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**TECHNICAL AID TO THE DISABLED (SA) INC.**

PO Box 540, Modbury, South Australia 5092

**NEWSLETTER**

No. 148 - AUTUMN, 2009

**TADSA's VISION**

To be a leader in developing unique and innovative equipment for people with disabilities in South Australia

**TADSA's MISSION**

To improve the lives of people with disabilities, the frail, the aged and those who care or assist them through the development of unique and innovative equipment, using the skills of volunteers and staff

**Happy New Year and welcome to our first edition of TADSA Newsletter for 2009**

Fundraiser for TADSA -



891 ABC  
Adelaide

Car Park Caper  
(see page 9)

Saturday March 21<sup>st</sup> 2009  
8am – 12noon

**A market place of plants, flowers & garden supplies for sale along with honey, jams and home baked cakes! – up to 100 stalls!**



**Sausage Sizzle  
Bacon & Egg Rolls  
Hot & Cold drinks**



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**See 891 ABC Adelaide's "Weekends with Ashley Walsh" LIVE from the Car Park.**

**Entry by GOLD coin donation  
Proceeds to help support  
Technical Aid to the Disabled (SA) Inc.**

Hope you can join us in the fun!



**We gratefully acknowledge the sponsorship of this issue of our Newsletter by the Lions Club of Blackwood Inc.**

## TADSA INFORMATION

**Technical Aid to the Disabled (TADSA)** is an Australia wide voluntary Organization, with branches in every State. Technical members are people with skills in many fields, who give their time to helping people with disabilities and elderly people with practical problems for which no completely satisfactory commercial solution is available. This may require modifications to existing equipment, or the construction of new, specialised aids. Sometimes we can provide the means to overcome difficulties that had seemed insurmountable.

**Technical Aid to the Disabled (SA) Inc.** is based at The Royal Society for the Blind, Gilles Plains, on site with The Royal Society for the Blind, Disability Services SA, Disability Services SA-ILC, and Adult Therapy Solutions. Our members work, where necessary, in close cooperation with health professionals. If you have a problem for us to solve, or if you know someone who has, contact us at the TADSA office. No referral is necessary; cost is normally only that of materials used, service charge and expenses actually incurred (usually small).

**Volunteers Needed** - If you have skills in the mechanical, carpentry, electrical or electronic fields, you might like to use some spare time on this challenging and most rewarding work. TADSA is always seeking more volunteers. If you would like to know more about how you could be part of our team, please telephone either the Project or Office Manager on 08) 8261 2922.

**Freedom Wheels Program** is a national program involving all state TADS working with Amway One By One Foundation to develop a range of standard add-ons that fit on a range of standard bikes. This now means that an Occupational Therapist or Physiotherapist can "prescribe" the attachments needed to correctly support a child, and a bike set up by TAD technical volunteers to suit is delivered to the child. For further information contact the TADSA Freedom Wheels Program Manager, Tony Scully at the TADSA office.



**Page-Turner Loan Program** - TADSA have 12 mechanical page-turners for loan to people with severe disabilities. A small fee for this loan is requested. Each machine has been modified to allow connecting the most suitable control device. Contact Julie in the office for further information.

**Rugged Terrain Electric Wheelchair Program** - TADSA has two Electric Wheelchairs available for loan to people with severe disabilities living in rugged terrain. For further information, contact Julie in the Office.

### Home Phone Numbers for Urgent TADSA Business –

Chairman -Richard Jackson - 8294 8591 (H)  
0412 895826 (mob)  
Secretary – Tony Scully – 70000022 (mob)  
Office Manager -Julie Peak - 0411 240118(mob)

### WHEN YOU ARE CONSIDERING YOUR WILL....

*Technical Aid to the Disabled (SA) Inc. (TADSA) provides an important service to people with disabilities in South Australia. While all work is carried out by volunteers, administrative costs need to be met. TADSA relies heavily on private donations from the public to help cover these costs.*

*People with disabilities need your help. When making your Will, please remember this Organization as a very deserving charity. Your legal adviser will tell you how best to include your donation in the document.*

Supported by



**Government of South Australia**

Department for Families  
and Communities

## NEW TADSA LIFE MEMBERSHIPS

Three TADSA members were awarded Life Membership during the 30<sup>th</sup> Birthday/Christmas Party held on 24<sup>th</sup> November 2008. Well done to Technical Members John Chivers, Bill Richards and Office Manager/Newsletter Editor Julie Peak (formerly Sullivan) – a grand total between the three of 38½ years!



*New Life Member Bill*

**Bill Richards** joined TADSA in 1998 and has helped many people in his local area in Berri. Bill's continuing dedication to TADSA is also very much appreciated.

**John Chivers** – Joined TADSA in 1999 and completed many projects for TADSA during that time. Failing health has prevented John from being as actively involved, but his continuing dedication is recognized and appreciated. (*see John's story below*)

**Julie Peak** (formerly Sullivan) joined TADSA in 1989 – in the days when the TADSA office "high-tech" equipment consisted of just 1 IBM electric Golfball typewriter! - not even a photocopier. How times have changed.

### Some TADSA Memories - by John

*"Around ten years ago, I had time on my hands and a desire to do something useful. I noticed an advertisement in the "Tiser" – Volunteers needed to help people with disabilities". What better than to help others who were less fortunate than me? I thought that with my background experience I could just be useful. Having served in the Army for 15 years, I know the importance of team work. This proved itself useful once again when I joined TADSA.*



*Technical Member John (right) with Richard Jackson (Chairman)*

*My first job was working with the then Co-ordinator Roger Davis, helping a young man with locked in syndrome. I manufactured and fitted a "gutter splint support arm" which enabled him to control his electric wheelchair. Whilst alone in the room, I directed the client to trial the electric wheelchair, moving this way, then that way. I now realise that had my client panicked he could have easily impacted the chair against the wall. This was my first lesson – avoid doing anything like this without the presence of the Occupational Therapist.*

*Another memorable encounter was working with a husband and wife who both have Friedreich's Ataxia, a debilitating and deteriorating muscle condition. Their cheerful outlook on life and determination represents many people TADSA are working with. I also noticed this with another client I worked with, a young lady with cerebral palsy who works as a part time kindergarten teacher and is very independent.*

*I have learnt during my time with TADSA that people with disabilities usually do not seek pity, we can however, offer support where needed. To all those members, both past and present I would like to say thankyou for your help and guidance during my early days. To all new members, welcome and good luck – you will find the work both challenging and satisfying. God bless."*

*- John, TADSA Technical/Life Member*

## PROJECTS ASSIGNED TO MEMBERS

1<sup>st</sup> May – 31<sup>st</sup> July 2008 - (*tp* = technical project *ap* = assessment by Project Manager)

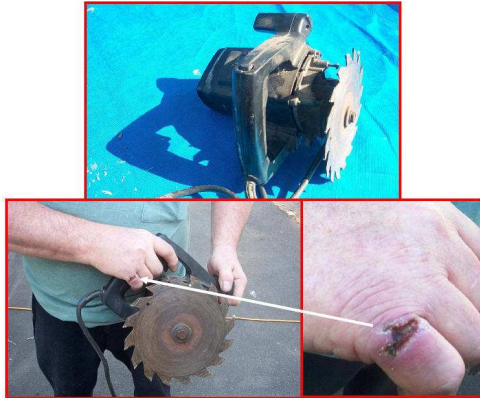
### ProjectNo. ap/tp Project Title

2009-112	ap	Auto Swing modification
2009-113	tp	Car Seat mods
2009-114	tp	Mounting for Communicator
2009-115	tp	Door Alarm
2009-116	ap	Rowing Machine Stirrups
2009-117	tp	Bedrail modification
2009-118	tp	Auto Swing modification
2009-119	tp	Drink Container
2009-120	ap	Toilet repair
2009-121	ap	Hinged Bicycle Crank
2009-122	ap	Shower Chair mods
2009-122	tp	Shower Chair mods
2009-123	tp	Car bonnet Aid
2009-124	tp	Door key reprogram
2009-125	tp	Senior Pilot loan
2009-126	tp	Rowing Machine Stirrups
2009-127	ap	Hygiene Device
2009-128	tp	Hygiene Device
2009-129	tp	Wheelchair Ramp
2009-130	tp	Walker modification
2009-131	tp	Call Unit Switch Interfaces (2)
2009-132	ap	Cpap Machine Mods
2009-133	tp	Scooter Service
2009-134	ap	Bath Chair mods
2009-135	ap	Garage Door mods
2009-136	tp	Toe Nail Cutter mods
2009-137	tp	Chin Switch for Computer
2009-138	tp	Exercise Machine modification
2009-139	tp	Heavy Ruler for One Handed User
2009-140	tp	Door Alarm modification
2009-141	tp	Battery replacement
2009-142	ap	Drinking Bottle
2009-143	tp	Hinged Bicycle Crank
2009-144	tp	Wall Bracket & Desk and Face Mask mod.
2009-145	tp	Crochet Hook handles
2009-146	tp	Toilet Flushing Levers
2009-147	tp	Crochet Hook Handles
2009-148	ap	Leg Lifter for Bed
2009-149	tp	Call Switch Repairs
2009-150	ap	Bedrail Repairs
2009-151	tp	TV Cabinet
2009-152	tp	Kettle Tipper
2009-152	rework	Microphone Mounting Repairs

There is no greater commitment than when people give of themselves. Volunteer activity is the ultimate demonstration of caring

- John W. Amerman

## OCCUPATIONAL HEALTH AND SAFETY



### **Workplace Safety – Power Saws**

“This is how **NOT** to use your power saw. The user had removed the guards to use on another saw, but couldn't find the other saw. Seeing as he only needed to make two cuts, he used this piece of equipment.”

It does not matter if you have one or 1,000 cuts to make, ensure that the tools are in good working order and with all the guards attached.

This operator can consider himself very lucky that the cut was not worse.

### **Epoxy Resin Danger**

*(article taken from Australian Manufacturing Technology Magazine – March 2005 issue)*

Epoxy Resins are increasingly in use today. They occur sometimes as a direct construction material, frequently for mould making or pouring, or as an adjunct to components. Sometimes it is simply used for repairs. Whatever the manufacturing application, concern over health and safety issues in its use is growing.

Contact Dermatitis ranks as the most common occupational skin disease in many countries around the world, accounting for approximately 90-95% of all occupational skin diseases. Epoxy resins are known to be a major cause of occupational skin disease and put the user at high risk of contact dermatitis. Most allergic Contact Dermatitis related to Epoxy resin is localized to the hands and forearms. Contaminated hands can also spread the allergen to previously unexposed sites.

In a 2003 study of occupational Dermatitis, epoxy resins were found to be the most important relevant allergen in the construction industry. The three most commonly affected occupations were floor finishers, process workers and spray painters. Although the 2003 study focused on the construction industry, it may be inferred that other industrial exposure in manufacturing leaves workers equally prone to Contact Dermatitis.

The study showed that gloves were used by only 67% of workers handling epoxy resins in many occupations. Furthermore, it was claimed none of the gloves used gave the wearer adequate protection against epoxy resins. A chemical handling protection agency, in conjunction with an independent German laboratory, recently conducted glove permeation tests for protection against epoxy resins. The chemical resistance performance was measured on eight chemical gloves against five commonly used epoxy resins.

The results revealed that the Sol-Vex glove showed no signs of permeation after eight hours contact with the epoxy resin, making it suitable for this application. The disposable alternative, Touch 'N' Tuff" did show some permeation after 45 minutes and is therefore recommended for splash protection only with regular changes. Gloves made on neoprene, natural rubber or vinyl were not recommended for protection against epoxies.

### **TADSA STATISTICS**

	<b>Nov</b>	<b>Dec</b>	<b>Jan</b>
Projects Assigned	18	22	13
Info Delivery	18	6	7
Referrals	3	-	-
New Volunteers Inducted	-	-	-

## HOW IT WAS DONE

*Please Note – Personal names have been altered to respect client's privacy*

### Project 2008-120 - ARMS TO HELP FLUSH TOILET Technical Members - Merlin



Jenny is getting on in years and was finding that she could no longer reach past her toilet raiser to push the buttons on the cistern.

Technical member Merlin Kruger made two extensions that were affixed to the rear of the toilet and pushed down on the buttons. One request from the Housing Trust was that minimal damage be done to the cistern.

*Photo by Merlin*

**PROJECT DESIGN & CONSTRUCTION TIME: 3 Hours**

### Project 2008-122 - SWAP WHEELS ON SHOWER CHAIR Technical Members - John



Eric uses a shower chair and was finding that the small wheels at the back of the chair were making it difficult to get out of the shower recess.

Eric approached TADSA to see if we could swap the front and back wheels.



Technical member John Smith made new wheel mounts for the rear wheels and extended the front legs to accommodate the smaller wheels.

*Photos John*



**TOTAL DESIGN & CONSTRUCTION TIME: 14 HOURS**

## Project 2008-129 - RAMP FOR WALKER

### Technical Members - Fred and Patrick



We were asked to make a ramp for Roy as his failing eyesight was making it harder to navigate his way up on to the front porch.

Technical members Fred and Patrick cleared away the pavers and constructed a ramp that will enable Roy to easily find his way up on to the porch.

*Photos by Fred*

**TOTAL DESIGN & CONSTRUCTION TIME: 12 Hours**

## Project 2008-136 - TOE-NAIL SHEARS EXTENSION

### Technical Member - Stephen

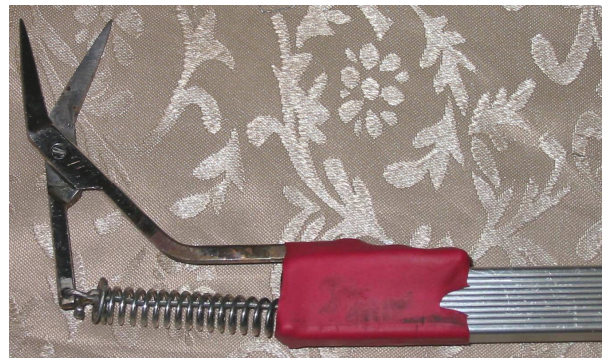


TADSA was asked to extend the arms of a pair of toenail shears. The shears were made of pressed metal that had been hardened.

The original idea was to simply extend the handles to the required 350mm, but they would have been too wide for the client to grip in one hand.

Technical member Stephen came up with the idea of using a pickup stick and fixing the shears to the end. A spring ensured the shears remained open unless they were in the locked condition.

*Photos Travis James*



**TOTAL DESIGN & CONSTRUCTION TIME: 4½ Hours**



TADSA Co-Founder, Terry

## TADSA 30<sup>TH</sup> BIRTHDAY/CHRISTMAS PARTY – 2008

The year for TADSA culminated in celebrating our 30<sup>th</sup> Birthday with our annual Christmas Party for our technical volunteers, staff, donors and supporters of TADSA. This was a special occasion – 30 years helping people with disabilities in our community. Much to remember, much to celebrate. We thank Terry – one of the original founders of the Organisation who gave an informative talk on TADSA’s history.



The main hall in the Royal Society for the Blind, Gilles Plains, provided a perfect venue for a sit down, catered lunch. Wonderful entertainment (donated by a TADSA member) was performed by “Tin Can Alley”, which included two lifetimes of musical influences, styles from 1920-40’s blues, jazz and wartime, plus some quirky originals.



There were a lot of laughs and some sentimental memories. Everyone had a great time. A very memorable day to celebrate TADSA’s 30<sup>th</sup> Birthday and to also thank all TADSA’s volunteers, staff, donors and supporters. Three TADSA members were also presented with Life Membership – Technical members John and Bill and Office Manager Julie Peak (formerly Sullivan). (see page 3)

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### PUBLIC RELATIONS NEWS

*By Ian Beaton, TADSA Public Relations Officer*

**891 ABC Adelaide Car Park Caper** The Car Park Caper is held twice a year and at each of these events a local charity is chosen as the beneficiary of money raised. Companies and individuals involved in the ‘garden industry’ hire a car park space for the day to sell their products or services and the charity receives all site fees plus the gold coin donation entry fees. TADSA has been awarded the Caper for March 21<sup>st</sup>. This is a fantastic opportunity for us as we will not only benefit from the money raised but we will be promoted on ABC radio in

the week/s before. If you have some time, please come down and show your support for TADSA (and get some bargains). Gates open at 8am and the event finishes at noon.

**CMV Foundation** TADSA was successful in its application to the CMV Foundation. We received \$2,000 which was used to purchase a display system. The new system is lighter and easier to set up than our current display board.

**TADSA website** The redesign of our website continues and we hope it will be ready to launch early in April. The new site will feature the ABC's Stateline story about TADSA, and the promotional video which was made by Flinders University students in 2008. There will also be a facility to make an online donation to TADSA.

**Talks** If you or someone in your family is part of a service club please keep TADSA in mind for speaking opportunities in 2009. Myself or someone else from the organisation would be happy to give a talk on the work of TADSA.

**TADSA talks given** (November – January 2009) – National Seniors (West Lakes) and Flinders Medical Centre

## **THE INDEPENDENT LIVING CENTRE**

### ***Pressure Management***

Some people have difficulty moving around and changing their own position. When this occurs, they may be at risk of developing a pressure ulcer.

**What is a Pressure Ulcer?** - A pressure ulcer is an area of localised injury to the skin and/or underlying tissue, usually over a bony prominence, as a result of pressure or pressure in combination with shear and/or friction. (European Pressure Ulcer Advisory Panel, Feb 2007) Pressure ulcer is the current preferred terminology; however, other names have been used interchangeably in the past including: pressure sores, bed sores, ischaemic ulcers, and decubitus ulcers.

Pressure ulcers mainly occur where the bones are closest to the skin, such as at the buttocks, sacrum, coccyx ('tail bone'), heels, toes and shoulder blades. When a part of the body is pressed against a hard surface for a prolonged period, creating unrelieved pressure, the blood supply may be reduced or cut off. This may restrict the supply of oxygen and nutrients to the area and result in tissue damage or death.

A pressure ulcer may extend from the outer layers of the skin right through to the underlying skin layers, muscle and even down to the bone. It should be noted that the skin does not need to be broken (an open sore) for a pressure sore to exist. A reddened area on the surface of the skin which does not go away may indicate a pressure area below the surface.

**Just Pressure or Other Forces?** - Pressure is a force exerting downwards. Pressure often occurs in conjunction with other forces, (eg shearing and friction), which when combined increase the risk of developing a pressure ulcer.

**Shearing:** this is a sideways force where the skin stays in contact with the surface the person is sitting/lying on (the support surface), but the structures underneath move over each other and the bone causing the blood vessels to buckle. For example, someone sitting up in bed with their legs out straight that starts gradually slipping down the bed may be experiencing shearing forces.

**Friction:** is a sideways force involving the skin rubbing over the support surface which then causes damage to the skin. This often occurs when changing position or transferring from one surface to another. Another common example of friction is to the heel area when a person moves back and forth in bed.

**Risk Factors** - There are many factors that can increase a person's risk of developing a pressure ulcer. These include (but are not limited to):

- Immobility or inability to regularly change position
- Impaired sensation—resulting in a decrease of the usual cues of discomfort or pain from the body indicating that it's time to adjust position
- Poor circulation—skin receives less oxygen and nutrients leading to skin breakdown
- Age - skin condition reduces with age making it more susceptible to damage
- Weight—overweight causes greater pressure to be exerted and under – weight results in less protective tissue over the bony prominences where pressure areas usually occur
- Moisture and heat—the presence of moisture and/or heat reduces the skin's tolerance to pressure. Common causes are sweat and/or incontinence.
- Poor nutrition or low fluid intake
- History of a pressure ulcer—when pressure sores heal, scar tissue is formed, which is then more susceptible to future damage.

**Early Warning Signs** - It is important that those at risk of pressure ulcers are given adequate care to prevent any prolonged pressure which may result in skin breakdown. Prevention is always better than a cure and once a pressure ulcer occurs it can be very hard to heal. In serious cases it may even require hospitalisation, therefore it is very important to do everything to manage pressure and check for early warning signs.

Currently there are four classification stages of pressure ulcers based on the depth of tissue damage.

If pressure is applied to 'healthy' skin it usually blanches—goes white and then returns to its usual colour when the pressure is removed. If there is a reddened area which does not blanch, then this is generally considered to be a stage one pressure ulcer. Other early signs include ongoing pins and needles or numbness.

**Part 2 next Newsletter- So what can be done to manage the risk of developing a pressure ulcer?**

*Free advice on equipment and techniques to help you with every day tasks -.  
Independent Living Centre, 11 Blacks Road Gilles Plains SA 5086  
Phone: 1300 885 886 (SA & NT callers only) or (08) 8266 5260 Fax: (08) 8266 5263  
Email: [ilcsa@ilc.asn.au](mailto:ilcsa@ilc.asn.au) Website: [www.disability.sa.gov.au](http://www.disability.sa.gov.au)*

## FROM HAPPY CLIENTS

"Dear Sirs, I know it seems a simple thing, but your help has saved my torn fingers almost daily. I cannot thank you enough."

"To Randal, I would like to say a big 'thank you' for the great job you did with my bedrail. It's absolutely great, meets my needs perfectly. Again my sincere thanks for your efforts."

*(names and addresses withheld for privacy)*

## DISABILITY GUIDE

### *Wheelchair Safety and Etiquette - Final*

Safe ways to manoeuvre a wheelchair in different situations –

**Going down steps** – this should generally be performed with the wheelchair going backwards to prevent the person in the wheelchair from being tipped forwards.

- . Reverse the wheelchair to the edge of the step
- . Lower the rear wheels down the step
- . Lower front wheels

**Pushing a wheelchair downhill** – When the gradient is very steep, it is advisable to go down backwards to prevent the person in the wheelchair from being tipped forwards.

#### **Folding a wheelchair**

- . Remove any cushions or backrests
- . Lift the footplates
- . Stand to one side of the wheelchair and lift the seat upholstery from the front and back.

#### **Unfolding a wheelchair**

- . Lean the wheelchair to one side against your body
- . Hold onto the push handle nearest to you
- . Place your other hand flat on the seat rail furthest from you
- . Push down firmly, keeping the fingers clear of the edge of the seat frame.

#### **Putting a wheelchair into a car**

- . Remove any cushions or backrests
- . Remove footplates, armrests and wheels (if wheels are quick-release)
- . Fold the wheelchair and engage the brakes
- . Bend your knees, keep your back straight and lean the wheelchair frame towards you
- . Grasp both sides of the wheelchair frame and roll the chair up onto your thighs
- . Straighten your legs to lift the chair up and into the boot
- . Remember to use your leg muscles, not your back.

### **DISCOVER WEBBYTALENTS.**

Webbytalents is a new website sharing for films made by or for people with disabilities across the world. It is also a new kind of platform at the crossroads between a social site and a site media designed to help break down barriers for the world's disabled.

On Webbytalents you'll be able to share and discover videos from around the world. Use Webbytalents to share your talents. It is free of charge. Everyone can participate and become an agent of change for better integration of disability.

Join Webbytalents to learn, share experiences, stories and testimonies. Organization and association Webbytalents helps you publicize activities and events. It is also a good way to see what people or communities from different countries think about disability. Upload and share videos and links. Discover or encourage talents and events from the other side of the world on [www.webbytalents.com](http://www.webbytalents.com).



## READING & VIEWING MATTER

The following articles and videos are available from the DIRC library. Videos, DVDs (and books etc) can be borrowed from the library. Articles can be photocopied for 10c a page. DIRC contact phone number - Library - 8236 0555

**New Additions to the DIRC Library-** (as reviewed in DIRC's Current Awareness Service No. 126)

### HEART DISEASE: Invisible Killer of Women with Disabilities

by Ellen Stohl

Heart disease does not discriminate, it can hide among other symptoms until it strikes – and then it may be too late – for everyone, of course, not just for women. This paper outlines the experiences of several women with disabilities, including one with a spinal cord injury of 17 years. Symptoms were noticed such as heart palpitations, but she also had other similar symptoms of her injury, so it was overlooked. This paper stresses women need to be proactive, to ask questions and take charge of their care. The paper also outlines some healthy habits to undertake.

NEW MOBILITY, December 2008 (7200)

### MAKING YOUR MEDICATIONS WORK FOR YOU

by Debrah Page

This paper discusses medication for people generally with spinal cord injury and offers helpful information when dealing with side effects such as drowsiness. It also discusses the use of anticoagulant medications, in particular Coumadin (warfarin), which is frequently given to SCI and other immobilized patients in hospital to treat deep-vein thrombosis, or a blood clot in the leg. This requires close monitoring by your physician or pharmacist because it has a narrow therapeutic range, too much or too little can cause serious, even life-threatening conditions. It also discusses medications for bladder and bowel control, complementary and alternative medicine and some very good Pharmacists' tips.

PN December 2008 (7189)

### THE 7 WONDERS OF THE WORLD OF DISABILITIES - by Jan Carter Hollingsworth and Laura Apel

This is a very interesting paper inspired by the editorial staff on a disability magazine based in America. The seven chosen "wonders" include federal legislation for people with disabilities (US), communication breakthroughs (Braille & Sign language), the wheelchair, Special Olympics, the Work of Dr. Wolf Wolfensberger (Principles of Normalization and Social Role Valorization), US Human Genome Project and Medical Breakthroughs (the Guthrie Test and Polio Vaccine). It is a very interesting paper to read and gives the reader the urge to think about compiling their own list of wonders in the world of disabilities.

EP MAGAZINE/www.eparent.com – November 2008 (7150)

## FORTHCOMING CONFERENCE –

### Insights and Innovations – a Family Oriented Conference on Autism Spectrum Disorders (convened by Autism SA)

**Date/time** May 28<sup>th</sup>-29<sup>th</sup> 2009

**Address** Adelaide Festival Centre, King William Road, Adelaide SA

**Internet** [www.autismasa.org.au/conference.index.html](http://www.autismasa.org.au/conference.index.html)

Email: [conference@autismasa.org.au](mailto:conference@autismasa.org.au)

An opportunity for people from the Autism SA community to meet together to hear about insights and innovations from local and international speakers, including Carol Gray, the developer of Social Stories and Comic Strip Conversations.

\*\*\*SPECIAL THANKS ALSO TO **ROBOT PRINTING** FOR PRINTING OUR CHRISTMAS NEWSLETTER IN COLOUR – VERY MUCH APPRECIATED