

[www.dsnsng.org.au](http://www.dsnsng.org.au)

1800 037 674

ABN 68 090 485 608



DEFENCE SPECIAL NEEDS SUPPORT GROUP INC.



Australian Government  
Department of Defence





## A Word from General Manager Kim Collins

Like everyone, I cannot believe July is almost coming to an end.

This year we all have faced some massive challenges: mentally, emotionally, physically, and financially. With dealing with fires at the beginning of the year to now living in this pandemic of Covid-19.

This has had a huge impact on everyone including DSNSG, due to COVID-19 local coordinators were not able to hold family events, which is even more isolating for families with Special Needs, to even cancelling our annual conference which is very sensible but also sad.

The conference gives DSNSG coordinators the chance to further their knowledge in Special Needs support and get to know each other, train in Special Needs support, gain an insight into broader Special Needs issues and services. Whilst in Canberra, the coordinators also have direct access to Defence policy and decision-makers. The Friday night dinner presents significant networking opportunities with Defence leaders including CDF General Angus Campbell AO, DSC. We look forward to being able to safely hold our important Conference next year.

DSNSG has used this time to focus on working heavily with Defence Community Organisation (DCO) with the new Dependent's with Special Needs (DWSN) team, in reviewing and renewing forms and Special Needs process, the DWSN team have been working on, and working on improving flow charts that will assist families with understanding the importance with Special Needs with DCO, NDIA and DSNSG. The formation of a dedicated DWSN team and our close collaboration is a real positive development this year. DSNSG has also used this time productively to implement new policies internally to help with running's of DSNSG.

DSNSG is excited to welcome a new Support Partner - Australian Military Bank, who will be supporting the Drive Safe Program, and will also be contributing towards local events when these are back up and running again.

The DSNSG National Executive Committee (NEC), myself and our Ambassador has also been working on implementing a new a better secure memberships database. Due to the cyber issues happening worldwide, we are taken every precaution we can to protect our member's data base. Whilst we go through this transition, areas will be contacted to make sure that all information we have is correct and current. We are doing this for better of the organisation our members.

## National Committee

### National Coordinator/Secretary

Claire Macfarlane-Rowles  
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### Assistant National Coordinator

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### National Memberships and Communications Officer

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### General Manager

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1800 037 674  
 0447 851 861

I am currently working on writing our Defence Report. This report is an important part of our advocacy for our members and has been very well received each year. We are looking for members to share their experiences for the 2020 Defence Report, with a view to improving understanding of the DSNSG Community and hopefully helping others in their journey.

If you are interested in sharing your stories with us, please email me on [general.manager@dsnsg.org.au](mailto:general.manager@dsnsg.org.au)

DSNSG is very excited to announce our new **Outreach Program**: This is to help to provide Defence Special Needs Support Group Inc the opportunity for the NEC, Ambassador and General Manager the ability to travel to community events, for example, DCO Welcome Days, Christmas treats, Welfare Briefs and Transitioning seminars. Where an area does not have a local coordinator this program will assist DSNSG to attend.

I send my very best wishes to all members and families during these trying times; please remember that while some of our activities are sensibly paused during the pandemic, DSNSG remains here for you. Stay safe and look after each other.

Kind Regards,  
Kim Collins  
General Manager

## Local Coordinators

### New South Wales

**Williamtown:** Rose Savasta Erba  
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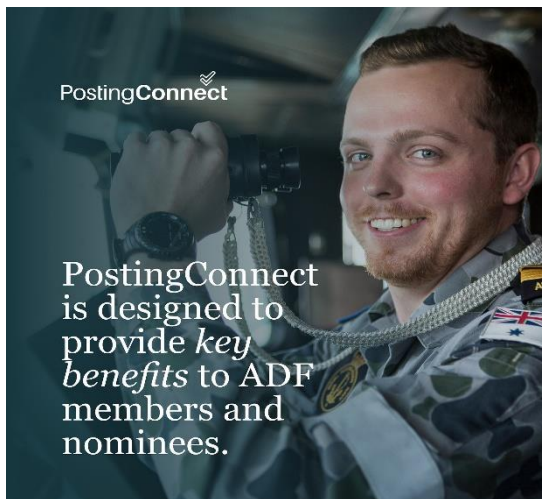
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## Posting Connect

ADF families, the PostingConnect platform is designed to provide key benefits to members and their nominees (a family member, friend or colleague) that will simplify the posting process.

PostingConnect will:

- Provide nominees with their own PostingConnect login details to assist with completing posting tasks.
- Guide users through the posting process from start to finish.
- Help users know what to expect and what they need to do when posting.
- Give users information they need to know to complete their posting tasks.
- Provide users with direct access into Toll and DHA systems, removing the need for users to login to multiple systems.
- Be accessible on any device, including personal phones, tablets, computers, both on and off the Defence PROTECTED Network.

To find out more, visit the PostingConnect website <https://ext.defence.gov.au/PostingConnect>

## Local Coordinators

### Northern Territory

**Darwin:** Marina Talbot  
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 0417 636 541

**Tindal:** Colin Pickstone  
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 0427 220 820

### Queensland

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### South Australia

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 0407 409 956



## Improving Understanding of the DSNSG Inc Community

We are looking for members to share their experiences with a view to improving understanding of the DSNSG Inc Community and hopefully helping others in their journey.

We are currently working on our Defence report that we would like to address issues that our families face.

If you are interested in sharing your stories with us, please email Kim Collins [general.manager@dsnsg.org.au](mailto:general.manager@dsnsg.org.au)

Your stories will be published in our National E-Newsletters, Website and Facebook Page.

**Articles submitted may be edited for readability and length of course, final product cleared by authors.**



## THE BENEFITS OF VOLUNTEERING

Would you like to help out other Defence families with Special Needs Defence Special Needs Support Group Inc (DSNSG) Inc are currently looking for a new volunteer Coordinators for **Albury, Melbourne North, Melbourne West, Tasmania, Sale, Cerberus/Mornington, Darling Downs, Amberley, Tindal, Nowra, Sydney South, Sydney North, Liverpool, Tamworth, Richmond**. Full Training is provided. If you want to see what we do visit [www.dsnsg.org.au](http://www.dsnsg.org.au)

If you are interested in finding out more about the position, please contact the National Executive Committee with an expression of interest to: [nationalcommittee@dsnsg.org.au](mailto:nationalcommittee@dsnsg.org.au)

## Local Coordinators

### Victoria

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### Tasmania

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## **AUSTRALIAN MILITARY BANK ANNOUNCES SPONSORSHIP OF DEFENCE SPECIAL NEEDS DRIVE SAFE PROGRAM**

Australian Military Bank today announced it will be a 2020 and 2021 sponsor of Defence Special Needs Support Group's (DSNSG) Drive Safe Program.

The Drive Safe Program is designed to assist members of DSNSG families aged 16 years and above with ASD, ADHD, and Asperger's to gain confidence and self-esteem when learning to drive. This program was developed to address the need for specialised training within this group to obtain their driving licence and open the door to greater independence.

"We are delighted to be partnering with DSNSG for the Drive Safe Program" says Australian Military Bank's CEO Darlene Mattiske-Wood, "this fantastic initiative is a great way for us to further support the Australian Defence community and offers a very meaningful hand for families and young people with specific needs to achieve an important milestone in these young people's lives. This program has the power to materially change the quality of their lives and the lives of those who care for them".

"We really commend the achievement of DSNG in the creation of this program and their pivotal role supporting the Defence community of Australia and it is a great honour to be able to participate" says Ms Mattiske- Wood.

The sponsorship announcement from Australian Military Bank comes two weeks after the announcement that in conjunction with their Military Rewards Account holders they have achieved a \$200,000 giving milestone to defence community partners as a result of their regular co-contribution scheme.

"Over the years the Bank has sought to connect in the most meaningful way possible to support defence communities with targeted sponsorship contributions and 'Drive Safe 2020' is a very worthy cause" says Ms Mattiske Wood.



DSNSG presentation 1 are from right to left: Air Commodore Henrik Ehlers AM, Ambassador, Kim Collins General Manager, Claire MacFarlane-Rowles National Co-Ordinator and Andrew Moebus Head of Retail Distribution Southern Division

**About:**

Australian Military Bank is a member-owned Mutual bank that has been helping Australian Defence personnel and their families make the most of their money since 1959. As Australia's longest serving Defence financial institution, Australian Military Bank specialises in service and products that integrate into the unique aspects of life in the armed services.

As a mutual organisation, Australian Military Bank is run for the benefit of members who are also our shareholders.

Australian Military Bank;

**Timeline:**

1959: Founded as the Navy (Civil Staff) Co-op. Ltd.

1971: Membership extended to civilian employees of the Army and RAAF in NSW

1983: We merge with Army Defence (NSW) Credit Union and rebrand as Australian Defence Credit Union (ADCU)

2008: Selected by Department of Defence as one of three DHOAS home loan providers

2014: Achieve in excess of \$1 billion funds under management

2015: Military Reward Account launched and partner charities appointed

2015: Membership exceeds 50,000 and vote passed to change our name to Australian Military Bank

2018: Launch of new Core and Digital Banking offerings 24/7

2020: 56,000 members, 4 million+ logins

2020: Military Rewards Account hits \$200,000 in donations & announces

**Drive Safe 2020 sponsorship**

For further information contact Domenic Cuda at Australian Military Bank on 0412 164 652



DSNSG presentation 2 from right to left: Air Commodore Henrik Ehlers AM, and yours truly Andrew Moebus Head of Retail Distribution Southern Division.

## COVID-19 Information

State and territory governments have imposed a range of interstate travel restrictions that may affect your ability to cross a domestic border.

These travel restrictions have been implemented to help prevent the spread of COVID-19.

They include the closure of certain state borders and people having to quarantine for 14 days in government-provided accommodation on arrival.

In some states and territories, travellers may be financially responsible for the cost of being quarantined.

As the health situation is continuing to change, it is important that you find out what restrictions are in place, and if there are any conditions, before booking or undertaking interstate travel. This includes consideration of restrictions when booking domestic air travel and holidays.

Find out more information about restrictions in your state or territory:

- Australian Capital Territory: [ACT Government travel advice](#)
- New South Wales: [NSW Government travel advice](#)
- Northern Territory: [NT Government travel advice](#)
- Queensland: [QLD Government travel advice](#)
- South Australia: [SA Government travel advice](#)
- Tasmania: [TAS Government travel advice](#)
- Victoria: [VIC Government travel advice](#)
- Western Australia: [WA Government travel advice](#)

### If you already have WhatsApp

#### Join the COVID-19 WhatsApp channel

You can also join our COVID-19 channel by messaging +61 400 253 787 through WhatsApp. You will receive a reply with instructions on what to do next.

### Symptoms

If you have **serious symptoms** such as difficulty breathing, **call 000** for urgent medical help.

[Symptoms](#) include:

- fever
- coughing
- sore throat
- shortness of breath

If you are sick and think you might have COVID-19, check your symptoms using health directs Coronavirus (COVID-19) Symptom Checker.

[health direct Coronavirus \(COVID-19\) Symptom Checker](#)



Answer questions about your symptoms to see if you need to seek medical help or get tested. This tool is available online at any time.

### **National Coronavirus Helpline**

Call this line if you are seeking information on coronavirus (COVID-19) or help with the COVIDSafe app. The line operates 24 hours a day, seven days a week.

[1800 020 080](tel:1800020080)

### **Protect others and stop the spread**

We can all help slow the spread of COVID-19 in Australia.

To protect others, you must:

- [practise good hygiene](#)
- practise [physical distancing](#)
- follow the [limits for public gatherings](#)
- understand how to [isolate](#) if you need to

### **COVID respiratory clinics**

The Australian Government is establishing GP respiratory clinics around the country to assess people with fever, cough, a sore throat, or shortness of breath.

These are being rolled out gradually. If there is not one in your area yet visit your state or territory to obtain a current list of clinics as these get updated regularly at the moment in states with COVID-19 community transmission and health department website for more information on fever clinics and other services. (Please find above State websites)

Find out if there is a clinic near you and how to register for an appointment: (This list below does not list all clinics that are available to public where the state health sites do)

- [Australian Capital Territory](#)
- [New South Wales](#)
- [Northern Territory](#)
- [Queensland](#)
- [South Australia](#)
- [Tasmania](#)
- [Victoria](#)
- [Western Australia](#)

**And in case you need more support, here are some places you can call:**

### **National Coronavirus hotline – 1800 020 080**

Available 24 hours a day, 7 days a week.

### **Disability Information Helpline – 1800 643 787**

Monday to Friday 8 am to 8 pm (AEST) and Saturday and Sunday 9 am to 7 pm (AEST).

Remember this hotline is just for people with disability and their families. It is staffed by the good folks at Ideas Disability Information who are really on top of all thing's disability.

They can help you with any question you might have. If you are feeling overwhelmed and don't know where to start, they will do all the hard work for you and get you the info and help you need. Just give them a call.

### **NDIS Coronavirus hotline – 1800 800 110 then press 5**

There are special teams of NDIA staff available to answer your questions and help with your plan. Just press 5 after calling the NDIS contact centre. Open Monday to Friday 8am to 8pm (local time).

### **Please look after yourself**

To every single one of our supporters around the country – please stay safe and well. And look after yourself and yours. And to all our Melbourne friends – it's a really tough time. We are with you. Hang in there. And if you need help please reach out.

## **Supporting people with intellectual or developmental disability to access health care during the COVID-19 pandemic**

This fact sheet is for families of a person with intellectual or developmental disability during the COVID-19 pandemic.

### **Are people with intellectual or developmental disability at greater risk of COVID-19?**

Some people with intellectual or developmental disability may:

- be at greater risk of serious illness due to COVID-19 if they have [certain medical conditions and co-morbidities](#)
- have difficulty understanding and adhering to social distancing, handwashing and other risk reduction strategies. This may increase their risk of acquiring COVID-19
- not show or be able to communicate early COVID-19 symptoms because of their disability or medical treatments. For example, cough and fever may not present as early signs of COVID-19, or the person may have difficulty communicating symptoms such as a sore throat.

### **What role can families play?**

Families are essential to the health and wellbeing of many people with intellectual or developmental disability. During the COVID-19 pandemic, families should:

- assist their family member to use preventative measures, such as physical distancing and good hygiene
- assist their family member to access testing and treatment if any symptoms develop
- support their family member to understand and make decisions based on advice from the Australian Government and state and territory governments
- support their family member to access their usual health care, including their GP and any specialists
- support their family member to maintain physical and mental health and wellbeing (e.g. through exercise, activities and reducing loneliness).

### **What actions should families and carers take?**

Families should ensure that they have the resources they need to support their family member during the pandemic.

- Provide information about COVID-19 to their family member with disability in a way that is accessible and that the person can understand
- Ensure that their family member's health care plans are up to date and available in their medical records. This should include:
  - information about their communication needs
  - names and contact details of those involved in their health care. This should include primary care providers, specialists and those involved in health care decisions (including details of next of kin)
  - a complete medical history. This includes information about their disability, pre-existing health issues (especially respiratory and heart conditions) and current medications
  - a current [advanced care directive or plan](#) if appropriate
  - their mental health and/or Positive Behaviour Support plan, if they have one

- Assist the family member to keep their vaccinations for influenza and pneumonia up to date
- Have an alternative support plan in case you or other carers develop COVID-19 symptoms and are unable to provide your usual support
- Ensure you are aware of the [latest government advice](#) about COVID-19
- Familiarise yourself with infection control procedures and comply with measures to lower risks of acquiring and transmitting COVID-19. [COVID-19 infection control training](#) is available on the Australian Government Department of Health's website
- Ensure you know when and how to access help for everyday health issues, as well as COVID-19 symptoms.

#### **How can families support access to health care?**

- Do not postpone health care. Continue treatments for chronic health conditions and seek treatment as usual for other health concerns. In the event of an emergency, follow usual protocols and seek emergency medical care
- Make sure your family member's health care plan is available to health care providers. Upload details to My Health Record where possible
- Talk to your family member's health care providers about how and when they are offering services (e.g. home visits, telehealth or face to face consultations)
- Monitor your family member's mental wellbeing and behaviour for impacts of the pandemic
- Support your adult family member to make their own medical decisions to the greatest extent possible. If they are unable to consent, follow substitute consent laws.

#### **What if a family member or the person with disability develops symptoms of COVID-19?**

If you think your family member or another person in your family may have COVID-19:

- help them to call their doctor or the National Coronavirus Helpline on 1800 020 080 or call on their behalf
- seek advice on testing, treatment and how to reduce the risk of passing the virus on to other people
- consider whether alternative supports need to be mobilised if the person suspected of having COVID-19 usually provides support to your family member.

#### **Where can I get more information?**

For the latest health advice, information and resources on the COVID-19 pandemic, go to [www.health.gov.au](http://www.health.gov.au). For additional information specific to people with disability during the COVID-19 pandemic, go to <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/advice-for-people-at-risk-of-coronavirus-covid-19/coronavirus-covid-19-advice-for-people-with-disability>.

The [Disability Information Helpline](#) on 1800 643 787 can provide information and assistance about COVID-19. The Helpline is available Monday to Friday 8am to 8pm (AEST) and Saturday to Sunday 9am to 7pm (AEST). It is not available on national public holidays.

An [Intellectual and Developmental Disability Health Working Group](#) convened by 3DN, UNSW Sydney prepared this fact sheet.



## COVIDSafe app

The COVIDSafe app is a tool that helps identify people exposed to coronavirus (COVID-19). This helps us support and protect you, your friends and family. Please read the content on this page before downloading.

The COVIDSafe app is part of our work to slow the spread of COVID-19. COVIDSafe supports the current manual process of finding people who have been in close contact with someone with COVID-19.

The COVIDSafe app is completely voluntary. Downloading the app is something you can do to protect you, your family and friends and save the lives of other Australians. The more Australians connect to the COVIDSafe app, the quicker we can find the virus and prevent the spread.

The COVIDSafe app helps state and territory health officials to quickly identify and contact people who may have been exposed to COVID-19 (called 'close contacts').

Without the help of technology, finding close contacts relies on people:

- being able to recall everyone they have been in close contact with
- knowing their contact details

In many cases, people won't know the names and contact details of everyone they've been in close contact with (for example, on public transport). COVIDSafe uses technology to make this process faster and more accurate.

State and territory health officials can only access app information if someone tests positive and agrees to the information in their phone being uploaded. The health officials can only use the app information to help alert those who may need to quarantine or get tested.

The COVIDSafe app is the only contact app approved by the Australian Government.



### Relocating this year?

#### **Complete your Application for Relocation (AFR) and your Inventory**

Go to [www.tollgroup.com/movemaestro/defence](http://www.tollgroup.com/movemaestro/defence) to access and complete your AFR and Inventory. Your Toll Case Manager or Toll's Customer Service Centre, available on **1800 819 167**, can help you with any queries you may have.

#### **Toll's Defence Relocation Guide has all the information you need for you move**

Available on Toll's Defence Website [www.tollgroup.com/movemaestro/defence](http://www.tollgroup.com/movemaestro/defence), the Relocation Guide will help you to understand your rights and responsibilities throughout your relocation. Please pay particular attention to Chapter 3 which provides you with the information you need to be appropriately prepared for your removal and Chapter 4 for full details of Toll's Warranty Scheme.

#### **Warranty**

Toll's Warranty Scheme allows for New replacement cover to be applied to items which fall within predefined categories and age limits. Like-for-like replacement or compensation cover 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. Warranty FAQs on Toll's Defence website provide further details.

#### **Helpful Hints for those moving this year include:**

- Download the Toll Move Plan App from the App stores for easy access to the details of your relocation itinerary.
- Please advise Toll if you have any change to your inventory or contact details.
- Your removal provider will contact you the day prior to pre-pack/uptake to confirm a start time.
- The contracted work hours are from 7:00 am to 7:00 pm. Please contact Toll if you are concerned the uptake / delivery will not be completed within these hours.
- If you do not agree with the uptake or delivery condition as recorded by the removalist, note this on the Inventory Condition Report (eICR) then call Toll for assistance.
- Vehicles and towables being freighted are not covered by Toll's Warranty. Check with your insurer to see if they are covered while in transit, otherwise you are advised to arrange your own insurance cover.
- If you are delayed in transit or otherwise require a change to your temporary accommodation advise Toll immediately.
- Any request for long term storage, or overflow storage, must be approved by Toll.





## Grants - APS Benefits (Supporting Partner)

The APS Grants Scheme is proud to offer financial assistance of up to \$4,000 to cover the expenses of equipment or other related costs for children with special needs. APS will only consider applications from families who have a child with special needs.

How do you apply?

- Provide us with quotes and receipts of the equipment / other items
- One family member must be a current member of APS (of at least 12 months) to be eligible for consideration

Please email [general.manager@dsnsg.org.au](mailto:general.manager@dsnsg.org.au) for further information on how to apply

## Computer4Kids (DSNSG Program funded by Defence Health - Supporting Partner)

Computer4Kids is a program to assist families with the purchase of an iPad 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 can 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. You must also be a member of DSNSG for a minimum of 6 months.

**To find out more about or to apply for this program please visit our website or please email [computer4kids@dsnsg.org.au](mailto:computer4kids@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 CEO 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 CEO 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 [general.manager@dsnsg.org.au](mailto:general.manager@dsnsg.org.au)**





## For Your Information – FYI (DSNSG Program)

The program provides financial support for families to attend workshops, Webinars and order resource books.

Workshops include behavior support, additional information for parents and carers about the special needs the dependent has, and other workshops/webinars that help meet the needs of the dependent. A different way of thinking, learning and managing emotions. Content will include: • Cognitive Abilities: A different way of thinking and learning • Managing Challenging Behavior • Managing Feelings: Cognitive Behavior Therapy and its role in providing greater strategies to manage emotions and behavior • The Emotional Tool Box, what it is and how to use • Strategies to Improve Social Understanding and Friendship Skills • Special Interests: Origins and constructive strategies • Girls with Asperger's Syndrome • Sensory Sensitivity.

The National Executive Committee try to gather information in relation to various workshops/webinars that may be happening around Australia but sometimes it is hard to keep up to date. Information from families is appreciated regarding education sessions, seminars, and workshops that may be happening in your area. Please provide as much notice as possible to ensure that information can be sent to families with enough time to purchase tickets.

Details can be sent to [FYI@dsnsg.org.au](mailto:FYI@dsnsg.org.au)

Notification of these funded events are sent to families via E-mail, along with information.

## Drive Safe - (DSNSG Program funded by Australian Military Bank - Supporting Partner)

Our Drive Safe program assists and helps members of our DSNSG families with ASD and ADHD 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](mailto:drivesafe@dsnsg.org.au)



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# Defence Community Organisation

## Changes to support for dependants with special needs

### New contacts for families

The *Dependants with Special Needs Program* has recently moved to the Community Support Programs area of Defence Community Organisation (DCO). The team are looking forward to helping families with their special needs requests. Defence families who have a dependant with special needs can now send their applications and any questions they may have to a dedicated email address [dwsn.program@defence.gov.au](mailto:dwsn.program@defence.gov.au).

The new team are also continuing to review the Dependants with Special Needs Program which includes increasing awareness, accessibility and development of a total care model for families. Families may see some changes to the application forms, processing times and specialist medical documentation requirements. If you have any queries or need advice about the changes, just email the team.

### Are you getting ready to post?

This year has flown by, and it is almost time for posting orders to be issued. If your family is in receipt of a posting order and you will be relocating to another location, we can provide a range of special needs assistance on posting. Families can visit [PACMAN, Chapter 8 Part 6: Dependants with Special Needs](#) or visit [www.defence.gov.au/dco/Family/special-needs.asp](http://www.defence.gov.au/dco/Family/special-needs.asp) to find out more about the types of support available.



## Assistance during COVID-19

We understand the COVID-19 health crisis has been challenging for everyone. In particular we understand the current environment has impacted on the availability of, and the ability to attend critical medical appointments and receive specialist medical documentation. Families can rest assured that the Community Support Programs team will continue to work closely with families to ensure the best outcome is achieved.

We have a range of COVID-19 information and resources on the DCO website for families. You can find wellbeing tips and strategies, how to support kids or information about relationships especially if your member is away from home on the Coronavirus advice page on the website [www.defence.gov.au/dco/coronavirus.asp](http://www.defence.gov.au/dco/coronavirus.asp)

If you are unsure about the current restrictions in your area, or want to know more about travel restrictions, you can visit your local DCO office page for links to the up-to-date information issued by your state or territory.

To support partners during these uncertain times, we have removed some of the posting eligibility criteria for partners wanting to access the Partner Employment Assistance Program (PEAP). The time limit to apply has been lifted, so regardless of when you moved to your current location, you can apply for up to \$1500 PEAP support if you are looking for work. For more information about the services you can access to help you get job ready, visit [www.defence.gov.au/dco/Family/Partners/PEAP.asp](http://www.defence.gov.au/dco/Family/Partners/PEAP.asp).

We also have a range of online events programmed that you can enjoy from the comfort of home. To find out what's on in your area visit, the events calendar at [www.defence.gov.au/dco](http://www.defence.gov.au/dco).

During these uncertain times, if you need advice, a friendly ear to listen or want explore how you can be better supported, contact the all-hours Defence Family Helpline on 1800 624 608 or email [defencefamilyhelpline@defence.gov.au](mailto:defencefamilyhelpline@defence.gov.au).







## Coordinator Month Award

The project is to recruit new coordinators and retain the coordinators and help them feel confident in being a local coordinator.

We are currently doing a recruitment drive from 16- 23 areas in need of a coordinator.

We are hoping to help retain the coordinators we currently have by offering further training, providing consistent support, and offering a buddy system, and aiding towards professional development.

We are aiming to increase the pool of volunteers to be available for board selection.

Coordinator monthly reward helps toward providing the incentive for our members that volunteer their time and skills back to an organisation that supports and advocates for them.

We would like to offer the following:

- Volunteer of the month
- Self-Care of Volunteers
- Professional Development

Without volunteers, the board and therefore the organisation will fold.

Celebrating Coordinator of the Month provides a time to celebrate the contributions of **volunteers** young and old, raise awareness of the personal and societal benefits of volunteering, increase public support for this vast and often invisible unpaid workforce, and educate potential **volunteers** about the opportunities.

DSNSG would like to announce the following Coordinators who have received Coordinator of the Month award:

- January: Kristina Rawlinson Adelaide Coordinator
- February: Rose Erba Williamstown Coordinator
- March: Lauren Coombes Perth North Coordinator
- April: Nicole Gourley Nowra Coordinator
- May: Jenine Llyod Perth South Coordinator

### Proudly Sponsored by





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.



### **Who is Navy Health?**

Navy Health is a not-for-profit private health insurer that has been offering great value health cover for more than 60 years.

### **Eligibility**

Navy Health is available for all serving and ex-serving members of the Australian Defence Forces (Navy, Army & Air Force) and their families (siblings, parents, grandparents, children and grandchildren).

You (and your family) are also eligible if you've ever been a civilian employee of the Department of Defence or a contractor to the Australian Defence Forces. It's important to remember that if you've ever been eligible at any stage in your life, you're welcome to join at any time in the future.

### **Defence discounts**

We offer a 10% discount to Serving Families, Active Reservist (SERCAT 3-5) and DVA Gold and White Card Holders (DVA Card Holders must be covered by the membership).

### **How do you switch?**

Switching health funds is easy. If you have already served your waits with another provider, you won't have any waits on an equivalent level of cover with Navy Health.

To find out more go to: [navyhealth.com.au](http://navyhealth.com.au) or call 1300 306 289



# For Purchase

The National Executive Committee are delighted to introduce our newest member to  
the DSNSG Family, Henry S Bear.

Henry will be working endlessly to help make DSNSG a household name and provide our  
families a sense of pride.

Mini Henry S Bears are now ready for purchase.

\$20 includes delivery.

For purchasing, please email  
[mascot@dsnsg.org.au](mailto:mascot@dsnsg.org.au)