



Australian Government
Department of Defence
Defence Support Group

DCO - SOUTH AUSTRALIA
DEFENCE COMMUNITY ORGANISATION



Assistance for ADF Dependants with Special Needs

Some Defence families have a family member with special needs. Special needs in this sense can mean someone who has a physical, intellectual or learning/behavioural disability, or a psychiatric illness/disorder. It can also include those assessed as being gifted and talented.

When Defence dependants with special needs are posted, they may have difficulties accessing the services they require. These problems tend to relate to obtaining (or keeping) appropriate specialised equipment, waiting list for accessing respite or therapy services in the new locality, and having appropriate accommodation that caters for the additional requirements of the family member with special needs.

In order to address some of the difficulties, Defence has a comprehensive program of assistance and support measures that can be accessed by ADF families.

The first step is a formal process of assessment by a Defence Social Worker to determine recognition of a dependent with special needs. This process is subject to DCOHQ approval which recommends and supports assistance for the dependent.

What assistance is available?

- An assistance on posting assessment
- Assistance to access therapy services in the new locality;
- Assistance to access respite services in the new locality;
- Assistance in the provision of appropriate housing and transit accommodation; and
- A Special Needs Pre-Posting visit.

How do I find out more?

Please refer to Determination 2007/36 Dependent with Special Needs and PACMAN Vol 2 Ch 8 Part 6 for further information.

Information and assistance can also be obtained from:

- Defence Community Organisation – SA
Contact a Defence Social Worker to explain the process.
- REDLO, if specialist education support is required.
- Defence Special Needs Support Group (DSNSG).

Defence Community Organisation South Australia

How can DCO SA help you?

DCO SA provides comprehensive and responsive support services that assist ADF members and their families to achieve and maintain a balance between their Service and personal lives. These services and programs offered by DCO SA are **free and confidential** to all members of the local Defence community.

The DCO SA team consists of:

- Defence Social Workers;
- Family Liaison Officers;
- Military Support Officers; and a
- Regional Education Liaison Officer



Please don't hesitate to contact DCO SA for any advice, information or support. For our range of services; contact options are listed on Page 4.

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FLO ing words

Hi every one,

We have made it, "spring" is upon us, and warmer days and sunshine are on their way!!

Over the past few months, through the cold, rain, coughs, colds and flu we have still managed to catch up with many of you at the Coffee Club and The Chicks Flick Night, which was a great success.

It has been great to catch up with familiar faces; we also encourage and welcome any new comers to come along to any of our activities. We also have contacts for other Defence and community groups if you are looking for an outlet and the opportunity to meet people in your local area.

For more information please contact Tam or Paul at DCO SA.

Regards

Tam Norris and Paul Dreyer
Family Liaison Officers

'Going Solo Dealing with Absence in Defence Families' DVD

DCO has developed a DVD to support ADF families manage the challenges that may be experienced during a member's absence from home.

The DVD "Going Solo Dealing with Absence in Defence Families" has been prepared to assist Australian Defence Force (ADF) members and their families during times of the member's absence from home.

This DVD outlines different strategies and ideas that have been shared by ADF families to assist during periods of service related absences.

Each family is unique and develops their own strategies that work for them. We hope that the strategies outlined in this DVD will provide families with some ideas that will enhance some of the things they are already doing as a family.

The DVD is divided into the following sections:

- Preparing for the member's absence
- Staying in touch during the member's absence
- Re-uniting as a family when the member returns home."

Please call DCO SA if you have a member Absent from Home and would like a copy of the DVD to be forwarded to you.

VVCS – serving the next generation

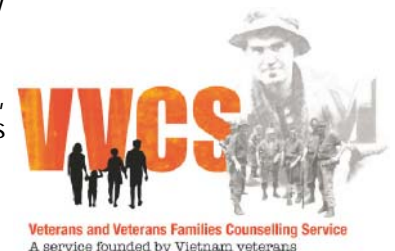
Did you know that VVCS – Veterans and Veterans Families Counselling Service is available to younger veterans, peacekeepers, current ADF members and their families?

VVCS can provide support for lifestyle, health and family matters as well as issues relating to military service or peacekeeping operations. Counselling is free and confidential and experienced staff can assist members and their families.

In addition to counselling services, VVCS supports ADF members and their families to adjust to the sometimes difficult transition from the services back to civilian life. The **Stepping Out Program** is a free 2-day educational program helping to take the stress out of this transition period. **Stepping Out** is available throughout Australia to ADF members and their partners who are in the process of transition or have recently discharged.

Other VVCS programs available include anger management, relaxation, relationships, anxiety and stress management. These programs equip participants with the skills and knowledge to lead and maintain healthier lives.

You can find us in Adelaide at 99 Frome Street.
Or call the VVCS on **1800 011 046**.



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www.defence.gov.au/dco and Email: dco.southaustralia@defence.gov.au



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SA Defence Community Groups

North East Defence Playgroup

The North East Defence Community (NEDC) is located at the Tom Derrick VC Club, Hampstead Barracks, Muller Road, Greenacres.

The NEDC is a tri-service Defence community catering to all members of the Defence Force and their families – there are many families from RAAF Edinburgh along with Navy and Army families from surrounding bases. The NEDC has indoor and outdoor play facilities catering primarily for children aged 0 to 5 years.

There is a playgroup every Wednesday from 9am until 12pm with lots of toys to play with, craft activities and plenty of coffee/tea for the adults. Every third Thursday there is an outing to explore Adelaide and every couple of months a Family Day to get to know other Defence families.

From July 2009, there will also be Spouse Support Sessions for the adults to have some time out, be involved in a workshop or just have a good chinwag about life. Additionally there will be Kids Craft Sessions run periodically for special craft activities. The NEDC activities operate all through the school holidays for older children to be involved as well.

Give us a call or e-mail or join our Facebook group – details below:
Co-ordinator: Susan Hoffmann Phone: 0438 644 157
E-mail: nedcfamily@rocketmail.com

Woodside Defence Families Association

The W DFA is a non-profit organisation with the aim to provide the means to promote the well being of Defence families posted to the area and to sponsor events that increase community spirit. These families do not have to live in the Inverbrackie area, and in most cases will live in the wider community. The W DFA is funded by DCO, with other funding coming from raffles, garage sales, pie drives and other events.

Membership is open to members of the units based at Woodside Barracks and their families. It is also available to civilian employees of 16 Air Defence Regiment, and members and families from foreign Defence forces.

The main drive for this year will be to provide aid and assistance to those families who have members of the Regiment serving overseas or on long-term courses. The W DFA will also be carrying out ongoing fundraising for the Children's end of year Christmas Party.

Community Hall: The Community Hall is air-conditioned and heated, with a well-equipped kitchen and seating for up to 75 people. There are BBQ facilities, Audio/visual equipment, and it has wheelchair access.

The hall is available for hire to anyone for \$30 for members or \$50 for non members with a \$100 deposit. Last year the hall was utilised for

engagement parties, christenings, several birthday parties, craft and other functions.

We have a Morning Tea at the hall every Monday morning in school term time from 9:30am. There are toys for the kids and this is a great opportunity to meet other families over a cuppa.

Social Club: The social club is aimed at a variety of outings suggested by our members. Each month we get together for a chick flick at the Mt Barker Wallis cinema with coffee and cake beforehand. We also vary a lunch or dinner venue each month involving husbands and children giving an opportunity for everyone to get together.

If you would like to join us for any of our events then please contact Nicole and we can add you to our mailing list to keep you informed as to what is happening each month.

Playgroup: The Playgroup is located near the Community Hall and has all amenities. There are lots of educational toys for the kids. There are normally two craft activities for children as well as outdoor play of some kind followed by a snack. We currently meet on the first Tuesday of each month and this will possibly change to a more frequent meeting.

The playgroup venue is also available for hire to anyone for \$30 for members or \$50 for non members with a \$100 deposit. The playgroup venue is great for kids' birthday parties as it's fully equipped with a kitchen and lots of toys.

Community House: This is for Defence families to utilise at any time. It is fully equipped with kitchen, play room for the kids, toy library, computer, printer, internet, scanner and photocopier.

Family Well being: Our committee members welcome families to the Inverbrackie/Woodside area with a food basket and information pack.

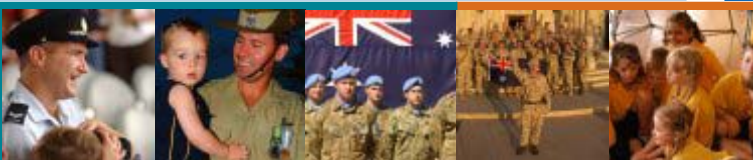
W DFA newsletter: Our newsletter is the local community newsletter for the W DFA. It helps to keep the local Defence community up to date with issues, events and more. It is a monthly edition produced by Nicole Mankowski. Any thing that you wish to be included in the newsletter should go to Nicole (preferably by e-mail) for inclusion in the next edition. Any ads require a gold coin donation.

Craft Group: Craft Group runs on Friday mornings from 9:30pm at the Community Hall. Activities are greatly varied with expert advice given.

Walking Group: Our walking group meets every Wednesday at 1:30pm. We meet at the Laratinga Wetlands Car Park (Bald Hills Road, Mt Barker). Please call on the day if you are coming to confirm. Gold coin donation appreciated. Phone Amanda on 0403 94 6547. Hope to see you there.

For information on any of our facilities or groups then please contact:

W DFA Co-coordinator – Nicole Mankowski on 0400 679 643
or e mail us on wdfa@bigpond.com



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HOW TO CONTACT DCO SA

ADDRESS:

Defence Community
Organisation South Australia
Health Centre
Keswick Barracks,
Keswick SA 5035
Tel: (08) 8305 6231
Fax: (08) 8305 6122

Email:

dco.southaustralia@defence.gov.au

Internet:

<http://www.defence.gov.au/dco>

OFFICE HOURS:

Keswick & Edinburg Parks

2 DCO Offices:

Monday to Friday
8.30am - 5pm

After-Hours & Public Holidays

Contact NWCC on

Tel: 1800 801 026

Edinburgh DCO Office:

Monday & Thursday
9.30am - 4.30pm
(Social Worker/MSO)
Tel: (08) 8393 2685

Woodside DCO Office:

Monday & Thursday
9.30am - 4.30pm
(Social Worker/MSO)
Tuesday
9.30am - 4.30pm (MSO)
Tel: (08) 8389 0317

*Contact DCO SA to
have the Bulletin
mailed or emailed to
you.*

DEFENCE SUPPORT CONTACT NUMBERS

NWCC (24 hours)	1800 801 026
All Hours Support Line	1800 628 036
Childcare Access Hotline	1800 670 305
Defence Equity Advice	1800 644 247
	1800 803 831
Defence Families of Australia	1800 100 509
DHA Customer Service	1800 249 711
DHA 24 HR Maintenance	1300 366 615
DSNSG (Special Needs)	1800 037 674
Fair Go Army Hotline (Tri Service)	1800 100 064
Lifeline	13 11 14
Kids Help Line	1800 551 800
PARENTLINE	13 20 55
Veterans Counselling Service (All serving/non serving members returned from recent deployments are eligible for this service.)	1800 011 046

DEFENCE COMMUNITY GROUPS

These Community Groups are run by friendly and enthusiastic Defence partners.

- **North East Defence Community Playgroup**
Hampstead Army Barracks, Mueller Road, Greenacres

Wednesdays 9.30 - 11.30
Contact Jacqui - **0416 070 903**
- **Proof Range Playgroup** – Contact Dianne **(08) 8867 0201**
- **Woodside Defence Families Association -
Community House/Playgroup/Walking Group/Social Events**

Contact - **(08) 8389 7273** / Jodie **0413 593 316** or Nicole **0400 679 643**



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