

CLO Connect

Newsletter of Community Living Options

May-Jun 2023 | Issue 35

ACTIVE BODIES AND MINDS

Benefit from accessible
sports and active hobbies
that are just right for you



GREAT OPPORTUNITIES - GREAT LIFE





FROM OUR CEO

As we are now in the final quarter of our Strategic Plan for Year 1, I want to take a moment to reflect on the first couple of months of 2023 at CLO. We have been spending time reviewing the work being completed all over CLO to achieve the goals that we have set for ourselves. It is through this process that I get to see your feedback from the SWOT activity that we all completed. This feedback shapes CLO's direction, shows where we are up to and cements why we do the work that we do. It is so important to hear contributions from everyone involved in our organisation so we can always seek to improve our services and the lives of our Participants. I do appreciate you all taking the time to provide your feedback.

I want to take a moment to remember Josie Proctor. Josie passed away peacefully, with her family around her. I will always remember Josie as a vibrant woman who loved being in her community. Josie filled the lives of those around her with laughter and care, and we will miss her every day. Thank you to everyone who supported Josie over her 25 years with CLO.

To each and every one of you, I thank you for the work that you do every day, for the support and care that you show to our Participants and your colleagues and for continuing to show up for CLO. The stories that follow show the impact that CLO makes in the lives of our Participants as they continue to show us everything they can achieve.

Mel Kubisa
Chief Executive Officer

CONTENTS

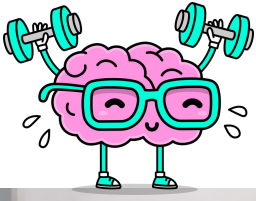
- 02 From our CEO
- 03 Active Bodies and Minds
- 04 Theme Nights at Regency Green
Off to the Footy, Guys!
- 05 Back in the community with Simon
At the Cafe with Jamie
Treasures of the Old Tailern Town
- 06 Celebrating our Dear Kosta
Clo Socials at the Popeye Boat Tour
Rocking out in VH with Karen
- 07 Meanwhile, on Yammer
- 08 L&D - New Training Bundles
Fundraiser: Fighting MS
- 09 New people at CLO
April-May: Calendar & Events
- 10 Reward and Recognition
My Life My Say
- 12 Health and Wellbeing
- 15 Message from Hesta
Social Responsibility
Connect with CLO

CLO Connect is
published by
Community Living
Options Inc.
Editor:
T: 08 7221 9550
E: hello@clo.org.au



The information contained in CLO Connect has been curated with care, however its contents do not constitute advice. No liability is accepted by CLO for any errors, damages or loss that may occur from the use of the information published.

ACTIVE BODIES AND MINDS



From Left to right: Wayne shows his skills at the accessible bowling; Stuart swims in an outdoor Olympic pool; Isaac tests his tennis game at a local court.

There are many benefits to keeping physically active - No matter your level of abilities, physical fitness or personal interests. Sports, hobbies and activities that engage your body in any way provide not only health benefits, but also opportunities for socializing, building confidence, and having fun. your brain also gets a good workout when you challenge yourself to do something new (or challenging) involving your body. Aside from sports, there are many physical activities you can do from the comfort of your home that can give you a good workout. Regardless of your choice, just keep consistent: in a short time, you'll see improvements in your cardiovascular health, build muscle strength, and get to upskill your motor coordination and balance.

Get inspired by our participants, and get your body moving too!

ACCESSIBLE WORKOUTS FOR EVERYONE

Regardless of your age, skills and mobility levels, you can still engage in physical activities you'd like. Some of the best options have accessible versions to suit different needs.

- **Accessible Ball sports - bowling, boccia, golf, basketball**
- **Dancing, stretching, swimming**
- **Gardening and cleaning**
- **Make something: cooking, crafts, art, or playing a musical instrument**

Looking to get extra physical while keeping accessibility in check? There are lots of places to check, like our fellows at the Special Olympics - SA:

<https://www.specialolympics.com.au/sa>

From Left to right: Robert prepares dough while Jamie plays the guitar; Wayne folds his laundry neatly; Michelle tries out a new sewing machine; Rachel wipes out her window squeaky clean.



THEME NIGHTS AT REGENCY GREEN

Lately, we've been sharing great times and activities at Regency Green.

Participants and staff are getting involved with the herb and veggie garden, impromptu soccer and basketball games. At the Theme Nights, we recently had a participant-led cooking session where we made an amazing chilli sauce. So far, we have had a pizza night, a yiros night and a Mexican night. These social occasions are great fun, as we can have up to 23 participants staying at RG at one time and it is an opportunity to get together and have some fun, while learning new recipes and skills, including budgeting, setting up, food preparation, and cleaning up - all done as a group, which was great to see participants working together.

These activities are an addition to our usual activities and outings, so participants are excited to learn things in a large group setting. John liked the yiros best: "Very tasty"; Brendan really enjoys cooking and told staff that he "really looks forward to the theme nights" and has some great ideas on specific ones to try; Candice is fairly new to RG, so it was a good opportunity for her to mix with our people, and other participants that she hadn't spent much time with.

We are now planning for other nights in the near future, so watch this space!



JUST CHILLING

While we're all about activities and goals, there is also a time for just being yourself and enjoying the present moment - get yourself some peaceful outdoor time, as our participants do. In the pictures, Andrew enjoys the view during a walkout while Kosta basks in the sun with his team.



OFF TO THE FOOTY, GUYS!

Eugene and Jacob took a train to the Oval for an awesome Footy match, cheering for the Crows. Both of them are sports fans - needless to say they had a great time!





BACK IN THE COMMUNITY WITH SIMON

I would like to share a success story for Simon Blenkin. He does not want his photo to be shared but wants his story to be heard.

Simon has been living in Mount Barker area and has been with CLO since late 2019. Simon is diagnosed with social phobia and gets anxious to go out in the community. One of his goals is to be part of the group in the community of his choice. Simon was in Army at a young age and has served the country for 8 years. Early this year Simon discussed with his support staff about the RSL committee in MT Barker and how he is interested in joining the community to connect to the people who understand him well and has gone through similar kind of trauma in the past. His Support worker Joanna Backhouse researched the community group and started sharing what she found with Simon. During their research together, they found out that the members of the committee do a morning tea get-together. Simon was very excited when he found this, but he was very anxious to go to the committee. Simon cancelled his plans to go to the committee a few times. One day in mid-February 2023 Jo proposed to go and just find out about how the committee works and what are the requirement. After having his PRN to calm himself down and a few mind changes Simon decided to give it a go. They both went to RSL and found out a few things about RSL, such as: why this was opened, what are members' benefits and what activities they do on the committee. Simon was very thrilled after the meet-up and decided to go there next Wednesday. For the first week, Simon was very anxious and did not stay on the committee for a long time. He chatted with a few members only. Simon did not give up and decided to go for another meet-up with Jo, after having his PRN next Wednesday, Jo and Simon went for the meet-up again. Simon was a little bit at ease and made few friends and stayed for a bit longer. Fast forward to 6 weeks into the committee, Simon is going there regularly, has found many friends and last week, he went there with no PRN. This is a success story for Simon in achieving his goals and a success story for his support worker in using graded assistance in achieving Simon's goals.

In addition to this, Simon is also going for the Anzac Day program and has started planning for this. Simon has brought a new suit for himself. Created a budget book where he keeps track of this budget to go and enjoy with his friends and family after Anzac Day.

Surina Maharjan
Team Leader



AT THE CAFE WITH JAMIE

Our staff took a lovely candid photo of Jamie at their lunch outing. Everyone enjoyed the occasion, while Jamie led our community time and interacted with cafe workers and other cafe customers.



TREASURES AT THE OLD TALEM TOWN

On the latest of Wayne's adventures, we went all the way into the Murray region. In the pictures, a bit of what Wayne saw - Gold rush-era buildings, trains and trucks. Some of the historical sites of Talem Bend are indeed a mindblowing travel to the past! While going through Old Talem Town, Wayne really enjoyed seeing all the old machinery, buildings, shop fronts and trains.



CELEBRATING OUR DEAR KOSTA



Kosta had his birthday and we threw a nice party with balloons and the lot - look at that yummie cake! Happy birthday and all the best, Buddy!



CLO SOCIALS AT THE POPEYE BOAT TOUR

In the latest of our CLO Social meet-ups, we've checked out a famous attraction of South Australia: The Popeye River Cruises. Participants and Support Workers alike enjoyed sightseeing touristic spots and landscapes, we stopped by for a picnic too. To get more information about upcoming CLO Socials, get in touch with our friendly Admin team and confirm your presence.



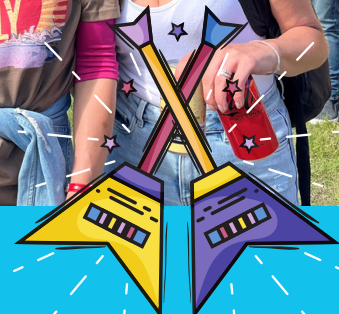
ROCKING OUT IN VH WITH KAREN

Karen attended the Red hot summer tour in Victor Harbor. One of her goals is to attend concerts, she was so happy to see some of her favourite bands at this festival in her home town and hopes that it comes back next year.

In the photo is Sharon Wright (L) a CLO support worker (this was her day off and they ran into each other).

Middle is Karen and on the right is her support worker Kristy who supported her on the day.

We spoke to Karen after the festival and she said she had the best day and loved it.



IN MEMORY OF JOSIE PROCTOR

Our beloved participant Josie Proctor passed away peacefully recently, peacefully and surrounded by her family.

Josie has been supported by CLO since 1997 and we have enjoyed every moment. Josie's cheeky laugh and sense of humour always brightened everyone's day. Josie had a big heart and cared deeply about her family and friends and the staff who have supported her along her life journey. She loved going out in the community, going to church, cooking and watching the birds in her beautiful garden and listening to Elvis and musicals. She also loved manicures and facials and going out for meals.

Josie's spirit touched everyone who knew her, and she will be missed. I would like to say a special thank you to the support team at Lamont for providing the highest quality supports to Josie and her family over the last few weeks.

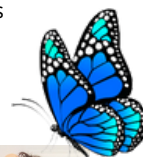
*Sharon Partington
Regional Manager*



We would like to share here a poem that Josie's sister shared with us in the last days of Josie's life:

Gone From My Sight - by Henry Van Dyke

I am standing upon the seashore. A ship, at my side,
spreads her white sails to the moving breeze and starts
for the blue ocean. She is an object of beauty and strength.
I stand and watch her until; at length, she hangs like a speck
of white cloud just where the sea and sky come to mingle with each other.
Then, someone at my side says, "There, she is gone."
Gone where?
Gone from my sight. That is all. She is just as large in mast,
hull and spar as she was when she left my side.
And, she is just as able to bear her load of living freight to her destined port.
Her diminished size is in me -- not in her.
And, just at the moment when someone says, "There, she is gone,"
there are other eyes watching her coming, and other voices
ready to take up the glad shout, "Here she comes!"
And that is dying...

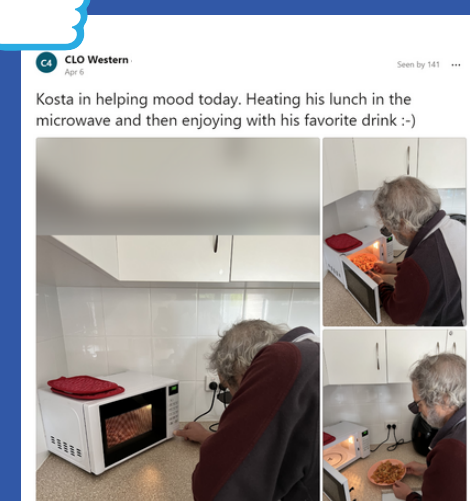
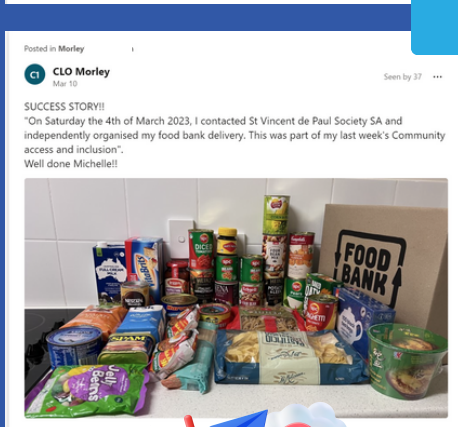
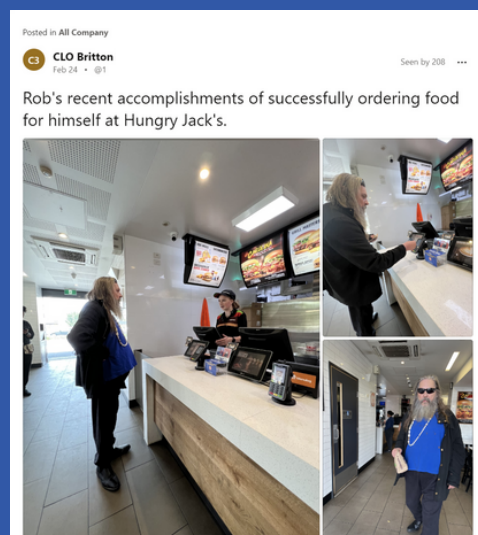
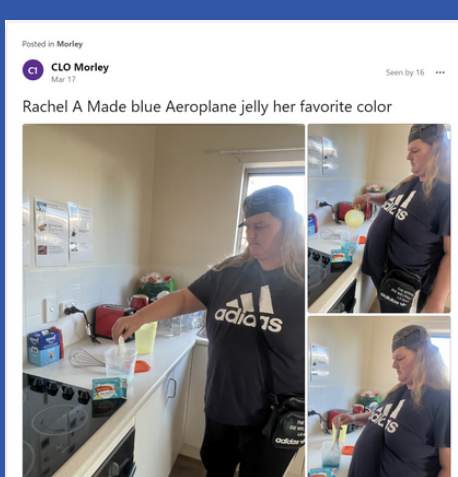
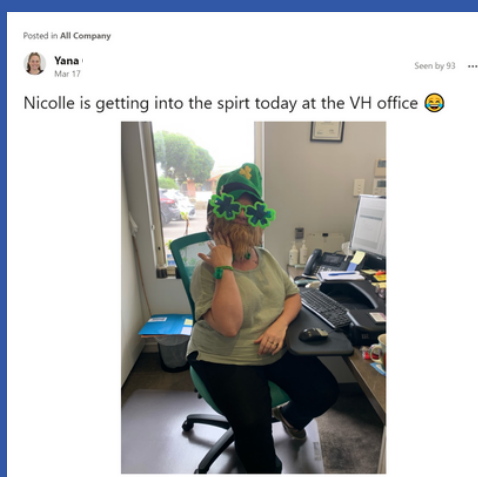
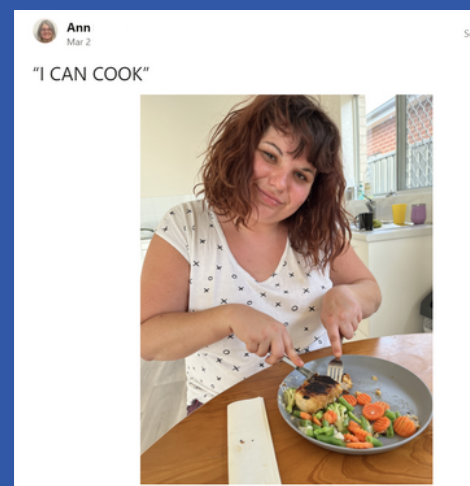


In the pictures, some of the many happy moments Josie had with her beloved friends, family and the team who supported her.

MEANWHILE, ON YAMMER



Have you checked Yammer lately? That's CLO internal social media, where all our support staff can share achievements, thoughts and nice photos of participants who give us permission to post. If you haven't been there yet, see some of our latest posts !



NEW TRAINING BUNDLES

In response to staff feedback, Learning and Development has released 3 new training bundles that combine courses into a single training event.

This will allow staff to attend a single training event to achieve competency in a range of courses.

These longer training events will best utilise staff's time and efforts for attending training.

Below is a breakdown of what each training bundle contains:

Workplace Culture Bundle (7.5hrs)

- Diversity & Inclusion (inc. CALD)
- Professional Culture (inc. Communication, Conflict Management)
- Bullying and Harassment
- Professional Boundaries

Yearly Refresher

- PCAS Bundle (7.5hrs)
- Persons-Centred Active Support
- Positive Behaviour Support
- Restrictive Practices
- Human Rights – Zero Tolerance
- Dignity of Risk / Duty of Care

2-yearly Refresher

- Workplace Health & Safety Bundle (5.5hrs)
- Health & Safety at Work (inc. IHH reporting)
- Fatigue Management
- Stress Management
- Fire & Evacuation
- Emergency Systems
- Chemicals & Substances
- Safe Food Handling
- Infection Control
- Home Standards



Head over to PeopleStreme to secure your spot in these exciting training days.

FUNDRAISER: FIGHTING MS

Hey CLO team :-)

Well, last month, I found out I have Cervical Cancer The hardest part so far has been not knowing if it comes with my MS, or whether it's caused by the medication I was prescribed for my MS. So much more research is needed! So this is my most personal motivation behind committing to the May 50K again this year.

This fundraiser supports research that can help. I'm hopeful for a future where we can either find a cure for MS or medication that doesn't have cancer listed as a side effect! In 2 weeks I'll have a hysterectomy that will hopefully remove it all, so it's not all bad, but the recovery will still be going in May, when this challenge starts. So while 100km was my challenge last year I believe 50km will be much, much harder for me this year.

If anyone knows any businesses or areas where my fundraising page could be shared, please share it, I'd love to raise as much as possible... I look forward to walking around our beautiful city again (or multiple laps of my driveway) for this incredible cause.

<https://www.themay50k.org/fundraisers/LisaMundy51355>

<https://www.frontiersin.org/articles/10.3389/fneur.2023.1119...>

Lisa Mundy

Learning and Development Coordinator



LET'S WELCOME OUR NEW COWORKERS!

Sushmita Shah • Syed Alam • Shedrack Okoidigun • Robert Shepherd • Manpreet Singh • Bipin Pokharel • Caitlin Holmes • Vikram Vikram • Kamal Sharma • Imranuzzaman • Gaurav Soni • Taylah Knight • Sally Treloar • Carren Chepkirui • Charles Eze • Anoop Kumar • Asmita Tiwari • Nicole Morssink • Popular Budhathoki • Fredick Sunela • Gurpreet Kaur • Renae White • Kate Sanders • Simon Kagira • Keshav Darlami • Ihechukwu Blessing Eke-okoro • Saman Rijal • Treena Hutchins • Pamela Nwankwo • Amandeep Kaur • Ruth Kimani • Jasmeen Kaur • Jashanpreet Kaur • Ifunanya Mary-Cynthia Okoya • Evalyn Ngari



OUR NEW PLACEMENT STUDENT (AND HER CHARMING ASSISTANT)

We are especially happy to welcome Rachel to our ongoing clinical placement program. She is currently in her 4th year of her Disability and Developmental Education degree at Flinders Uni, and has shown much enthusiasm for learning what we do here at Community Living Options. In the photo, she poses with her guide dog, Jarvis. If you're visiting the Edwardstown office, pop to the Allied Health and Therapeutics Solutions office and say hi to Rachel and this super good boy!



CALENDAR & EVENTS

SAVE THE DATE AND CELEBRATE

May

- May – ALS Awareness Month
- May – Lyme Disease Awareness Month
- May 12 - International Awareness Day for Chronic Immunological and Neurological Diseases (CIND)
- 12-May International Fibromyalgia (FM) Awareness Day
- 14 May - Mother's Day
- 18 May - Global Accessibility Awareness Day
- 27 May – 3 Jun - National Reconciliation Week
- 30 May - World Multiple Sclerosis Awareness Day

June

- June: LGBTQIA+ Pride Month
- Jun 09-24: Adelaide Cabaret Festival 2022
- 12 Jun - King's Birthday (Public Holiday)
- Jun 18: Autistic Pride Day
- Jun 19-26: Learning Disability Week
- Jun 19-25: World Refugee Week
- Jun 21: Global Day of Recognition of ALS/MND
- Jun 25: World Vitiligo Awareness Day





HAWKE TEAM

Metro would like to recognise the fantastic work of the new Hawke team in January. The team have come together quickly to ensure a smooth transition process for our new participant, working together to ensure the participant has a consistent 2:1 support roster. The team have worked hard not only building rapport with the participant, but also in establishing rapport with the guardians and stakeholders. This has supported the participant's family to feel safe and confident with the supports in place. The quality of the supports has resulted in the participant setting up her new home and transitioning from overnight stays to full time support in the home in less than a month.

The participant's family praise the work of the staff, and regularly speak of the effort the team go to supporting the participant. Travis has been supporting her in cooking healthy meals, something we were told she had never been able to engage in and stakeholders didn't think she would be able to do. She now regularly engages with staff in making pasta and stir-fry. During the heatwave Darpan and Fatuma worked to support the participant through the heat when the air conditioning broke, keeping her in front of the fan and drinking fluids. During a challenging night for the participant, Navi supported her by empowering her to work towards her goals and the quality of life that she chooses. Queengirl and Elizabeth regularly support her through challenging times by implementing the positive behaviour support plan and providing her with reassurance. James and Judy organised the participant's first proper community outing to the beach, something she had written into her NDIS plan three years ago and was unable to achieve until they organised and facilitated it. Overall, such incredible outcomes have been seen by the team in the short period since the participant has begun going to her home. We are excited to see how she is supported to work towards her goals once she is discharged into full SIL accommodation. Well done to all involved.

Thanks,

Molly Springhall
Acting Regional Manager

JOANNA BACKHOUSE

We would like to congratulate PCSW Jo Backhouse for her contribution to CLO in February.

Jo has been working at the Weld 3 service, supporting our participant Simon Blenkin since late December. Since the commencement of this service, Jo has been a strong advocate for the independence of Simon and can be seen promoting person-centred active support on a regular basis while at work. She believes and embraces all of the principles behind active support, notably demonstrating a unique ability to encourage Simon to be able to manage tasks within his own capacity, working with the participant rather than working for them.

Throughout the month of February, Jo has assisted Simon with various day-to-day activities to work towards achieving his goal of managing his finances and budgeting. Since Jo's commencement in the team, Simon has been able to keep up with his phone and internet bills, as well as support Simon to be strategic with his shopping, ensuring he gets the best deals. Simon is now regularly seen to have a full of pantry and has expressed a desire to be more creative with his new different food options for cooking. Jo is also assisting Simon to visit the local veteran's community centre down in Mt Barker, as he wanted to get connected to others who share his history in military service. Jo has been working with Simon to break down his anxiousness prior to these events, and this has allowed Simon to enjoy and make the most of these opportunities, working towards another goal of attending social activities of his choice in the community. Jo and Simon both share the same hobby which is gardening, and Jo has supported Simon to purchase and care for 2 new indoor plants, as well as 4 vegetables in the backyard garden. Jo and Simon have also begun making plans on going to the ANZAC Day memorial service and has started looking for the outfit and also the best way to support Simon. When Simon was asked about Jo, he expressed that "I am very happy to have Jo in my life as my support worker. She has assisted me with tasks that I am unable to do on my own, and helps me keep a positive outlook on life".

Thank you, Jo!

Tory Caltabiano
Regional Manager



CRAIG SCHONEWEISS

We would like to congratulate Rostering Officer Craig Schoneweiss for his latest contributions. Craig started with CLO in January of 2021 as a PCSW in the (then) Mental Health Project, before commencing as an Acting Team Leader between June 2021 and October 2021. Craig briefly returned to the frontline before returning to the office as a Rostering Officer for Metro North in December of 2021.

Craig is a dedicated, hard-working individual who has frequently demonstrated ongoing leadership, flexibility and quality in his work to support the Metro North Leadership Team. Since the removal of Rostering Coordinators from the organizational structure in late 2022, Craig has been extremely accommodating, and supportive to ensure the change management plan was executed correctly, and all feedback and communications could be flown on in a positive matter to support the team. Craig has consistently been a fantastic problem solver, who is able to identify issues with ease and is always up for a challenge to implement best practice. He has consistently been able to identify risks and lower overtime costs within the region, as well as make constructive recommendations as to where staff vacancies can be filled by existing workers. Craig also has a fantastic relationship with many of the support workers within the region, and is always extremely supportive and empathetic when helping others that require support with managing their rosters or using Emplive. Craig always has a joke or two to crack, contributing to the positive culture of the team, and always having chocolate handy to offer when you are having a rough day. Craig always goes above and beyond to serve his team and is a fabulous asset to our participants, ensuring they receive support services on a daily basis.

Thank you, Craig!



PARTICIPANT ACTIVITIES

MY LIFE MY SAY

On Wednesday 22nd March, Metro North hosted a My Life My Say forum at the Edwardstown office. In attendance were participants Paul, Venessa, and Michael. We started the afternoon by ordering everyone's favourite pizza.


We played some music and games to get the forum going. The participants took pleasure in playing ring toss, jumbo line up 4, and corn bag toss tower. Participants, staff, and team leaders all participated. Venessa played the corn bag tossing game quite impressively; despite other players challenging her, she was still able to maintain her aim. Richard spoke to the participants about the policies. Attendees were delighted to receive both Red Rooster and Pizza.



SLEEP HYGIENE

Sleeping well is a huge part of feeling well but getting enough zzzzz's isn't always easy. If counting sheep isn't doing the trick, there are some simple things you can try to make falling asleep – and staying asleep – more achievable.

[Sleep Calculator](#)



Setting a good sleeping routine

A good sleeping routine will help you get the hours you need on a regular basis.

Let's start with the basics:

- ★ Stick to a routine of setting your alarm for the same time each morning and going to bed at the same time each night.
- ★ Lay off the alcohol, cigarettes and caffeine before bed, as they can make it harder to get to sleep or may disrupt your sleep.
- ★ Keep calm, but yes, you need to turn off your television, mobile phone and laptop or tablet at least 30 minutes before bed. The light from these devices can trick your brain into thinking it's still daytime.
- ★ Practise relaxation and meditation techniques to help you switch off your mind in the evenings. Smiling Mind is a free, modern meditation program with exercises that can help you reduce stress and relax.
- ★ Try not to nap during the day.
- ★ Exercise first thing in the morning, outdoors. Sunlight can help reset your body clock.



TACKLING TOBACCO PROJECT: COMMITTEE MEMBERS NEEDED

CLO and Cancer Council SA will work together on a program called Tackling Tobacco. CLO as an organisation may have to commit to a year-long program aiming at Quitting/cutting back by 30%+. For the program to be successful we need to form a committee/practice champions that will meet on a regular basis to drive the program across the organisation this can be Participants, Support Workers, Office Workers, & Management the more we get involved the bigger the support group/chain.

The Cancer Councils' aim would be to see people STOP smoking but after several meetings they also understand CLO's clientele and would be happy to see a reduction in amount of tobacco intake by up to 30%+.

In the first stage, we need to gauge interest of people who would like to be involved in either the program itself (STOP / CUT down smoking) or the program and committee/ Practice Champion or just the Committee / Practice Champion.

If you would like more information about this project or you would like to become a member please contact:

Matt Smith - Team Leader
m.smith@clo.org.au

SOCIAL RESPONSIBILITY

DRIVE FOR DIGNITY



This year, CLO once again supported the Share the Dignity - March Dignity Drive, collecting period products for those who need them most.

Share the Dignity is a women's charity in Australia, that works to make a real difference in the lives of those experiencing homelessness, fleeing domestic violence, or doing it tough. We distribute period products to women, girls, and anyone who menstruate and need support. When someone is doing it tough, the last thing on their mind should be dealing with their period. There is still time to donate: For more information or to make a cash donation online, visit www.sharethedignity.org.au

HARMONY DAY



Our people and Culture team kickstarted the Harmony Day celebrations with a wear orange and a 100% orange breakfast.



COVID-19 REMINDERS



To protect yourself and others and help [stop the spread](#) of coronavirus:

- Practice [good hygiene](#) like covering coughs and sneezes and wiping down surfaces.
- Stay 1.5 metres apart wherever you can.
- Stay at home if you are unwell.
- Stay home and [get tested for COVID-19](#) if you have symptoms.
- Wear a [face mask](#) when required or when you can't physically distance.

Returning a positive COVID-19 test

A reminder to advise your Team Leader or Manager if you return a positive COVID-19 test result.

SA Health guidance specifies:

- if symptom-free support workers may return to work after 7 days.
- A surgical mask should be worn at site between days 8-10.

COVID-19 booster

The Australian Technical Advisory Group on Immunisation (ATAGI) has made an announcement regarding recommendations for COVID-19 boosters in 2023. SA Health is encouraging the COVID-19 vaccine this winter for all disability support workers and participants.

ATAGI recommends a COVID-19 booster for adults in the following groups if their last COVID-19 vaccine dose or confirmed infection (whichever is the most recent) was 6 months ago or longer (regardless of the number of prior doses received):

- All adults aged 65 years and over
- Adults aged 18-64 years who have medical comorbidities that increase their risk of severe COVID-19, or disability with significant or complex health needs.

ATAGI advises the following groups should **consider** a booster dose if their last vaccine dose or confirmed infection (whichever is the most recent) was 6 months ago or longer (regardless of the number of prior doses received) based on an individual risk-benefit assessment with their immunisation provider:

- All Adults aged 18-64 years without risk factors for severe COVID-19
- Children and adolescents aged 5-17 years who have medical comorbidities that increase their risk of severe COVID-19, or disability with significant or complex health needs.

The COVID-19 booster is available in South Australia from Monday 20 February 2023 from pharmacists and GPs.

In the interest of continuing to provide Person Centre support, CLO has asked all participants to advise if they would like to be supported by those who are fully vaccinated.

If you have any questions please contact your manager for further support.

Michelle Rogers

Acting People and Culture Manager

SOCIAL WORKER DAY



On Tuesday 21st March, we celebrated World Social Worker Day 2023. In our Clinical team, we have three outstanding PBS practitioners - Renata Santos, Samantha Bartalos and Jess Wang - who have a background in social work. In their work as PBS practitioners, they use their social work experience and expertise with a large variety of disabilities, alleviating biopsychosocial concerns, empowering individuals, acting as an advocate and working with others to improve the lives of their participants.

A social worker's lens has the capacity to see and communicate strategies through a holistic understanding of a person, delivering supports that facilitate social connection and enhance the range of abilities and potential that all participants have.

We celebrate and appreciate all of the wonderful and passionate Social Workers at CLO and across the disability sector! Join the celebration and show your support:

1. Give a shoutout to social workers in your community. Talk about their achievements on social media and learn more about the causes they are passionate about!
2. Attend a job fair/expo to learn about career opportunities in social work. If you're interested in becoming a social worker, learn more about the courses you can sign up for.
3. If you're a social worker, share your experiences! This celebration presents the perfect opportunity to share the rewarding experience of the job and encourage more people in the wider community to pursue this very rewarding career pathway.



A MESSAGE FROM HESTA

WHERE WILL YOUR MONEY COME FROM?

FROM OUR SUPER PROVIDER'S BLOG
(HESTA.COM.AU)

Most people have a dream of how they'd like to live once they're retired – and that's not a bad thing!

Visualising how you want to live in retirement (even if it's a long time away for you) and having an idea of what it will cost will help you to plan effectively. And the more time you have, the better chance your plan will come to fruition. So once you have the vision, it's time to work out where the funds will come from!

Super plays a big part in your retirement income. You can usually start accessing your super when you [hit your preservation age or meet a condition of release](#). You might also benefit from having a retirement income stream ([like HESTA's Retirement Income Stream](#)) which allows you to be paid an income from your super, while the balance remains invested in a tax-free environment for you.

What you can do right now

Many HESTA members find they're eligible for the Age Pension once they reach age 67. Before you reach this age, it's a good idea to understand what role the Age Pension might play in your future.

HESTA has partnered with Retirement Essentials, a website that helps you check your eligibility and apply for the Age Pension. Knowing if you're eligible for the Age Pension is something you'd want to factor into your future budget.

[Find out more about Retirement Essentials.](#)

If you'd like help understanding the pros and cons of paying off your [mortgage](#) versus putting extra money into super, our Superannuation Specialists can take you through both scenarios. If you would like a more detailed chat, our Specialists can refer you for comprehensive advice. You can also find general advice in our [Future Planner advice library](#).

You may have financial investments outside of your super and your home. Ensure you stay on top of these and keep doing your research. ASIC's [Moneysmart](#) website is a fantastic resource for all things finance including super, managing money and planning ahead.



SOCIAL RESPONSIBILITY

COMING UP: THE BIGGEST MORNING TEA



This year, we are hosting Australia's Biggest Morning Tea to help Cancer Council raise vital funds for people impacted by cancer.

We have set a fundraising goal of \$500 and could really use your help!

So, will you help me reach my goal? I've set up a fundraising page so it's easy to donate online:

<https://www.biggestmorningtea.com.au/fundraisers/HelenSchulze>

Together we can help Australia take big steps towards a cancer-free future, so please come by for a morning treat, and donate!

When: Thursday May 25th 10:00am

Where: All Clo Offices



Community Living Options

We believe that you deserve to live the life of your choice, the way that you choose.

We believe that choosing who walks through your door makes all the difference. That support workers are to respect, listen, care for and empower you to achieve your goals.

We believe that your choices, personality and passions are uniquely yours, and we're determined to let you shine.

LET'S CONNECT

CONTACT US

7221 9550
hello@clo.org.au
clo.org.au

225 Grenfell St,
Adelaide
5000

1020 South Rd,
Edwardstown,
5039

13 Newland St,
Victor Harbor,
5211