



# THE WEEKLY WRAP

Community Living Options

Issue 5

## SETTING UP YOUR OFFICE SPACE AT HOME!

Working from home has certainly been a new eventuality over the last few months. CLO have given all employees working from home the opportunity to take their office equipment home with them, so ensuring you get the most out of your setup is a great place to start!

**A few key things to ensure you are comfortable and can be as productive as you normally are:**

- Ensure that lighting in your workspace is adequate, ensure glare can be controlled.
- Ensure all cords are stowed away and protected – so as not to be a hazard!
- Ensure items you use are within easy reach, such as your keyboard and mouse.
- Ensure that monitor height is adjusted so the top of the screen is at or slightly lower than eye level, so as to ensure you do not strain your neck.



It is said that keeping your work separate from your personal life while working from home is important! Set your equipment up in a dedicated space, away from where you may normally do your personal work. Keeping a work/life balance is important.

**HAYDEN HILL**  
IT SUPPORT OFFICER

## NEW FACES AND NEW POSITIONS!



**LISA FEDER**  
REGIONAL MANAGER- METRO

Meet Lisa!

Lisa is the new Regional Manager for the Metro region. Lisa joins Team CLO with significant previous experience within the sector, having worked in many roles, ranging from Support Worker through to Senior Manager.

Lisa holds qualifications in addition to her experience, with a degree in disability and qualifications in management.

Lisa will predominantly be based at our Edwardstown Office and will spend the next few weeks familiarising herself with CLO, our clients and our staff.



**SAM FARRELL**  
ASSISTANT MANAGER- RECRUITMENT, LEARNING AND DEVELOPMENT

Congratulations Sam!

Sam has recently accepted the role of Assistant Manager- Recruitment, Learning and Development.

Sam has been with CLO for just over 10 years and has gained a wealth of experience having held many roles with us in that time. In this last year Sam has been dedicated to working on CLO's Operational Training and Development and with this attention has brought some great improvements and outcomes to our Learning and Development area.

We now greatly look forward to having the benefit of Sam's experience and leadership for our Recruitment, Learning and Development team, assisting us in continuing to build excellence within these areas.



**NICK KAKOLIRIS**  
CLINICAL TEAM- POSITIVE BEHAVIOUR SUPPORT PRACTITIONER

Congratulations Nick!

Nick has recently joined the Clinical Team as a Positive Behaviour Support Practitioner.

Nick has spent six years as a Support Worker and has most recently spent time as a Client Services Coordinator before joining the Clinical Team. He is responsible for writing and reviewing Positive Behaviour Support plans as well as training staff on implementing these plans. He also assists with reviewing developmental programs. Nick is in his final year of University, studying Disability and Developmental Education (Rehabilitation counselling).



**KERRY BOSS**  
CLINICAL TEAM- SUPPORT COORDINATOR

Congratulations Kerry!

Kerry has recently joined the Clinical Team as a Support Coordinator.

Kerry has worked as a Support Worker, acting Client Services Coordinator and acting Regional Manager in her time here at CLO. She is commencing with the Clinical Team as our first fully dedicated Support Coordinator. She is currently part-time but it is expected this will build quickly to full time once everyone finds out we have capacity to provide Support Coordination. Kerry comes with great experience in case management and coordination of supports from her previous roles and we are excited to see her build this role into a thriving Support Coordination business.



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## WHAT HAVE OUR FRONTLINE WORKERS' EXPERIENCES BEEN, WORKING AND LIVING THROUGH COVID-19



**SHARON BROWN**  
PERSON CENTRED SUPPORT WORKER

### What have you been doing differently as a frontline worker during COVID-19?

Mostly avoiding other people!  
Walking is a favourite past time of our client, so ensuring we follow social distancing yet still manage to get some fresh air & exercise has been important. We've been exploring activities suited more for indoors, 'Jenga' is a good one right now as well as being more involved with gardening. Our client has enjoyed having a go at new skills, when participating even a little he's thrilled he CAN do it, as are staff.

### What is your favourite thing to do to keep busy at home?

Mostly gardening at the moment as there is quite a bit of it and enjoying my cats being outside now I have a 'cat compound'.....they can't get out of the yard.

### How have you been keeping in touch with family and friends?

Text or phone calls are my go to for communicating and Facebook or Instagram, particularly for sharing pictures.

### What is your favourite inspirational quote?

"This Too Shall Pass".  
However a situation turns out, the difficulty/sadness or whatever, will pass.....eventually! I even have it tattooed.

I have recently also become a member of South Australian ASID committee along with CLO's Clinical Services Manager, Sue Goodall. I have always been thankful for the events that ASID run during the year to promote, research and inform good practice and policy for provision of supports to people with intellectual disabilities, but also a time for providers and practitioners to share ideas and successes and grow these for people. I'm looking forward to assisting with some of these events in the near future. More about ASID: <https://www.asid.asn.au/about/aims>

I suppose what volunteering does for me is give me shared spaces to belong to with others, doing and thinking about things I am inspired by. I enjoy working as part of a team to contribute to safety, respect and opportunities in our wider community, and I have a lot of fun too!

## NATIONAL 18-24 MAY 2020 VOLUNTEER WEEK

CHANGING COMMUNITIES.  
CHANGING LIVES.

The 18-24th of May is National Volunteer Week! This week is all about celebrating and acknowledging the great contributions volunteers provide to our society. Many of our CLO staff are volunteers in their personal lives and Jo and Emily have put their hands up to share their experience in volunteering!



**EMILY LAWRENCE**  
ADMINISTRATION OFFICER  
(MENTAL HEALTH PROJECT)

I have been involved in Girl Guides since I was a child, and progressed through the ranks to become a leader of my own unit by the time I was 21. Guiding has provided me with skills and experiences that have helped in all areas of my life, from leadership and organisation skills through to overseas travel and international camps. Girl Guides Australia's mission is "To empower girls and young women to grow into confident, self respecting, responsible community members" which I feel proud I am leading the next generation of girls to do each week at our meetings (zoom meetings at the moment!). If you would like more information, go to [www.girlguidessa.org.au](http://www.girlguidessa.org.au) or drop me a line!



**JO POOLE**  
CLIENT SERVICES COORDINATOR  
(METRO REGION)

I volunteer as a patrolling member for the Grange Surf Lifesaving club. Along with patrolling the beach to ensure beachgoers are provided safe areas to swim, I am also a trainer and assessor for the Bronze Medallion and Advanced Resuscitation Awards both at Grange and at other South Australian clubs. What I love about lifesaving is that it is made up of a community of diverse people and ages wanting to make a difference, and in the best setting – outdoors on the beach! I have made lifelong friends there, some who are 5 and some who are 85!



I also volunteer as an associate member of Our Voice S.A. I assist members with intellectual disability to attend meetings and self-advocacy training and to be involved in their strategic planning activities. I love hearing at the end of these trainings how people have been given knowledge and inspiration to have more voice choice and control in their own lives! You can ask me more about our voice meetings or advocacy training or have a look for yourself [www.ourvoicesa.org.au/about-us](http://www.ourvoicesa.org.au/about-us)

