



WELCOME TO THE CALD CHILD HEALTH AND DISABILITY NEWSLETTER.

CALD stands for Culturally and Linguistically Diverse. The CALD Child Health and Disability Programme is funded by the Ministry of Health through the NRA Asian, Refugee and Migrant Health Action Programme.

AUCKLAND DHB CHILD DEVELOPMENT TEAM SAYS GOODBYE TO A CALD CHAMPION

Staff of Auckland DHB child development team (CDT) recently farewelled their team leader, Madeleine Sands. Madeleine has moved to a role in the Ministry of Health Disability Directorate. Madeleine has been with the CDT since 1992 and assumed team leader responsibilities in 1993. Over the intervening years the team has more than doubled in size as the population of Auckland has increased. There have been challenges providing services for a rapidly ethnically diversifying population in central Auckland.


Madeleine rose to the challenge by pioneering the establishment of the cultural caseworker roles along with Waitemata DHB Child Development Service. These roles, called community health workers within Auckland DHB, staffed with people from CALD backgrounds, help CALD families to understand the New Zealand health and disability system; and to access the disability supports and services needed for their child. Cultural

caseworkers are also active in parent and community education initiatives relating to disability in New Zealand.

Madeleine commented, "It was exciting to have such a different role as part of what had previously been essentially a therapy team and challenging as the role was new and we also had to learn how to include cultural diversity into our work."

The effort paid off and a service review commissioned by Madeleine in 2014 demonstrated that the cultural caseworker positions were effective at helping the therapists to engage with CALD families, assisting team members to understand the issues facing CALD families and enabling CALD families to use the services. Last year the CALD community health worker service was a finalist at the Auckland DHB Health Excellence Awards.

Madeleine decided it was time for a change, but continues to keep disability as her focus. She is now the contract relationship manager for Equipment Management Services in the Ministry of Health. This service provides equipment and housing modifications to people with disability across the whole life span.

So thank you Madeleine for your hard work in improving access to services for CALD families with disabilities, and all the best in your new role! 



Madeleine Sands with Community Health Worker Hyma Danthala, Regional Programme Manager Annette Mortensen and Community Health Worker Sadiqa Hajee.



SOCIAL WORKER SUPPORTING CALD FAMILIES AT DISABILITY CONNECT




Earlier this year, Disability Connect was pleased to announce that it had secured funding to enable it to offer an advocacy and mentoring social work service aimed at supporting and empowering families to connect with the right agencies and to guide them to find possible pathways to meet challenges they found stressful or even overwhelming.

Angela Walter has been in this social work role for some months now, and reports that about a third of the families she sees are from CALD backgrounds. Angela notes that the most common

challenges CALD families need social work support for fall into three main groups.

One need is advocacy at a meeting with a school. Angela will involve an interpreter if required and attends the meeting with the family to ensure the family gets the information they need. Some families struggle to voice their concerns and requirements to the school, particularly if questioning those in authority is not common in their culture.

Another way Angela is able to help is by writing letters of support or contacting agencies for CALD families who are struggling with housing or income pressures, as these are more difficult with a disabled family member and often English is not the parent's first language. Angela also assists by coordinating agencies and community workers to meet and work together to enable a family to access the supports they need. Many families do not know what is available or where to ask for help.

Angela commented, "My work at Disability Connect is challenging at times, but also very rewarding. It is such a privilege to be invited to walk alongside families in their journeys." 

BOLLYWOOD DANCING AND BAKING ON THE HOLIDAY PROGRAMME AGENDA



The Support Group for South Asian and Other Families of Children with Special Needs/Disabilities, sponsored by the Auckland DHB Child Development Team, has again offered a holiday programme for families during the latest term break. The

programme ran from 11 to 15 July at the Bhartiya Samaj Hall in Mount Roskill. From 20 to 28 children with special needs and their siblings and 18 parents attended each day.

The parent-led programme included some great Bollywood dancing, passing the parcel, movie watching, musical chairs and some yummy baking of chocolate coconut balls demonstrated by Maureen Hartmann from the community. She also demonstrated and children tried out a few exercises for keeping fit. A surprise birthday celebration for Community Health Worker, Hyma Danthala, added to the excitement for everyone.

The holiday program concluded with a delicious homemade shared lunch made by the parents with different cultural cuisines. The children were presented with certificates for participation and a small gift by Annette Mortensen, Programme Manager, Asian, Refugee & Migrant Health Action Plan, Northern Regional Alliance (NRA).

Feedback from parents and children was very positive. There were a few tearful children at the end of the last day, and one parent said,

"My kids look forward to meeting their friends and we can't wait for the next one". Another parent commented, "We feel like family when we come here."

At its August meeting the support group discussed issues around respite care planning, and plans to have a speaker on this topic at a future meeting.

For more information about this parent support group contact Auckland DHB Community Health Worker Hyma Danthala 639-0200, ext 27507 or email hymavathid@adhb.govt.nz.





eCALD® MATERNAL HEALTH FOR CALD WOMEN RESOURCE IS NOW AVAILABLE!

We're delighted to announce that there is a new eCALD® resource, Maternal Health for CALD Women, launched at the recent highly successful International Asian and Ethnic Minority Health and Wellbeing Conference held by the Centre for Asian and Ethnic Minority Health, Research and Evaluation (CAHRE), School of Population Health, University of Auckland.

The purpose of this resource is to support maternal health services and practitioners working with Asian, Middle Eastern and African women during pregnancy, birth and the postnatal period to develop the knowledge, skills and attitudes needed to provide culturally appropriate maternal health care to CALD women and their families.

The publication contains research materials, useful cultural assessment tools and tips and case scenarios to enable learners to gain knowledge and skills. It is a supplement to the CALD Cultural Competency training Programme, and readers will need to have completed the pre-requisite courses.

The resource contains a very helpful section relevant to health professionals working with CALD families who have a baby with a disability. This includes the topics: reproductive loss and grief; managing communication about bad news; and end-of-life decisions in neonatal intensive care.

During the development of the resource Dr Annette Mortensen and Sue Lim consulted widely across the maternal health service delivery sector in the Auckland region. They also consulted clinical cultural experts for the cultural profile sections. Reviewers included maternal health and maternal mental health clinicians, FGM education experts, cultural experts and consumers. Feedback from the reviewers was very positive (see side panel for examples).

There has been huge interest in the resource. At the CAHRE conference alone, 400 copies of the resource were given out at the eCALD® services stand.

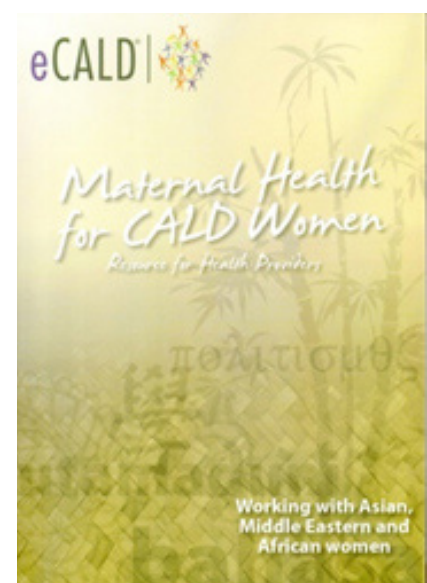
The book is available in an online HTML format which has additional video scenarios, in PDF format and there are also a limited number of paper back copies available. To learn more or to order a copy, [click here](#). ✨

"This well researched handbook is an information-packed resource covering perinatal mental health in CALD women. Descriptions of cultural beliefs and practices in various populations sit alongside case studies. A practical and engaging learning tool - highly recommended!"

Margaret Mitchell-Lowe,
Psychiatrist, Waitemata DHB

"I am totally impressed by this resource. It is filled with useful tools, approaches and advice on how to work with women from culturally and linguistically diverse backgrounds, I found the cultural profile sections simply excellent. It is an exceptionally high quality, research based resource and I cannot recommend it highly enough for any professional working with CALD women and their families."

Maggie O'Brien RN, RM(Hons)FRCM, MSc
Clinical Lead Culture Change
Waitemata DHB



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**FOR MORE INFORMATION, CONTACT
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Individuals pictured in newsletter header are models and are used for illustrative purposes only.




AN UPDATE ON FAMILY SUPPORT GROUPS AT DISABILITY CONNECT

The parent support groups offered by Disability Connect continue to meet monthly, with meetings providing parents with a range of educational and networking opportunities.

The Chinese Families Autism Support Group is a well-established, active group of parents. The group meets once a month, usually meets on a Tuesday morning in the Social Room, Te Tuhi, 13 Reeves Road, Pakuranga. In July, Elisa Slaatt from Children's Autism Foundation presented the topic of dealing with sibling issues. In August, the topic was about ways of easing a disabled youth into semi-independent living to enable families to envisage a richer future for sons and daughters who have a disability. Lawrence Chok from Family Action Support Trust spoke about the family collective style and family governed models of living. In September, the topic was stress management for parents, presented by Suet-Yi (Sue) Wong from Vagus Centre. For more information or to refer a family to the group, contact Sanny Chan at Disability Connect sanny@disabilityconnect.org.nz or phone 636-0351.

The Indian and South Asian support group usually meets once a month at Richmond Special School in Otahuhu in the early evening. In July, Christine Farquharson, Family Consultant and Occupational Therapist at Children's Autism Foundation spoke about sensory issues. For children with autism, sensitivity to sensory stimuli and sensory issues affect their moods and behaviours. At the August meeting the group held an open forum where Lisa Martin, from Disability Connect, was available to answer questions relating to navigating the disability sector. In September, the speaker was Marion Doherty, Clinical Psychologist, Co-ordinator of Kari Centre, Infant Mental Health Services and ECLIPS at Auckland DHB. Marion spoke about managing tantrums and intense emotions. For more information about the Disability Connect support groups or to refer a family to one of the groups, contact Asoka Gamage-Mendis Asoka@disabilityconnect.org.nz. You can also phone 636-0351.

In addition, Disability Connect is pleased to announce that they are trialling starting up a new south Auckland Parent Support Group meeting in Papatoetoe for Indian Families raising a child or supporting a person with a disability. This meeting is additional to the regular one at Mt Richmond Special School. It will follow a different format – a relaxed 'conversational' environment, without an official speaker. The first meeting of this group will be at Clover Park Community House on 4 October from 6:30 to 8:30

in the evening. For more information contact Disability Connect admin@disabilityconnect.org.nz or asoka@disabilityconnect.org.nz. You can also phone 636-0351 or text 027 457 8571. 

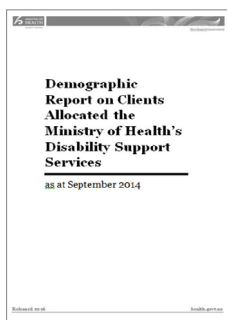




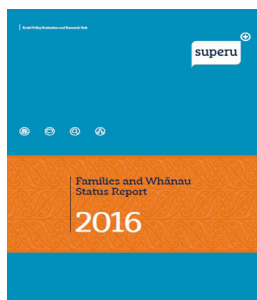
THREE RECENT RESEARCH REPORTS OF INTEREST

There have been three research reports published in the last few months which are of interest to people working with CALD communities.

In June 2016, the Ministry of Health has released Demographic Report on Clients Allocated the Ministry of Health's Disability Support Services: as at September 2014. The purpose of this report is to provide demographic information about the disabled people allocated the majority of disability support services funded by the Ministry of Health's Disability Support Services (DSS): home and community support, carer support, community residential services, supported living, and respite and day programmes. The report notes that Asian people are significantly under-represented in services. [The report is available here.](#)




The Families and Whānau Status Report 2016 has been published by the Social Policy Research and Evaluation Unit (Superu). This year's report examined ethnic differences in how families in New Zealand are faring, using the categories European, Maori, Pacific and Asian. The study found that Asian couples with younger children appeared to be more vulnerable than the national average in the areas of economic security, housing, and hours of work and pay. They were more likely to experience discrimination and to feel uneasy about expressing their identities. They were also much less likely to engage with the community through volunteering. These results indicated potential risks in terms of alienation, isolation and exploitation in the workforce. It also highlights challenges for these families in fostering a sense of belonging for their children. [The full report is available here.](#)



A recently published research paper, Neuropsychological assessment of refugees:

Methodological and cross-cultural barriers, (Velu & Leathem, 2016) School of Psychology, Massey University, Wellington



highlights methodological and cross-cultural issues encountered at each stage of neuropsychological assessment of Arabic and Burmese speaking refugees (CALD). Multiple challenges arose in terms of administration, scoring, interpretation, the tests themselves and ecological validity. The researchers found that there were more challenges in the neuropsychological assessment of people who are CALD than can be managed by adhering to current guidelines. They suggest the best approach is to find a balance between maintaining assessment integrity and working creatively and sensitively with this group. [The paper can be accessed here](#) or the thesis [neuropsychological assessment of refugees](#). 



eCALD®
Culturally And Linguistically Diverse

eCALD® news provides useful resources for health planners, researchers and providers about culturally and linguistically diverse (CALD) populations.

If you wish to subscribe to our newsletter or you wish to send us CALD related information for us to promote please email cald@waitematahdhb.govt.nz



CALD refers to culturally and linguistically diverse groups who are migrants and refugees from Asian, Middle Eastern, Latin American and African (MELAA) backgrounds.



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