



CITIZEN ADVOCACY AUCKLAND INC.

Patron: Peter Cartwright LLB, CNZM, QSO, Cst.J.

NEWSLETTER APRIL 2016



CHAIRPERSON'S REPORT

Hello everyone

I hope you have all had an enjoyable summer and it seems to be going on and on. The last time we were together was at the Christmas Party - it seems such a long time ago now. It was a great event, even though parking was a bit of a challenge. On a sadder note, Barbara passed away late December. Barbara had been an important part of CA Auckland and we will miss her smile, loyalty and energy. CA Auckland would like to acknowledge Alison for her incredible advocacy for Barbara for 25 years.

By now most of you will have heard from or met Jules Garland, Citizen Advocacy Auckland's new coordinator. Jules was previously a Board member. She started work on 18 January 2016 and has spent time familiarising herself with aspects of the programme and connecting with some of you. Jules has extensive knowledge of SRV and the principles of CA and has connections in SRV, CA, the community and disability sectors both within New Zealand and internationally. She also brings to CA Auckland experience in administration and fundraising. I would like to welcome Jules and thank her for the smooth transition to this position and for the new ideas she contributes to help make CA Auckland even stronger.

The Board has met on several occasions already this year and along with Jules have some priorities that I will outline.

Our website is in its final stages and I would like to thank Karen Wheeler for her hard work in seeing this project through to completion. The group assisting Karen are in the stage of final check of text and adding photographs. It is looking great and it will be a fresh new look for CA Auckland with updated material. We will let you know when it is live.

Following on from the Strategic Planning Day the Board are also updating policies and procedures to help CA run more efficiently and making plans around some of the actions identified for the coming year.

We made a successful application to Te Pou Workforce Development Grant to run a workshop called Relationships and Valued Roles: the Path to Integration. This will be held on Saturday 30 April 9.30 -1.00, so please diary this now to make sure you can attend. The workshop uses a short film as a reference point; it illustrates one man's community integration through valued roles and strong community relationships. At the centre of the story is Citizen Advocacy. The Board anticipates that the workshop will inspire us all to take action with new ideas and renewed energy on behalf of protégés.

The board have been discussing ways in which we can generate more funds to keep CA functioning, growing and developing. If you have ideas for fundraising please let Jules or one of the Board members know.

I am looking forward to working with you all this year and am hoping to see all of you at the Relationships and Valued Roles: the Path to Integration workshop on Saturday 30 April. It will be a great opportunity for us to reconnect.

Regards Debbie

Chairperson, Citizen Advocacy Auckland



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COORDINATOR - GREETINGS



It is exciting to be in the role of Citizen Advocacy Auckland coordinator! I would like to acknowledge Ana Maria's amazing work here for 12 years. Here is a little about me so you understand what brought me to this role. I first heard of Citizen Advocacy when I attended the Social Role Valourisation (SRV) conference in Australia in 2011 and I joined the Board in 2014. I was aware that many people with an intellectual disability are isolated, living on the margins, vulnerable and at risk of harm, and understand how crucial it is that they have at least one person in their life who is there because they want to be there, and not because they are paid to be there. I am a passionate student of SRV, studying with John Armstrong (SRV Senior Trainer). I also attended the SRV conference in USA last year and presented a paper about crafting a valued role and what holding even one valued role can bring a person at risk of devaluation. I have a family member with a disability.

Since starting in January I have been trying to meet or at least speak to all of our wonderful advocates and protégés. I am looking forward to connecting with more of you in the coming months. The Board and I wish to thank all of our citizen advocates for their commitment to their protégés and for being part of this amazing program. As well as administrative matters, I have been trying to

make new matches and providing support to existing relationships. We do have several protégés waiting to be matched, so if any of you know of someone suitable who may be interested in becoming an advocate it would be great if you could let me know or please ask them to contact me.

I know that our advocates come from a wide range of backgrounds but share a common interest: to respond to the needs of people with intellectual disability. There may be occasions when your protégé tells you something and your role as advocate will be to listen and act upon what you have heard. For example, if you become aware that your protégé is subject to physical or emotional abuse, you have an obligation to speak and/or act on their behalf to prevent the continuation of the abuse and protect their rights. If you ever have a suspicion that your protégé's rights are being violated, please contact the Citizen Advocacy Office immediately. We have access to Advocate Associates, legal advisers and many other resources.

Thank you CA Board for supporting me in my new role. Thank you to CA advocates for your instrumental and expressive advocacy. Please do email or phone me - I am here to help you.

Jules Garland - Co-ordinator

INTRO TO SRV - REFRESHER

As you all know, Citizen Advocacy is underpinned by Social Role Valorisation (SRV) which was formulated by Wolfensberger in 1983. The major goal of SRV is to create or support socially valued roles for people in their society. The roles we hold define our place in society with some roles being valued more highly than others. People with more highly valued roles are more likely to have access to "good things in life" such as: relationships, friendships, being accorded dignity, respect, and acceptance, a sense of belonging, education, financial security, a comfortable lifestyle, good health care, freedom, a place to call home, and a job.

People with disabilities are likely to hold more negative roles than positive roles and they will be less likely to have access to "the good things in life." This is one of the consequences of being seen as different from the rest of the community, in a way that is not valued; what Wolfensberger called devaluation. Devaluation results in many negative life experiences for people with disabilities including rejection, segregation, and being seen in negative roles. Unfortunately many people with intellectual disability are only seen in devalued terms such as service recipient, object of pity, and the eternal child.

A person at risk of devaluation who holds socially valued roles is more likely to have valued and competent allies or defenders who can mitigate the impacts of devaluation or protect the person from these. Also, by holding valued roles, attributes of the person that might otherwise be viewed negatively are more apt to be put up with,

overlooked, or dismissed as relatively unimportant. The two broad strategies for enhancing the perceived value of the social roles of a person are enhancing the person's social image and enhancing the person's competencies:

1. Enhancement of the person's social image in the eyes of others

It may seem superficial and unpalatable, but in our culture, people are judged on the image they present. For example when attending a job interview, a person will pay special attention to their personal appearance and what they wear to ensure they make a positive first impression.

If presenting a good impression is important for people already valued by society then presenting a good image is even more important for people at risk of being devalued, rejected and pushed to the margins. The reason for this is that if we accept that there is a risk that a community member might have already made up their mind (negatively) about someone with a devalued status, then we need to help them make up their mind in the positive. We have to "bend over backwards" to plant positive messages in their minds about the person.

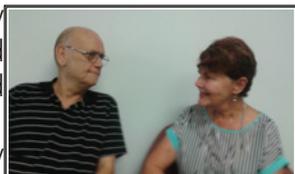
When we think of a social role, all sorts of images come to mind relating to the role. e.g. the role of fireman might evoke images of uniform, fire engine, fire hose and conversely those images evoke ideas about the social roles attached to them. Much of this perception and association is unconscious which means the negative

images we have unconsciously ascribed to people we devalue can be difficult to change. Thus positive images and associations are vital for people who are likely to be cast into negative roles. As Wolfensberger said, when positive images are associated with a party, that party is more likely to be viewed positively and accorded positive roles.

In our next newsletter we will examine the second strategy: enhancement of the person's competencies.

KEVIN AND FRAN

Kevin and I have been in a citizen advocacy relationship for 25 years. We were originally matched because Kevin wanted to be part of a family and he had no close relatives in his life.



Over the years there has been many times when as Kevin's advocate I have had to challenge the system, take action and defend Kevin's rights as a citizen. Kevin was deprived of money he was owed by the government and he received this as a result of my advocacy. Another time Kevin was able to stay on a trust board when his role was being challenged unfairly.

Recently Kevin was in hospital and it was important that I was there for Kevin to listen to the medical staff and explain to Kevin what was happening and to advocate that he receive the best treatment available.

Over the last 25 years there have been sad and difficult times and being in an advocacy relationship has been important for both Kevin and myself. Kevin and my family and friends have shared many enjoyable times together including birthdays, celebrations, community events and time spent at my sister's in Australia.

Being an advocate for Kevin has enriched my life immensely and I hope it has made some difference for him.

When your protégé is in hospital

Triple your attentiveness to your protégé's needs. The temptation is to think that the medical system cares

for your protégé as much as you do. This is a mistake that could have serious consequences for your protégé.

Medical and nursing staff perceive your protégé as a patient, not as a person like you do.

Medical staff are overworked, stressed, tired, possess human foibles, with their own personal problems like us all and are diffuse in their attention to patients around the ward. Medical staff do not have your protégé as their exclusive responsibility.

Medical and nursing staff may not be familiar with people with intellectual disability.

Medical and nursing staff may be biased against people with intellectual disability and try to conceal this but the bias may come out in subtle, covert ways in what they do, or do not do for your protégé.

Medical and nursing staff work on a series of shifts. Do not assume the communication between all these people is always clear and accurate.

When your protégé enters hospital they are entering a set of systems of care set up for people without intellectual disability. These sets of systems may be very confusing to your protégé.

When your protégé is in hospital your role enlarges because you are now not only their advocate, you are also their protector.

A protector monitors the quality of care your protégé is receiving. This means keeping a record of all medical and nursing staff involved in the care of your protégé. It involves knowing and recording what medication they are receiving and what the medicine is for. It involves speaking to both nurses and doctors to ascertain exactly the medical situation of your protégé at every stage. It may involve creating a tag-team of people [family, friends and neighbours] who will jointly monitor the health and well-being of your protégé when they are in hospital. It involves making sure your protégé receives post hospital care and attention as required. It may mean upsetting medical staff as they will not like you checking up on what they are doing for your protégé.

(Adapted from CA- Perth West)

How unpaid relationships bring different experiences and competencies is captured in this poem by Elaine Popovich.

You and I

I am a resident You reside

I am admitted You move in

I have behavioural problems You are rude

I am non-compliant You don't like being told what to do

When I ask you out to dinner, it is an outing When you ask someone out, it is a date

I made mistakes during my cheque writing program. Someday I might get a bank account. You forgot to record some withdrawals from your account. The bank called to remind you.

I wanted to talk to the nice looking person behind us at the grocery store. I was told it is inappropriate to talk to strangers. You met your spouse in the produce department. Neither of you could find the bean sprouts.

I celebrated my birthday yesterday with five other residents and two staff members. I hope my family sends a card.

Your family threw a surprise party. Your brother couldn't make it from out of state. It sounded wonderful!

My case manager sends a report every month to my guardian. It says everything I did wrong and some things I did right You are still mad at your sister for calling your mum after you got that speeding ticket.

I am learning household skills. You hate housework.

I am learning leisure skills. Your T-shirt says you are a "Couch Potato." After I do my budget programme tonight I might get to McDonalds if I have enough money. You were glad that the new French restaurant took your charge card.

My case manager, psychologist, RN, occupational therapist, physiotherapist, nutritionist & house staff are setting goals for me for the next year. You haven't decided what you want out of life.

Someday I will be discharged.....maybe.

Invitation to citizen advocates
Relationships and Valued Roles: The Path to Integration.
Saturday 30 April 9.30-1.00
(there will be a delicious brunch)
Grey Lynn Community Centre
Garden Room
510 Richmond Rd, Grey Lynn.
Facilitators Jules Garland and Fran Hartnett



Please do come along, connect with others, have some fun and be inspired to take action with new ideas and renewed energy on behalf of your protégé.

RSVP Jules by April 26th
ca.akld@ihug.co.nz or 625 7994

Other Opportunities :

Imagine Better and Auckland Disability law

Tuesday 24 May 2016 - 12:30pm-2:30pm. (register by 17 May) | Police and Court (Your Legal Rights).

•At one time or another, you may come into contact with the Police and the Courts. Do you know what your rights are when dealing with the Police and Courts? Come along to find out what your rights are. This workshop will help you deal with the police and courts in a confident way. Aimed at people 17 years plus

Mangere Community Law Centre and Auckland Disability Law

Law in a Nutshell programme

This free eight week programme runs every Wednesday, 9:30 am – 12:30 pm, starting 4 May 2016 to 22 June 2016.

Please Register as soon as possible by phoning (with your name and contact number if you reach the answer phone) or by emailing info@adl.org.nz with the following information:

•Name, email address, contact phone number and access requirements. Sessions are free. Morning tea will be provided.

Citizen Advocacy Board 2016

Chairperson Deborah Espiner
Secretary Miranda Bichmann
Treasurer Andrew Simpson

BOARD MEMBERS

Frances Hartnett (Founder)
David Hughes
Serita Lau'ese-Blaney
Helen Peterson
Annette Rogers
Kevin Rogers
Karen Wheeler

Coordinator Jules Garland

 **CITIZEN ADVOCACY AUCKLAND INC.**

MAKING A DIFFERENCE, SINCE 1990

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