

Dear Families and Friends of Compass,
By now all trainees and their families will know that Jan has left Compass from the end of October after four and a half years of committed service. Last week Jan visited each of our centres to say farewell to trainees and staff, and received some lovely cards and gifts, and got to spend time with the people she has worked so hard for during her time with us. Jan will be at the Awards Night on 26 November, so this will be a great opportunity for families to get to say goodbye to Jan in a fun, relaxed and festive atmosphere. We all wish Jan all the best for the future and thank her for all of her hard work with and for the trainees of Compass and their families.



This month we also say thanks and farewell to Jess and Sam, two third year Occupational Therapy students from the University of the Sunshine Coast who have been with us this quarter for their "Emerging Role" placement as part of our ongoing and developing association with the University. Jess and Sam have done a wonderful job working alongside our staff to put their training into practice, and in doing so have made a valuable contribution to the team.

Throughout October we also received visits from approximately fifty first year OT students who visited either our Caloundra or Palmwoods centre as part of their induction process.

We are pleased to Welcome Suzanne Stuart to the Compass team. Suzanne is an Occupational Therapist who has been appointed to Compass one day per week for a three month period as a pilot project in conjunction with the University of the Sunshine Coast. The University has successfully gained funding to place Suzanne with us. Suzanne's role includes providing professional supervision to the OT students, and we are hopeful that this pilot can continue into the future.

Finally, we would like to wish Corinne and husband Mick all the best as they patiently await the birth of their second child (due last week).....

Regards, Norm

The Compass
Awards Night
Bookings details
See page 3



Date Claimers

MOVEMBER

Monday 21 November 2011
Market Preparation Power Week

Saturday 26 November 2011
Awards Night

Thursday 1st December 2011
Market Day at Caloundra

Tuesday 13 December 2011
Break Up Day for Tues– Fri Group

Wednesday 14 December 2011
Break up Day for all other groups

Friday 16 December 2011
Office closes

Monday 16 January 2012
Compass recommences



See page 4 for more details

MOVEMBER
CHANGING THE FACE OF MEN'S HEALTH



Exploring the Art of Life



Working Bee
19th November
8.30am - 1.30pm
Compass Farm
48 Christensens Rd



CONGRATULATIONS TO THE FOLLOWING TRAINEES



Luke displays his Artistic Talent

The annual Queensland Regional Art Awards is a prestigious art prize offering emerging artists the opportunity to expose and promote their work to a wide audience.



It brings together visual artists from all around Queensland in a celebration of regional and remote art makers, their art work and the extraordinary places in which they live. The theme for 2011 is: Connection.

Artists were asked to respond to the theme, exploring particularly how the idea of 'connection' relates to their lives and people and/or places of regional and remote Queensland communities.

Compass Trainee Luke was recently awarded Xstrata Young Artist Development Award - and rewarded with a cash prize - but to top it off, his artwork will show at the State Library of Queensland as well as tour throughout regional Queensland.

Further to this, earlier in the year Luke was hard at work creating some magnificent artworks to enter into a creativity contest with Kith and Kin Art Works in Townsville.



Luke received a 1st place for his piece on "Cyclone Yasi: Effects on People and Nature" and a Highly commended for his piece on "The Japanese Chef".

Kith and Kin Association organised an art competition for adults with a disability. The artwork was displayed at the Aitkenvale public Library in conjunction with Disability Action Week.

Luke was very Proud achievements.

If you want to see more of Luke's Artwork,



Luke has a solo exhibition at the new gallery run by Key for Me at The Big Top shopping centre, Maroochydore showing from 12th November until Christmas.

Special Olympics Basketball

Athletes from Special Olympics Australia will participate in the inaugural Trans-Tasman Games to be held in New Zealand's capital city, Wellington from 2-6 November 2011.

As a part of the 16 person team being sent from Qld, Renee and Shaun have accepted their positions within the team with pride. Renee and Shaun have travelled to Brisbane for training every fortnight since July, and have been developing their team building skills with their other team mates.

Renee and Shaun have the opportunity to fly over and attend the opening and closing ceremonies, and play their games at the brand new Wellington Indoor Community Sports Centre in Kilbirnie, only minutes from Wellington Airport.

The rivalry will be fierce against their New Zealand counterparts as they compete for Gold, Silver or Bronze medallions in the competition.

Enjoying sport, building friendships, sharing experiences and developing independence all make the Special Olympic games such a great experience.

We wish both Athletes great success in all of their matches.





Awards Night

Dinner and Dance

Crowne Plaza
Pelican Waters

Saturday 26th November 2011
5.30pm - 11.00pm

3 Course Meal and Entertainment
Tickets available Trainee \$25 per person
and Family Members \$45 per person

Dress - Country and Western

07 5445 9116

admin@compassinc.org.au

RSVP - 11/11/2011

Please advise any special dietary requirements



Proudly Supported



Bookings close Friday 11/11/2011 ... Get in fast !



Beaming with excitement Chad Shuttleworth is fired up and ready for a massive year. With performances across Australia in 2011 .



Compass is proud to say Chad will be our special guest for Awards night.

As a teenager, Chad's passion for country music was evident and this passion soon turned to performing.

If there was a performance opportunity, Chad was there.

Within a very short time Chad built a name as a young gun, an artist to be watched. Chad attended the CMAA College of Country Music in 2008, in 2010 Chad was a finalist in the Toyota Starmaker Competition, and closely followed by the release of his first single "Tightrope".

From here the story is simple, with hard work, determination and a passion for excellence Chad Shuttleworth is carving a promising career in the Australian country music scene and with the release of his new single "I Wanna Be That Guy", Released in July 2011, the future for Chad Shuttleworth is certainly looking bright.

No, not bright, electrifying!





SUPPORT THE CAUSE



and shared an afternoon tea with their families and friends, and raised \$28 for charity.

We would like to thank the trainees for their hard work and families for their support.



Money raised \$54

raised local... donating local... supporting local...

Palmwoods and Farm Afternoon Tea for Pinktober

Palmwoods and the Farm trainees invited parents to share their afternoon tea discussion on women's health issues and raise funds in support of the Cindy Mackenzie Breast Cancer Foundation. Staff and trainees created a spread of deliciously made pikelets and scones which were served with farm grown rosella jam and pink icing. Chocolate muffins with pink sprinkles were also served.

Thank you all for your great effort in raising \$26 for charity as well as raising awareness of Women's Health issues.



MOVEMBER

CHANGING THE FACE OF MEN'S HEALTH



Calling all Mo Bros and Sistas join the *Compass Boyz Team* Help Compass support Men's Health by participating in Movember.

You can help support research into fighting Prostate Cancer and Depression by joining the *Compass Boyz Team* as a Mo Bro or a Mo Sista or by supporting someone who is.

To support Compass Boyz go to:

<http://au.movember.com/mospace/index/search/q/compass+boyz>



Continuous Improvement Plan

We at Compass are committed to ongoing service improvement. If you have a suggestion about how we can improve our service, please write your suggestion on one of our **Service Improvement Suggestion Forms** which are available from the office, any of our centres or on our website: www.compassinc.org.au and we will carefully consider every idea.

Advocacy

Remember that you are able to bring along an advocate or support person to any meeting that you have with Compass. An advocate is someone who is there to support you or represent you and your interests in circumstances where you feel that this additional support is required. Please ask us if you need more information or assistance with organising for an advocate.

COMPASS CALENDAR

Need to check dates for the holidays or a special event? Our Annual Planner Calendar is available 24/7 at www.compassinc.org.au



20th Anniversary Demonstration of Traditional Martial Arts

On Saturday 29th October, the Kenshinryu (the Martial Arts section of the Compass Institute) held a demonstration to celebrate its 20th Anniversary of providing traditional martial arts full time in Palmwoods. The demonstration was two and a half hours long and held at the Nambour Civic Centre. We were very lucky to be joined by some of Australia's finest traditional martial arts exponents!

The demonstration included a very polished performance by the Compass Trainees. I would like to congratulate Troy, Tom, Sarah, Nicki, Sophia, Brendan, Erin, Sara, Meghan and Jonathan who represented Compass and presented such a stunning and inspiring demonstration! You made Emma Sensei, myself, your parents and friends all very, very proud.

Thank you to the staff who have helped with preparations for the demonstration and who assisted on the day, to the parents who encouraged their son/daughter to participate and do their best, and of course to the trainees who have worked so hard to perfect their performance. I think everyone can be really happy with the enthusiasm and level of technique that the trainees demonstrated on the day. I have heard nothing but extremely positive comments from the audience, including some very senior Aikido practitioners! Well done!!

Amy Sensei



Reunite service for carers

A familiar concern to carers is the fear of what might happen in an emergency involving them. Would the person who needs them be looked after? How would they get the help they need to ensure their safety and wellbeing was maintained?

Carers Queensland has recently partnered with Reunite Care Assist, an inexpensive service that provides a solution to these issues.

Unexpected things happen

Car accidents, work accidents and other emergencies happen. And it's usually when you least expect it. For carers, often the most distressing aspect of this possibility is the indirect effect it could have on the person they care for. For many, that could result in serious illness or even death. "The thing I worry about most is what would happen to Lukas if something happened to me" says Colleen, a mum and full-time carer to 23 year old Lukas who has cerebral palsy and Type 1 Diabetes.

It's not a pleasurable exercise, planning for something bad to happen but for Colleen and many other carers, it's a necessity. "If Lukas misses a meal or eats something that raises his blood glucose too high, a life threatening hypo or hyperglycemic attack can occur. Say if I was hurt in a car accident and had to be taken to hospital, unconscious. If that were to happen, I couldn't call anyone to let them know. I couldn't tell the paramedics or police. No one would know that if Lukas doesn't have his next meal, his life could be in danger too."

The importance of information

If you have been at the scene of a medical emergency, you would know

how important it is that medics are provided with as much information as possible about the people they are treating. When dealing with people with serious medical conditions, especially those with multiple medical concerns, the volume and quality of information given to medics needs to be high. If it's not, it can be difficult to make decisions and provide the best possible care. Obviously, this can dramatically affect the outcomes of treatment.

The solution to these problems lies in having access to information; recorded, stored and linked to a simple identification number. Despite the range of products and services available, it's surprisingly difficult to find a product that caters for the complex and diverse needs of carers. Most products only cater for medical information storage and not identification (ID) or in case of emergency (ICE) information for not only the person needing care but the carer as well. For people who are partially or fully dependent on their carer, it is vital their primary carer is visible to emergency services

A tailor-made solution for carers

Reunite Care Assist helps carers to ensure the person they care for is looked after if anything ever happens to them. Carers receive a primary carer facecard which stores identification and other information. This enables the Queensland Police Service (QPS) and Queensland Ambulance Service (QAS) to look up the extended personal details in the Reunite database.

Having a Primary Carer Facecard immediately alerts the police that they need to take additional steps



Colleen and her son, Lukas

to ensure the safety of the care recipient. The QPS and QAS are then able to access the care recipient's stored information and use it to help the person dependent on the primary carer.

Reunite Care Assist is integrated with the QPS and QAS. A great deal of care and effort has gone into ensuring the information collected covers as many emergency scenarios as possible. This ensures care can be provided more effectively and more quickly for the care recipient, whether it's something they are directly involved in or whether it's from a carer not being able to reach them due to an accident or emergency involving the Queensland authorities. For carers, this provides a level of certainty and peace of mind unmatched by the other programs.

Carers Queensland firmly believes in this service. We have partnered with Reunite Care Assist to help promote the service to our members.

How do I apply?

The Reunite Service will be available in the coming months. Please visit www.reuniteservice.com.au or call 3028 4911 to register your interest.

How much does it cost?

Reunite Care Assist keeps the cost for carers low. Registrations start at \$9.95 per year.

What do I get?

Every registration comes with a primary carer facecard and a wristband or a registration card. This enables the QPS and QAS to look up personal medical details in the Reunite database.

Additional facecards can be purchased. Reunite recommends that a facecard is provided to every person who regularly cares for the care recipient. The more facecards you purchase, the lower the price per card.

Added bonus in 2011!

As an added bonus, the owners of Reunite, The Ideas Company, are generously donating \$2 from every registration to Carers Queensland during 2011.

Please visit www.reuniteservice.com.au or call 3028 4911 for more information.

