](#)



Help book an appointment

The person you support might need some help to book an appointment. You can help them contact their GP clinic and ask for an Annual Health Assessment for a person with intellectual disability.

Suggest to the clinic that they use the Comprehensive Health Assessment Program (CHAP) tool to guide the appointment. Say you will fill in Part 1 at home and bring it to the appointment.

Prepare for the appointment

Help the person you support to fill in Part 1 of the CHAP form on a computer. Or, you can print out the form and fill it out with pen.

- [Watch our video for families and supporters](#)
- [Watch our video for Disability Support Workers](#)

Read our Social Story

To help the person you support feel comfortable about doing their yearly health check

- [Social Story](#)

Use our Conversation Cards

To help guide your chat together about yearly health checks

- [Conversation Cards](#)

Display our posters

- [General It's Doctor Time!](#)
- [Footy Time is Doctor Time!](#)
- [GP It's Doctor Time!](#)

Spread the word on your newsletters and websites

Copy, paste and adapt these short articles for your own communication channels.

- [Newsletter and website copy](#)

Post on social media

Copy, paste and adapt our posts and stories for your social media pages.

- [Social media copy and images](#)



Extra information for Disability Service Providers

Add yearly health checks to your policy

Service providers can copy, paste and adapt the following example policy statement to help embed Annual Health Assessments into their processes.

- [Policy Statement](#)

Display our flyer

Download our flyer and display at your office

- [A4 flyer](#)

Learn more about yearly health checks

National Disability Services has also developed a guide on how disability service providers can use the CHAP tool.

- [Maximising use of the CHAP](#)

Extra information for allied health professionals, pharmacists

Annual Health Assessment Action Plan

Each yearly health check should end with the GP creating a Health Action Plan. This may include directions for new medications or allied therapies.

Ask your client with intellectual disability and their supporter if they have a **Annual Health Assessment Action Plan** when you see them next.