

www.dsnsng.org.au

1800 037 674

ABN 68 090 485 608



Information for
Supporting Partners



PROGRAM
INFORMATION FOR
FAMILIES



LOCAL EVENTS AND
ACTIVITIES

DEFENCE SPECIAL NEEDS SUPPORT GROUP



Defence
Community
Organisation



aspenmedical

TOLL



Word From the National Coordinator

Welcome to the winter edition of the Defence Special Needs Support Group Inc National Newsletter.

The National Executive Committee and the CEO have been very busy during the past year working in collaboration with Defence Stake Holders to research and address ongoing issues that are impacting our special needs families. A report has just been submitted to the Defence outlining these issues from the special needs family's perspective.

As your National Coordinator I aim to support Defence families and educate people about the uniqueness of special needs and promote the group to the wider community. Our families with special needs face many challenges and there can be a huge amount of stress involved when relocating and trying to re-establish our families into their new location. When moving, families may have to look for new specialist, therapists, go onto long waiting lists, medications, schools, specialised schools, equipment, housing and the list goes on.

Your National Committee and CEO work with the Department of Defence and other groups and organisations to bring about a positive change and to build a greater understanding of the needs of Defence Special Needs families throughout Australia across the Defence Community. We provide leadership in driving Defence and public policy agenda, relevant to Defence Families with special needs in the areas of disability, carers, health, education and employment.

Recently we held our National Conference in Canberra where our, local Coordinators along with the National Committee and CEO came together for training and brainstorming ideas to help our Defence Special Needs families. Whilst at the conference we heard from our supporting partners and got to speak with them directly about key areas that we can help one another with.

The National Conference Dinner was well received by all those that attended. It gave me great pleasure at the dinner on behalf of the National Committee and the DSNSG members to present a Life Member award to someone who has given heart and soul to the Defence Special Needs Support Group Inc. Mrs Kim Collins. Kim is married to her wonderful husband Matthew Collins and is also the mother of 5 children. Kim started her journey with DSNSG as the local Wagga Wagga Coordinator in Feb

National Executive Committee

National Coordinator/Secretary

Sandy Soulsby:

national.coordinator@dsnsq.org.au

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National Assistant Coordinator

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National Treasurer

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0429 326 499

CEO

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CEO@dsnsq.org.au

1800 037 674

0447 851 861

2012.

In Aug 2013, Kim became a part of the National Committee as the Communication and Memberships Officer. In November 2013 Kim stepped in up to the enormous task of representing DSNSG in the role of National Coordinator. During her time in these roles Kim has been a pivotal part of moving DSNSG into the future. Kim is always ready and willing to give up her time to help anyone in need. Kim raised her family with the same principles. This helps with the understanding and forgiveness when she has to intervene with her family time to help families that in need. Kim is an instrumental part of building relationships between DSNSG, the Defence Department, DCO and our supporting partners. As the group has grown in numbers over the past 4 years we saw the need to have a CEO and who better for the role than Mrs Kim Collins. Her wealth of knowledge and understanding of the Defence Conditions, special needs within the families and her compassion and understanding makes her ideal for the role. In October 2017 Kim was appointed the role of CEO for DSNSG. I would like to thank Kim's husband Matthew Collins for supporting her in her roles within DSNSG as without his support this would not be possible.

At our conference we were proud to announce our first ever Ambassador for the Group, Air Commodore Henrik Ehlers, AM. Henrik has completed over 36 years of service in the permanent Air Force, specialising in logistics and personnel. His final posting was as Director General personnel-Air Force from 2015 to 2018. After leaving full-time service, Henrik wanted to give back to ADF Members and their families in some way, so he accepted our invitation to be our inaugural DSNSG Ambassador. Henrik has had extensive engagement with DSNSG over the years and is very keen to advance our work. Henrik's role is to be a connection between our group and our supporters, Government, Defence & the Services and as a mentor of sorts to the DSNSG team. He's located in Canberra and will be able to represent DSNSG at those events where the National Committee aren't able to represent DSNSG and travel to. Henrik is married to Katrina, an active RAAF Reservist. They enjoy travel, gardening and spending time with their cocker spaniel, Macy.

I would like to thank our Supporting Partners: Defence Health, APS Benefits, Aspen Medical, Defence Housing Australia, Toll Transitions and Navy Health.

I would also like to thank the Defence Community Organisation (DCO) and Defence Families Australia (DFA) for their continued relationship with us in improving Defence Special Needs families lives.

In other news DSNSG is very pleased to announce that we have completed a Memorandum of Understanding with Defence Health. Defence Health's core purpose is to support members of the ADF and wider Defence Community to manage their personal and family health care. Defence Health and DSNSG wish to establish a Co-operative and mutually supportive national approach to supporting DSNSG activities and outcomes to achieve collective organisations goals of supporting the ADF community the MOU is the first step towards this goal.

I would like to take this time to thank all of the National Committee, our local Coordinators and our CEO for all the wonderful support they give to myself in my role and more importantly to our families.

Sandy Soulsby

National Coordinator

Word from CEO

Welcome to the winter edition, I hope everyone is rugged up and doing well.

It comes with great pleasure to announce our 2 National Co-Patrons: The Honourary Darren Chester, MP. General Angus Campbell, AC, DSC. Chief of the Defence Force.

I am extremely proud and honored to introduce Defence Special Needs Support Group Inc Mascot: Henry S Bear. Henry will be working to help make DSNSG a household name around Australia.

DSNSG held our Annual Conference in May, at our Annual Dinner on the Friday night, it gave me great pleasure and honor to present a 10year award to Sandy Soulsby who has been with the DSNSG family for 10 years including a period as a local coordinator and serving a term on the NEC. From the DSNSG National Committee and fellow Coordinators we expressed our greatest thanks to Sandy by presenting Sandy with this award.

Since mid-2017 the Defence Special Needs Support Group Inc has seen a need for an information booklet which outlines the assistance available to Special Needs Families in the Defence Force.

The Information booklet covers who Defence Special Needs Support Group Inc (DSNSG) are, what DSNSG does, and the programs we provide.

The Information booklet also covers the Support and Assistance provided by:

- Defence Community Organisation (DCO)
- Defence Housing Australia (DHA)
- Toll Transitions

DSNSG has been actively and successfully raising awareness at the Federal Level of the difficulties that DSNSG families face during postings.

The result of all this is that whilst it is still sometimes difficult to move around Australia, many organisations and service providers are aware of the additional problems faced by families with special needs in the Defence Force. Indeed, several provisions have subsequently been put into place after the discussion with DSNSG.

With this, we have all come together to provide this booklet which we hope will help families understand the processes and what is available for assistance when posting, and what support is out there for our special needs families.

Since May, we have emailed a copy of this booklet out to our registered families through DSNSG. If you have not received a copy of this booklet, please email memberships@dsnsq.org.au for a copy.

Kim Collins CEO



CEO Kim Collins Presenting Sandy Soulsby Presenting
Sandy Soulsby 10 year Kim Collins CEO Life Membership
Award

Local Coordinators

Northern Territory

0427 220 820

Tindal: Colin Pickstone
colin.pickstone@dsnsq.org.au

Queensland

Amberley: Kirsten Pini
kirsten.pini@dsnsq.org.au

0400 278 770

Brisbane: Diana Simpson
diana.simpson@dsnsq.org.au

0421 799 663

Darling Downs: Staci Foot
staci.foot@dsnsq.org.au

0455 901 395

Townsville: Cherie Davis
cherie.davis@dsnsq.org.au

0417 182 233

Townsville: Helen Taylor
helen.taylor@dsnsq.org.au

0404 066 384

South Australia

Adelaide and Woodside: Vacant

Victoria

Cerberus: Marina Talbot
marina.talbot@dsnsq.org.au

0417 636 541

FACEBOOK

Facebook page is proving to be a great source of information and support for all families. If you are a family that is not already linked into us via Facebook. To join, you will need to send an email to the National Memberships and Communication Officer at memberships@dsnsg.org.au

The DSNSG Facebook page is only open to members of DSNSG.

DSNSG has some basic rules to help the Facebook page run more effectively and to ensure that it stays as a means of support and information. Once you have joined please take the time to read the "Group Rules" and remember that the page is for support, information and assistance only.



DSNSG Fundraiser 2018 - People's Choice Credit Union Community Lottery

Defence Special Needs Support Group Inc are very pleased to announce that our organisation has been chosen to take part in the 2018 People's Choice Credit Union Community Lottery.

Buy your \$2 tickets today and you'll go into a prize draw worth over \$360,000! Cars, shopping sprees, travel vouchers, household appliance packages and so much more are on offer.

Tickets are \$2 each and participating organisations retain 100% of all proceeds, which are generated through the sale of online tickets. All money raised will go directly to helping DSNSG in the programs that we offer our families. If you are interested in participating please follow the link below to purchase tickets and your chance to win some amazing prizes.

<https://www.peopleschoicecu.com.au/defence-special-needs-support-group-inc>

Local Coordinators

Australian Capital Territory

Albury/Wodonga: Kylie Bonnor
kylie.bonnor@dsnsg.org.au

0402 835 249

Canberra: Claire Macfarlane-Rowles
claire.macfarlane-rowles@dsnsg.org.au

0415 737 116

New South Wales

Nowra: Vacant

Richmond: Vacant

Sydney: Vacant

Wagga Wagga: Vacant

Williamstown: Tahlia Macpherson
tahlia.macpherson@dsnsg.org.au

0428 387 452

Spotlight On FYI Events

Upcoming Events in your area:

Adelaide and Woodside - Tony Attwood and Sue Larkey Workshop September

Albury/Wodonga - Tony Attwood and Sue Larkey Workshop September

Puckapunyal - Tony Attwood and Sue Larkey Workshop August

Brisbane - Tony Attwood and Sue Larkey Workshop August

Nowra and Sydney South - Sue Larkey Workshop August

Melbourne - Sue Larkey Workshop August

For more information about these events please email fyi@dsnsg.org.au



Coordinator Laptops

DSNSG Inc is in the process of purchasing much needed laptops so that all Coordinators can more efficiently work towards supporting our wonderful DSNSG families.

These laptops were proudly provided by DHA, to support the Defence Special Needs Support Group and visitors.

DHA through their community giving program, recently demonstrated their support of DSNSG Inc by providing these funds.

If you are posting next year the DSNSG website has recently been updated to include regional DHA

Information for your new location, visit www.dsnsg.org.au and follow the relevant links



Local Coordinators

Melbourne West: Vacant

Puckapunyal: Naomi Cross
naomi.cross@dsnsg.org.au

0438 649 273

Sale: Rebecca Cant
rebecca.cant@dsnsg.org.au

0429 326 499

Western Australia

Perth: Joanne Rossiter
joanne.rossiter@dsnsg.org.au

0422 467 359

We are currently looking for Coordinators for the following areas:

Cairns, Liverpool, Melbourne North, Adelaide, Wagga, Richmond, Nowra and Sydney North

Full training provided

If you are interested please contact the National Coordinator on 1800 037 674 or email national.coordinator@dsnsg.org.au

National Programs



Grants - APS Benefits (Supporting Partner)

This grant can assist families with special needs to obtain equipment or other requirements relating to the person with special needs. Equipment, diagnostic appointments etc. This is a grant; therefore, you do not have to pay any of the money back. It is wise to sit down and really work out what you would like to have this grant help with and put it all together as one. APSBG will consider applications from families with Special Needs to assist with the purchase of equipment and other requirements relating to the applicant's needs.

However, please note that at least one member of the family must be a current member of the APS Benefits Group (for at least 12 months) to be eligible for consideration.

These approved funds are grants and do not need to be repaid. It is best to sit down and really think about what you require. The grant can be up to \$4000 to help cover the cost. If you can provide quotes and receipts that would help with the process of application.

To find out more about how to apply for this program please email

CEO@dsnsq.org.au



IPads 4 Kids (DSNSG Program funded by Defence Health - Supporting Partner)

iPads 4 Kids is a program in place to assist with the purchase of an iPad for families to use to support their child or children with special needs. iPads can be a useful tool to help with their education and everyday living skills. An iPad is a great form of assistance as it is portable, lightweight and can be taken everywhere as it takes up minimal space.

Families are able to download great applications suitable for the individual learning needs of their child. There are many applications to assist with behavior, motor skills, learning, literacy, numeracy and can be an essential tool for communication.

NOTE - There is a contribution fee that is payable to DSNSG from the families that access this program.

To find out more about or to apply for this program please email

computer4kids@dsnsq.org.au

Drive Safe - (DSNSG Program funded by Aspen Medical - Supporting Partner)



Our Drive Safe program assists and helps members of our DSNSG families with ASD, ADHD and Aspergers to gain confidence and self-esteem when learning to drive (16 years and above).

This program was developed as there was a need for teenaged and or older adults with disabilities needing specialised training and assistance to gain their driving licence.

Having a licence can offer a sense of responsibility and make job hunting more accessible to young men and women and in turn help to reduce the financial strain of having special needs.

To find out more or to apply for this program please email

drivesafe@dsnsg.org.au



National Parent to Parent Network – (DSNSG Program)

National Parent to Parent Network is designed to assist parent's contacting other parents who have children with similar needs. It can also work with a spouse contacting another spouse who has a similar or same special need.

It works in two ways – formal contact and informal contact.

1. Formal Contact

This is where a family may ask if someone else in the group has similar special needs and whether they could make contact with them. The National Coordinator or the Membership / Coordinator (or other NC member if requested) could then ring the other family and ask them if they could help out. Phone numbers are then exchanged and the families talk to each other.

Formal contact can also be done by the local Coordinator, who might ring one of their families to help out another one of their families.

It is very important that confidentiality is maintained and that phone numbers or details cannot be given out without permission of the family concerned.

2. Informal Contact

This informal contact is done via the DSNSG Facebook page where a family might put up a request for information and other families respond. There is no intervention by the National Committee or Local Area Coordinators in this case.

The National Parent to Parent Network has the ability to provide support and information, along with increasing the networks of the families involved. It also helps to reduce stress and anxiety as the family knows that they are not alone in dealing with the issues they have.

To find out more about or to apply for this program please email

memberships@dsnsg.org.au



Family Emergency Care Plans - FECP (DSNSG Program)

The DSNSG Family and Emergency Care Plan is a tool that can be used by Defence families with special needs to help assist with the care of their loved one. It is based on existing type care plans and health care records but differs in that the Family and Emergency Care Plan will be tailored to meet the specific requirements of Defence families i.e. mobility and deployments.

The Family and Emergency Care Plan is primarily used for families who have the serving member deployed or absent on military duties (field, courses, exercises, on duty etc.) but is available to all our special needs families, **free of charge**.

For families where the member is absent on military duties, this means that the primary carer is left alone to care for the person with special needs. We have found through past experience that if the primary carer has suddenly taken ill then there is no readily available information in place to assist for when another person has to come in and provide immediate care to the special needs person i.e. what the normal daily routine is, what medication should be given, when and much more.

For families who use respite, Family Emergency Care Plan would solve the problem of instant repeating of information when a new support worker is put into the home or for emergency care. The information is then readily available for the new support worker to read.

The DSNSG Family Emergency Care Plan is laid out in folder format. The forms contained within are specifically tailored to meet the requirements of our families.

In addition, the following emergency items are also included - carer ID wallet card (identifying that the person is a carer), sticker to on window of car to identify that someone in the car has special needs and may need additional assistance/support in the event of an accident.

The program coordinator will hold a copy of all forms that the families have filled out. So that if an emergency service rings the 1800 037 674 number, quoting the reference number, we can easily track down the correct forms and let them know the emergency care plan for your family and help the person who will be caring for your family in the case of an emergency. **ALL FORMS WILL BE KEPT PRIVATE AND CONFIDENTIAL, ONLY ACCESSIBLE TO THE NATIONAL COORDINATOR**

To find out more about or to apply for this program please email

fecp@dsnsg.org.au



Posting Plan Program

Posting Plans are designed to assist a family with their posting in relation to the requirements of the person who has special needs.

The plan is put together by the National Coordinator in consultation with the family and may cover:

1. Travel
2. Housing
3. Housing modifications
4. Early Intervention Programs
5. Schooling
6. Equipment
7. Support Groups
8. Respite
9. Post School Options
10. Employment
11. Medications
12. Medical and Hospital
13. Therapy
14. DCO SN Policy – Assessment of Assistance on Posting (or Recognition of Special Needs)



The purpose of a Posting Plan is to identify and look at what is required in the new location for the person with special needs and how to access or implement what is required so that the transition from the old location to the new location is made more smoothly.

The National Coordinator manages the Posting Plan, helps the family identify and locate appropriate services and where necessary seeks additional advice and support on behalf of the family.

To find out more about or to apply for this program please email CEO@dsnsq.org.au





For Your Information – FYI (DSNSG Program)

FYI is a program that provides the opportunity for families to attend workshops or guest speakers at a greatly reduced cost.

DSNSG typically charges members a fee towards the cost of the workshop with DSNSG paying the rest of the full ticket price.

Due to the lack of formal and informal support available when families have to relocate, we understand this can place extra pressures which compound the stress with families. The aim of this program is to assist families in networking within their own peer support structure to gather information and ideas to ultimately decrease the isolation and stress that can often affect families with Special Needs.

The National Committee try to gather information in relation to various workshops that may be happening around Australia but sometimes it is hard to keep up to date.

We do appreciate information in regard to Education sessions, Seminars and Workshops that may be happening in your area. If you know of one happening in your area please provide us with as much notice as possible to ensure that we can send information to families with enough time to purchase tickets.

Details can be sent to

fyi@dsnsg.org.au



FAMILY EVENTS

Defence Special Needs Support Group Inc are proud to announce the introduction of a new program for our families. **Family Events!** After receiving much feedback from DSNSG members over the course of the last few years, many families have expressed that they would like more locally based community events that help to connect them with other DSNSG families in location.

Your local area Coordinator will have the responsibility of organising these events. Details will be forwarded onto you through local newsletters, emails and in the DSNSG Facebook group. Coordinators and local families are able to suggest an event and if the National Committee approve, then details and Expressions of Interests are sent out to families. If sufficient expressions of interest are received, then families will be notified that the event will go ahead.

Some examples of Family Events are:

- ◆ Locally Based Special Needs Information Sessions
- ◆ Respite Weekends Away
- ◆ Family Fun Days
- ◆ Movie Nights etc.

If you know of any events that would benefit your local DSNSG group can you please make contact with your local area Coordinator at the relevant email address listed in this newsletter

Defence Community Organisation

For ADF members and their families
1800 624 608

Your Community

Defence families are strongest when they are connected with their local communities. We provide a number of support and information services to help you connect with and contribute to your community, and to engage the wider community in support of Defence families.

Relocation due to posting is an integral feature of Defence life, which means you may periodically be required to move away from your established support networks and familiar resources.

Getting out into your new community can help you to:

- access existing support mechanisms in place in the community,
- create new support networks for yourself,
- be informed about local resources, services and goings on,
- get orientated more quickly and smoothly,
- have a richer experience in your new home,
- build on your skills and develop strategies for managing challenges,
- find people with like interests or experiences,
- have fun,
- and make a difference.

To connect with your local DCO and find out more about events in your region follow these links:

ACT

Canberra: <http://www.defence.gov.au/DCO/Community/Canberra/Default.asp>

NSW

Hunter: <http://www.defence.gov.au/DCO/Community/Hunter/Default.asp>

Liverpool: <http://www.defence.gov.au/DCO/Community/Liverpool/Default.asp>

Shoalhaven: <http://www.defence.gov.au/DCO/Community/Shoalhaven/Default.asp>

Richmond: <http://www.defence.gov.au/DCO/Community/Richmond/Default.asp>

Sydney: <http://www.defence.gov.au/DCO/Community/Sydney/Default.asp>

Wagga Wagga: <http://www.defence.gov.au/DCO/Community/Wagga-Wagga/Default.asp>

QLD

Amberley: <http://www.defence.gov.au/DCO/Community/Amberley-Ipswich/Default.asp>

Brisbane/Canungra: <http://www.defence.gov.au/DCO/Community/Brisbane-Canungra/Default.asp>

Cairns: <http://www.defence.gov.au/DCO/Community/Cairns/Default.asp>

Darling Downs: <http://www.defence.gov.au/DCO/Community/Darling-Downs/Default.asp>

Townsville: <http://www.defence.gov.au/DCO/Community/Townsville/Default.asp>

VIC

Albury/Wodonga: <http://www.defence.gov.au/DCO/Community/Albury-Wodonga/Default.asp>

Melbourne/Cerberus: <http://www.defence.gov.au/DCO/Community/Melbourne-Cerberus/Default.asp>

Puckapunyal: <http://www.defence.gov.au/DCO/Community/Puckapunyal/Default.asp>

Sale: <http://www.defence.gov.au/DCO/Community/Sale/Default.asp>

NT

Darwin: <http://www.defence.gov.au/DCO/Community/Darwin/Default.asp>

Tindal/Katherine: <http://www.defence.gov.au/DCO/Community/Tindal-Katherine/Default.asp>

WA

Perth: <http://www.defence.gov.au/DCO/Community/Perth/Default.asp>

SA

Adelaide: <http://www.defence.gov.au/DCO/Community/Adelaide/Default.asp>

TAS

Hobart: <http://www.defence.gov.au/DCO/Community/Tasmania/Default.asp>



Defence Health has been providing support to military families and the Defence community for more than sixty years. The insurer is committed to helping members manage their health and wellbeing and to being a prudent manager of members' funds.

The Defence community has unique challenges – dealing with regular moves, long periods of separation due to courses and operations, and invariably, long distances away from extended family and friends.

In late 2017, Defence Health saw the opportunity to assist a very worthy community organisation, being the Defence Special Needs Support Group (DSNSG).

The DSNSG is a group of volunteers who support families with the additional challenge of caring for children with special needs. Defence Health has enormous respect for the group and has provided a grant of funds to ease the administrative burden imposed on the group's volunteers.

In addition to supporting DSNSG with funding, Defence Health has offered to research individual circumstances for some families who may be able to leverage further support from other federal or state agencies.

Defence Health is very proud to support this small group of very dedicated workers. They improve the lives and wellbeing of Defence families experiencing challenges well beyond those of most people in the Defence or civilian community.



Delivering practical solutions to meet your family's needs

Defence Housing Australia (DHA) can assist Defence families with special needs to find appropriate housing solutions to meet their specific requirements.

Whether it's in preparation for a move to a new posting location or to update the specialist medical requirements of a family member, the most important starting point is to contact Defence Community Organisation (DCO), who is the delegate for Recognition of Dependants with Special Needs and Assistance on Posting.

DCO will help your family through the process of completing your Assessment of Assistance on Posting (AD 355), which is the crucial first step in having your special needs status formally recognised by Defence.

Once this recognition is granted, DHA and the Defence Relocations and Housing (DRH) manager in your region will work together to offer ongoing assistance and practical solutions for your family.

DHA can give you access to one of our highly skilled Regional Housing Specialists to work as a case manager for your relocation, supporting your family and working with you and local providers to carefully consider how to best meet your needs. This may include help to find a suitable residence in close proximity to specialist education or medical services, facilitate modifications to housing in the new location and arrange appropriate accommodation while in transit.

It's important to note that DHA can only provide housing and modifications in accordance with what is listed in your approved Assessment of Assistance, so ensuring this is correctly submitted via DCO as soon as possible is vital. To apply, fill out the relevant form on the DCO website for the service you require and submit it along with all supporting documentation to the Defence Family Helpline.

For more information about how DHA can help assist families with special needs, visit our website at www.dha.gov.au/housing/families-with-special-needs.



Household goods removals uplift date on or after 1st March 2016?

For all members and their families who are relocating at Commonwealth expense in the coming months, there has been a change to the Toll Warranty Scheme for loss or damage to household goods incurred during a removal. The change applies to domestic removals where the goods have been uplifted on or after 1st March 2016 including consignments uplifted from storage.

The Warranty Scheme has been changed to allow for new replacement cover to be applied to items which fall **within predefined categories and age limits**. In cases where more than minor damage to an item has occurred, members will be supplied with a new replacement item if Toll Transitions determines that repair of the old item is not economical and the item is eligible for replacement in accordance with a table (*see below*) of age-based item inclusions. **The existing like-for-like replacement or compensation cover will continue to apply to items which fall outside the specified age limits.**

Not every item that sustains damage will be replaced with a new item or compensation paid at new value. In the first instance damaged items will be repaired where practicable and compensation paid for minor damage. Read Toll's "**Your Defence Relocation Guide - Version 9**" and answers to **FAQs** available at www.tolltransitions.com.au/defence for full details of the

Toll Warranty Scheme.

1. an electrical item with a new replacement value of \$500 or more Examples: Television, 2. Surround Sound Audio System, Vacuum Cleaner within 10 years of the removal uplift date new-for-old. 10 years or more before the removal uplift date like-for-like.
2. an electrical item with a new replacement value of less than \$500 Examples: Computer Monitor, Kettle, Small Television within 5 years of the removal uplift date new-for-old. 5 years or more before the removal uplift date like-for-like.
- 3 an electrical white-good Examples: Refrigerator, Freezer, Microwave, Washing Machine, Dryer, within 15 years of the removal uplift date new-for-old. 15 years or more before the removal uplift date like-for-like.
- 4 a furniture item Examples: Bed, Dining Table, Chest of Drawers, Lounge Suite within 10 years of the removal uplift date new-for-old. 10 years or more before the removal uplift date like-for-like.
- 5 other items Examples: Picture frames, bicycles, BBQ, crockery, plastic tubs within 7 years of the removal uplift date new-for-old. 7 years or more before the removal uplift date like-for-like.



The APS Benefits Group has been providing defence members and their families with access to professional and financial services for over 110 years. We support the Defence Special Needs Support Group by funding projects, providing benevolent grants to defence families in need and funding the Christmas parties for DSNSG families Australia wide.

We are an Australian owned, membership based not-for-profit organisation, dedicated to providing quality professional and financial services to our members/clients at 'fair' prices. Our aim is to meet your needs right through life – from cradle to grave!

Whether its tax, accounting, financial planning, a will or estate planning, a loan, any type of insurance, the peace of mind of a funeral benefit, or a fixed term investment – we have the range and resources to make sure you can get what you need.

We are your lifetime partner in achieving your financial goals and meeting your professional needs. Whether you are in Darwin, or Rockingham, Hastings or Townsville, you are being cared for by a team of experienced and committed staff who aim to deliver outstanding customer service and assistance.

We encourage all defence families to become members. For more information please visit www.apsbenefitsgroup.com.au or call us on 1300 131 809.



Wear a different kind of uniform? You're still our kind of member.

Navy Health has been providing not-for-profit health cover to the wider Defence community for 60 years. It doesn't matter whether you wear the Navy, Army or Air Force uniform; we're here for you.

As a committed Defence Force health fund, Navy Health provides cover for the families of serving personnel and then covers the serving member once they have discharged. The best part is that once you have been eligible, i.e. served full-time, in reserves, etc. you are able to join Navy Health at any time in your life!

The membership eligibility extends to the eligible person's immediate family - so if you have ever served or been a reservist, your children, parents, brothers, sisters, and grandparents can join too!

To further show their commitment to the ADF, Navy Health offers all serving families tailored military covers, a 10% discount and no waiting periods on discharge. Furthermore, if you or a family member is an active Reservist, you will also get the 10% discount (conditions apply – see navyhealth.com.au).

To find out more, go Navy Health Website or phone 1300 306 289 for a no obligation discussion on how you can benefit with Navy Health.



National Executive Committee, CEO, National Local Coordinators



DSNSG Ambassador Henrik Ehlers, AM. DSNSG Mascot: Henry S Bear.