



Issue 17, July 2013

## Waitemata DHB CALD Child Health & Disability Newsletter

Welcome to the Waitemata DHB CALD Child Health and Disability newsletter. The CALD (Culturally and Linguistically Diverse) group is one of several Ministry of Health funded programmes that helps Auckland's three DHBs implement the Auckland Regional Settlement Strategy Migrant Health Action Plan.

### A Seminar for service providers on CALD families and disability

A very successful seminar for service providers on CALD families and disability was hosted in June by the Auckland DHB Child Development team with support from the Waitemata DHB Child Development team and the Parent and Family Resource Centre.

We knew there was a need for information sharing with other providers because at every seminar we have hosted for CALD families about accessing disability services, there have been service providers who would also like to attend. Because the priority was always to leave space for parents, we were unable to accept registrations from service providers.

This problem was solved by offering a seminar solely for service providers. The half day event was well attended by representatives from more than twenty-five agencies.

The seminar offered presentations on the demography of CALD populations and the challenges created by disability in these cultures, the social model of disability and human rights of the disabled, the Child Development Service approach to working with CALD families, and case studies presented by Community health workers Hyma Danthala and Sadiqa Hajee. There was also small group discussion about the challenges agencies are facing and an opportunity to share ideas for problem solving.



*Small group work: Participants discuss the challenges they face when providing services to CALD families with disabilities.*



*A great turn out: Service providers listening to one of the presentations offered at the seminar.*

Challenges identified by service provider organisations included limited or no access to qualified interpreters, a need for cultural competency training for staff, service specifications that do not allow for cultural difference and the cultural expectations of families for their disabled family members which can be very different from mainstream families.

Feedback from participants about the usefulness of the seminar was positive, with many suggestions about what could be included in future seminars. Team leader Madeleine Sands commented, "We're very pleased with the seminar, given that it's the first time we've offered it. It appears that there is a real

need for this type of seminar for service providers, so we will look at hosting something similar next year, incorporating the suggestions we've received today."



## An update on CALD parent support groups

**We are indeed fortunate to have four parent support groups for CALD parents operating in the Auckland region.**

Parent support groups are very valuable, particularly in CALD communities where there is often a lot of stigma and shame attached to disability. Support groups offer parents an opportunity to socialise with and learn from other parents, they decrease social isolation and the risk of poor mental health and provide a forum for speakers on topics of interest to families. Support groups can help parents to become more proactive about their child's care and provide a place to develop leadership skills.

Over time a group may change its focus or cease to exist depending on the needs and energy levels of the families. A

support group is more likely to remain active if it receives support from an organisation that cares about the wellbeing of the families. This can take the form of help with programme planning, offering a venue, contributing to the cost of venue hire or catering or identifying speakers. And of course, it's

very helpful for a service if there is a parent support group they can refer new clients to.

So what's been happening with the CALD parent support groups?

The **Support Group for South Asian and other Asian families with children with special needs** is supported by the Auckland DHB Child Development team. The group met for a family fun day on 25 July with 17 parents and 20 children attending. Two members of the group have volunteered to plan the meetings in future. For more information contact Hyma Danthala on 639 0200 ext. 27507 or email [hymavathi.danthala@adhb.govt.nz](mailto:hymavathi.danthala@adhb.govt.nz).

The **Waitemata DHB Asian Family Autism Support Group**

continues with its Creative Empowerment project. This group is supported by the Waitemata DHB Child Development Service and the Wilson Trust. At its July meeting the Korean Art and Craft Association led a session on Korean traditional knots and napkin art. Contact Karen Phang on 410-9503 or email

[karenphang@gmail.com](mailto:karenphang@gmail.com) or contact Im Soo Kim for more information. Denise Gledhill from Health & Disability Advocacy service spoke at the June meeting.

The **South Auckland Chinese Parent Autism Support Group** is currently being supported by several agencies including the Parent & Family Resource Centre, Counties Manukau DHB SuperClinic, Parent to Parent Auckland, The Asian Network Inc, Autism New Zealand Auckland branch, Independent Living Service and IDEA Services. As the July meeting was during the term break childcare was provided. Neil Stuart, of the Way to Play Programme from Autism New Zealand, talked about socialisation and play skills and parents and children were invited to participate in demonstrations of play skills and strategies. Sanny Chan from Independent Living Service interpreted. For more information contact Parent and Family Resource Centre on (09) 636 0351 or email [www.pfrc.org.nz](http://www.pfrc.org.nz).

The **Women's Morning Coffee Group** hosted by the Umma Trust has taken a break during Ramadan, and will begin meeting again after the *Eid* celebrations at the end of Ramadan. For more information contact Umma Trust, phone (09) 815 0153 or email [ummatrust@xtra.co.nz](mailto:ummatrust@xtra.co.nz) or contact Issa Yusuf.



***Altogether:** The South Asian & other Asian family support group at its Family Fun Day*



*Participants at the Creative Empowerment meeting display their Korean knot bracelets.*



***Way to Play:** Neil Stuart shows how.*



## Queens Service Medal for a champion of CALD communities



**Sue Lim:** *A dedicated worker for CALD communities*

**We are delighted that Sue Lim was awarded the Queens Medal in the recent Birthday Honours list.** Sue has been manager of Asian Health Services at Waitemata DHB since 2001, and was key in the development of a number of initiatives and programmes for Asian Health Support Services. She also assisted with the development of other Asian-specific services such as the Asian Smokefree and the CADS - Asian Counselling Service for WDHB.

Sue developed the Waitemata Auckland Translation and Interpreting Service and has been involved in health improvement projects such as providing diabetes and preventative education talks to non-English speaking Chinese and Korean communities.

More recently, Sue has overseen the development and delivery of the training modules which provide CALD cultural competency training for health staff in the Auckland region, and she has provided support and advice to us in developing our CALD Child Health & Disability Programme.

We are particularly proud of our joint work to develop *CALD 8 Working with CALD families and disability*. This was a well-deserved medal for Sue!

## A Guide for Carers is being updated

**A Guide for Carers is a guide offering practical help for people supporting family or friends who are older and needing assistance, or have a disability, a health or mental health condition, or an alcohol or other drug issue.** The guide includes information on government-funded services and supports available for carers. Last updated in 2011, it is currently being revised. The 2013 update will be available via the Ministry of Social Development and Carers New Zealand websites from September 2013.

## Information flyer for A Guide for Carers now available in CALD languages

**In recognition of the changing demographic makeup of New Zealand, the Ministry of Social Development now provides the flyer for A Guide for Carers – He Aratohu mā ngā Kaitiaki in traditional and simplified Chinese, Korean, Hindi, Farsi and Arabic.** The flyer includes information about how to get a copy of the guide plus important contact phone numbers and web site addresses for services and information.

To obtain copies of the translated flyer or for more information about *A Guide for Carers* go to <http://www.msd.govt.nz/what-we-can-do/community/carers/>.

## Choice in Community Living

**Cultural case worker Im Soo Kim invited Elizabeth Tohu, community coordinator for Choice in Community Living to speak to Asian parents about this new option.** Choice in Community Living is a new, more flexible alternative to living in a residential facility and aims to give disabled people and their families more choice about their living circumstances. Seventeen Chinese and Korean parents attended plus interpreters met with Elizabeth at the end of July. She explained the overall scheme and described its current implementation in Auckland region. The level of parents' interest was very high, with lots of questions and



**An informative meeting:** *Parents learn about the Choice in Community Living Programme*





discussion.

## Asian health promotion workshop



*Morning session: Issa and Im Soo present information about the CALD Child Health and Disability Programme.*

community-facing work including parents support groups, parent education seminars and parent feedback on services. Other presentations included health promotion initiatives in Asian communities and their outcomes and the results of the New Migrant and Refugee Swimming Pool Evaluation.

In the afternoon Issa and Im Soo challenged attendees with a quiz about cultures and Asian health indicators and facilitated a discussion about refugees, culture and disability.

Feedback on the day was very positive. The evaluation form completed by participants showed that the workshop increased their understanding of Asian cultures, gave them strategies for engaging with Asian families and communities and provided them with new networks and links into Asian communities.

**Our work with CALD children, families and disability was recently featured at an Asian health promotion workshop hosted by the Health Promotion Forum of New Zealand and the Asian Network Inc (TANI).** It was an opportunity to look at what we do from a health promotion perspective instead of our more usual service delivery mode.

In the morning cultural workers Im Soo Kim and Issa Yusuf presented an overview of the New Zealand disability policy framework, case studies to illustrate the challenges our families face and the role of the cultural case workers and a description of our



*Small group discussion: Gaining insight into the refugee experience*

## Asian carers consultation meeting



*Hard at work: Asian carers give their views on the draft strategy.*

**As part of the consultation process for the draft Carer's Strategy Action Plan, the Ministry of Social Development asked the Asian Network Inc (TANI) to arrange a focus group meeting with Asian carers.**

TANI invited groups from the Asian network plus the Child Development Service at Waitemata and Auckland DHBs to participate. Carers who attended were from Chinese, Korean, Malaysian, Pilipino and Indian ethnicities.

The groups had a good discussion about the proposal and provided Asian carers' viewpoints on the proposed new and amended objectives and new actions.

This was the first meeting the Ministry of Social Development team have had with Asian carers as part of the consultation process and they found the focus groups provided a valuable opportunity for them to understand Asian perspectives.

### For more information contact the team:

- Im Soo Kim, CALD cultural case worker – 447 0115 or ext 4115
- Issa Yusuf, CALD cultural case worker – 837 6624 ext 6199
- Sandy Latimer, programme coordinator – 021 245 7785

### Next issue:

Learn about our new resource for service providers working with Muslim families