



## Waitemata DHB CALD Child Health and Disability Project

Issue 11, May 2012

Welcome to the Waitemata DHB CALD Child Health and Disability newsletter. CALD stands for **Culturally and Linguistically Diverse**. We're one of several programmes funded by the Ministry of Health to help Auckland's three DHBs implement the Auckland Regional Settlement Strategy.

### Seminar for South Asian parents



**Parent discussion groups:** Giving feedback about what works well and what doesn't.

In March the Child Development Service at Counties Manukau DHB hosted a seminar on navigating disability services for parents of South Asian backgrounds. They were supported by Auckland and Waitemata DHBs and Parent and Family Resource Centre.

The programme in the morning included presentations by the Child Development Service, Taikura Trust, Auckland Disability Law, Ministry of Education Special Education, and Ohomairangi Trust. After lunch parents gave feedback on how well services were working for them and made suggestions on improvements to information and services. There were information tables for Kidz First Child Development Service, Ohomairangi Trust (early intervention

and parenting courses), Ministry of Education, Taikura Trust, Parent and Family Resource Centre and Disability Resource Centre. Parents and volunteers could visit these throughout the day.

The seminar was advertised in both mainstream and Indian suburban newspapers and also on Indian radio. Interpreters were available for any parents who needed one.

Child Development Service team leader Juanita Davis said, "I was really pleased with the way the seminar provided information and support to our parents and their community, and the opportunity to work with other agencies was great!"

A common difficulty reported by parents was getting information about services and finding the right person to talk to. Families found the seminar very helpful, and suggested there should be more.

### A workshop on writing a social story



**Hard at work:** Workshop participants creating their stories

At the March meeting of the Asian Family Autism Support Group, Idea Services behaviour specialist Robin Barnaby led a workshop on writing a social story or script. Writing a social story is a technique that can help people make sense of their world and therefore change the way they respond or behave. It can support parents to respond to children and situations in a positive way.

Around 20 parents attended the workshop. Interpreters were available for those who needed one.

CALD cultural caseworker Im Soo Kim commented, "All the parents said the workshop and the technique will help them with their day-to-day situations. Even though for some, writing in English was challenging, they all

managed it well." The Asian Family Autism Support Group meets at 10.30am on the last Wednesday of the month at the Wilson Centre, 1 St Leonards Road, Takapuna. New members are welcome. For more information, contact Im Soo Kim, or group leader Karen Phang by phone on 410-9503 or email on: [karenphang@gmail.com](mailto:karenphang@gmail.com).



## Waitemata DHB CALD Child Health and Disability Project

### Disability Awareness Workshop for Refugee Community Leaders

**In April, we collaborated with CCS Disability Action to offer a disability awareness workshop to refugee community leaders.**

The idea for this workshop grew out of the refugee parent seminar we offered in June last year. We knew from what we learned at the parent seminar that more needs to be done to support refugee families who have disabled family members.

In the morning, Susan Sherrard from CCS Disability Action led everyone through small group discussions about early memories of encountering disability and the messages they were given about it by family and community. This was followed by discussion about disability in the New Zealand including the social model of disability and human rights of the disabled. After lunch community leaders were given an overview of disability support services in New Zealand and information about the issues experienced by refugee families. This was followed by a discussion of what refugee community leaders could do to support disabled people within their communities. There is a considerable amount of stigma and shame associated with disability in communities from refugee backgrounds, and mental or intellectual disability is less acceptable than physical disability.

The workshop was attended by 24 community leaders. Attendees reported that they found it helpful to better understand how disability is viewed in New Zealand, that it's OK to talk about it and that support is available.



**Remembering:** Small groups explore early messages about disability

### The Asian Network Inc (TANI) Annual National Forum focuses on disability

**The theme of the forum held on 4 April was Asian health and wellbeing, and it included workshops on three strands – physical disability, intellectual disability and mental health.**



**A day at the forum:** participants discuss a point during one of the plenary sessions

At the opening session of the forum, TANI presented the findings of the Asian Families Positive Action Project, a disability awareness project they undertook in 2011. There were also presentations by Tania Thomas, deputy commissioner, Health and Disability Commission, Paul Gibson, disability commissioner, Human Rights Commission and Professor Shanthi Ameratunga, school of population health, University of Auckland.

Within each of the workshops, participants were asked to: identify the strengths of Asian communities; consider how community members and service providers could support disabled people in Asian communities; describe what the community would look like once this had been done; and

consider how TANI could help achieve this.

One of the themes that came through the workshop feedback was that Asian people have strong family and community structures and show resilience. However, disability awareness training is needed to challenge traditional attitudes to disability, and information and language barriers need to be addressed. The forum proved to be a very stimulating and thought-provoking event.

#### For project information contact the project team:

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#### Next issue:

Learn about our parent feedback groups on health services