

COMMUNICATIONS UPDATE

WWW.PCAFAMILIES.ORG.AU

EVENTS

Click & Connect
Wed 21/7/23

Share & Connect
Thurs 3/8/23

Flexi-Funding

Better Futures

Helpine

CAP

ADDITIONAL COSTS OF CARE INDEPENDENCE, EDUCATION, EMPLOYMENT REFERRALS, ADVOCACY CARER ASSISTANCE

News - NDIS now 'exact opposite of what was intended', says scheme's godfather

Australians with a disability are pressured to present **"the worst version of themselves or their children"** to get help through the National Disability Insurance Scheme or risk having no support at all, according to an interim report from the landmark review into the \$35 billion scheme.

Professor Bruce Bonyhady, the godfather of the original NDIS who is now co-chairing the government-commissioned review, has warned that community supports for people with a disability through schools and mainstream settings; a core feature of the initial vision – have never been delivered.



Professor
Bruce Bonyhady

Professor Bruce Bonyhady says,

- it was meant to be "strength-based", focusing on what people could do and supporting them to have good lives.
- Community supports for people with a disability through schools and mainstream settings have never been delivered.
- People apply for the NDIS and remain on it out of fear they won't find support outside it.

The outcome is "the exact opposite of what was intended", Bonyhady says. Read [more](#)

The NDIS Review is currently taking a close look at what is working with the NDIS and what needs to change. The Review was announced by the NDIS Minister, Bill Shorten MP and is being undertaken by an Independent Review Panel that includes NDIS participants, service providers and family members.

The NDIS Review has just published a report into what has been heard so far. The report says more support is needed outside the NDIS and the term 'reasonable and necessary' needs to be better defined. It also states there's been a focus on diagnosis rather than on support needs, and that support for families has largely been ignored. Ten key areas for improvement have been identified. Read the [report](#)

Have your say The NDIS Review wants to hear from you on how to make the NDIS better. There is an easy-to-use online form for you to have your say on the 10 key areas for improvement, which include the best way to support children with disability. It's important that families with children with disability have their voices heard. [Have your say](#) by Friday 25th August.

News - The 'gentle parenting' backlash: Am I raising my kids to be helpless?

This is a common topic of concern; what is the best parenting style? How much supervision and help is appropriate? This is a really enjoyable article about parenting styles and whether we are setting our kids up to fail by being overly protective. Where is the balance - have you found something that works for you?



We especially like the phrase: "We prepare the road for them [the kids], and not them for the road." And also that all children should be able to do one more thing independently than they could the previous year. It is natural to want to help our kids, but sometimes, by helping them, we are actually hindering them. What do you think? Do you have any tips? Read [more](#)

'We go, 'Oh gosh, they need help', and we step in and we help. And we thus prepare the road for them [the kids], and not them for the road.'

News - Young people want to disconnect from social media – but FOMO won't let them

One in three young people surveyed experience problematic social media use (33%)



Half of young Australians felt it would be nice to disconnect, but worry that they would miss something (51%)



Almost three in five young people (58%)



felt the amount of information on social media is **overwhelming**

Many feel there is more negative content on social media than positive content (44%)



New research released from the headspace National Youth Mental Health Survey shows half of young people surveyed want to disconnect from social media, but a fear of missing out (FOMO) may be stopping them.

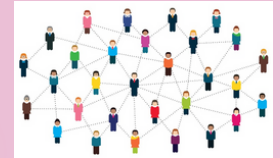
Close to a third of those surveyed feel pressured to keep up with everything from politics to gossip on social media. One in three young people who took part in the survey were ultimately found to experience problematic social media use.

Headspace CEO Jason Trethowan said: "Social media can be used to connect with others, as a creative outlet, to learn new things and to pursue interests, however, the amount of content and the kind of content on social media can be very overwhelming."

"The more time young people spend on social media, the less time they have for other important parts of life, like being active, getting into life, sleeping and eating well."

Read [more](#)

Events - Click & Connect Peer Support



Join Us

TOPIC: STAYING CALM FOR STRONG BONDS

DATE: Wednesday 21 July 12.00 to 1.00pm

TOPIC: For those of you that like to read, Strongbonds is a website with useful information to help with supporting a young person. It may make the difference in your life when helping your young person. Find out more [here](#).

REGISTER: [here](#) via Zoom Link

The first sleep health program for First Nations adolescents could change lives

The issue of poor sleep and its impact on life outcomes needs particular attention for Aboriginal and Torres Strait Islander teenagers who experience disproportionately high rates of poor outcomes in health, social and emotional well-being and education. This review explored the determinants and burden of poor sleep in First Nations Australians. A systematic search was conducted to identify studies published until August 2020 in First Nations Australian adults. Read [more](#)



The first sleep health program for First Nations adolescents could change lives : Intouch Public Health. Read [more](#)

Carer Assistance Program - Therapeutic Support

Self referral available [here](#).

DFFH Flexible Funding - Funding Additional Needs

Further information available [here](#).

Helpline - Information, support and referrals

Further information available [here](#).

Better Futures and Home Stretch - Support to 21

Find out more [here](#).

Subscribe to Facebook, LinkedIn or Youtube by clicking these links



PCA Families, Level 1, Suite 6, 69-71 Rosstown Road, Carnegie 3163
info@pcfamilies.org.au www.pcfamilies.org.au 03 9020 1833

Want to change how you receive these emails?
You can update your preferences or unsubscribe from this list.