



**CITIZEN ADVOCACY AUCKLAND INC.**

*Transforming our community one person at a time*

*Patron: Peter Cartwright LLB, CNZM, QSO, CSt.J.*

## NEWSLETTER SEPTEMBER 2016



### CHAIRPERSON'S REPORT

Hello everyone

Greetings to you all. New Zealand had some amazing achievements in the Rio Olympics and saw some incredible feats of sportspersonship. And we have seen more outstanding performances in the Paralympics.

Your CA Board has been busy since the last newsletter. The website is now live and we hope you will visit it and like us on Face book. Karen Wheeler and Miranda Bichmann worked with Zeald to design a website that is engaging and easy to use. Thanks to Board members who contributed to this new look. We are always looking for information, photos and stories to include to keep the website current and interesting, so if you have ideas please let Jules know. Check it out on <http://www.caauckland.org.nz>. Unfortunately Karen has resigned from the Board after being a most active member and leading us through many changes and events including the wonderful High Tea fundraiser she organized in April 2014. Karen has agreed to continue supporting us by doing our printing. We are very grateful to Karen for her contribution to CA.

We have recently completed a review of our policies. These have been updated and are in line with new legislation. We remain proactive in preparing for any funding changes and are always looking for ways in which we can generate more money to promote and strengthen CA activities. If you have ideas about ways in which we could fundraise we would love to hear from you.

On the 30th April Jules Garland and Fran Hartnett facilitated a successful CA training day - Relationships and Valued Roles: The Path to Integration. There were many great ideas within this workshop. I especially enjoyed the Path to Life / Path to Segregation and the Power of 10 activities. The morning's training was an

invaluable opportunity for advocates and Board members to work collaboratively thinking more creatively in terms of natural ordinary experiences for people with intellectual disability. The workshop was interactive with a great balance between listening and doing, sharing ideas, and updating ourselves on SRV. Te Pou's financial support was instrumental in delivering this important workshop.

Hoping we will see you at the Christmas Party. Keep warm, even though the days are getting longer and there are wonderful spring flowers appearing there is still a nip in the air.

Regards Debbie

**Chairperson, Citizen Advocacy Auckland**



**Christmas Party – Invitation enclosed.**

When: Sunday 27th November.

Time: Arrive from 5.30 for a 6pm start - we have an activity starting at 6.

Where: Polish Centre

Dress code: Please dress up for a party

Bring: One wrapped \$5 gift suitable for an adult.

RSVP: [ca.akld@ihug.co.nz](mailto:ca.akld@ihug.co.nz) 09 625 7994 (fine to leave a message)



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## COORDINATOR - GREETINGS



Greetings to you!

It has been great to connect with many advocates either individually or at the valued roles trainings in April/May. I have enjoyed meeting nearly all protégés in their homes though I do find the group residences many call home a challenge to my idea of home. I believe there is room for improvement!

It was heartening to have a couple of protégés tell me they are in employment. A number of others indicated they are keen to be in paid work. Advocates please contact me regarding the basics of employment law if your protégé is considering looking for paid employment as I would like to support more protégés into paid work. Much of what I know came from workshops delivered by Disability Law ([www.aucklanddisabilitylaw.org.nz](http://www.aucklanddisabilitylaw.org.nz)). There are clear rules around the 90 day trial period and the minimum wage exemption and no employment contract should be signed without someone checking it. Work is an important part of most people's lives and a job provides the opportunity for a socially valued role, to enjoy connection with ordinary valued people, the potential to gain new competencies, and of course money – things that contribute to a good life. Michael Kendrick notes that one of the ways people with disabilities are cheated out of a good life is that we

act as if they neither deserve nor want as full a life as their peers without disabilities. Let us together consider how protégés can live fuller lives.

Thank you advocates for your instrumental and expressive advocacy and your commitment to your protégés. Advocates - please do email or phone me. I am here to help you.

Thank you CA Board for your time and commitment to Citizen Advocacy Auckland.

**Jules Garland**  
Co-ordinator

***“Speak out. Stand up for others, especially the weak, especially the vulnerable, knowing that each of us is only here because somebody, somewhere, stood up for us.”***

**President Barack Obama**

## COMPETENCE

The two main ways to improve the perceived value of the social roles of a person are to enhance:

1. a person's image in the eyes of others (refer the previous newsletter)
2. a person's competencies.

Image and competencies form a feedback loop that can be negative or positive. So a person who is image impaired is likely to be responded to by others in ways that reduce or prevent competency. Conversely, if a person has a positive image, that person is likely to be accorded positive expectancies, and experiences that extend their competencies.

Positive mindsets and expectancies along with the developmental model (believing that we can all learn more) are powerful means toward competency enhancement that in turn enable valued roles. This is particularly relevant to people with a bodily or functional impairment.

Broad areas of personal competency include self-help skills such as walking, eating, toileting, grooming; intellectual ability, habits and disciplines including reasoning, mental engagement with tasks and knowledge; exercising personal autonomy such as self-control and self mastery and the ability to anticipate the consequences of one's decisions.

Enhancement of the competencies of people who are at risk of devaluation is important for a number of reasons. The key one is that personal competency is highly culturally valued: the more competent one is, the more accepting society is of any deviancies. In addition, competencies are needed for many socially valued roles. e.g. there will be a wider range of potential work roles for someone who can read and write, than for someone who is illiterate.

As a start a person at risk of devaluation could be supported to become competent in a skill that people value highly. For example, good table manners are a competency that flows over into enhancing image. Positive expectancies are required as is the belief that the person has the ability to learn something new. It is important to support learning of the new skill consistently so that it becomes a habit. This is likely to require buy in from support staff at the group home, or from family and other workers. The goal might be that good table manners become automatic at home and while eating out.

Being competent in something will greatly improve the chance that other people will view a person in a socially valued role. The more competent one is the more roles become available. Advocates, please contact me if you would like me to support you in helping your protégé become more competent in a new skill.

**Jules Garland**

## OUR PATRON - PETER CARTWRIGHT LLB CNZM QSO CST.J



Peter Cartwright has been our patron since the early days of Citizen Advocacy Auckland and we are privileged to have his support. At my invitation, he spoke to me about his life and what led to his interest in intellectual disability.

Peter's brother Gerard who had Down Syndrome was removed from his family by a surgeon uncle when he was only four years old, and taken to another city to live. The family did not talk about Gerard. It was as though he did not exist. This was beyond Peter's understanding at the age of two.

As a young teenager, Peter moved to Christchurch where he attended boarding school. He had learned that he had an older brother who was a resident at Templeton, a large institution for the intellectually impaired. This piqued Peter's interest and he visited Gerard. Soon he was regularly pedalling the long trip on his bicycle to spend time with his newly found brother. No other family members had anything to do with Gerard; some were embarrassed about him. Peter could not comprehend how his brother could be wrenched from the family, however well intentioned. He enjoyed a close relationship, usually long distance, with Gerard until his brother's death in 1974.

This early experience with his brother shaped Peter's interest in human rights and led to his lifelong commitment to people with intellectual disability. Peter is a lawyer by profession and practised in the commercial area. He joined

the IHC Board and the Donald Beasley Institute, chairing the latter for many years. For more than twenty years Peter chaired a number of tribunals including the Medical Practitioners Disciplinary Tribunal and the Broadcasting Standards Authority. He was also an Accident Compensation Appeal Authority making a number of leading decisions.

Family is very important to Peter. Both he and his wife Dame Silvia have extended families to whom they are close. He has long been involved with his niece who has a disability, both in practical matters and in encouraging her to pursue an ordinary life. She lives in an apartment, has a job and participates in her community. Peter acknowledged how much joy his niece has brought them over the years.

Peter likes to walk every day. He loves to attend all NZ Opera productions, and enjoys art, particularly modern art, regularly viewing exhibitions at the Wallace Arts Centre. He and Dame Silvia are looking forward to a trip to Melbourne soon where they will soak up the performing and visual arts.

Peter is very passionate about Citizen Advocacy and he sees the benefits it brings to our protégés. He knows how vital it is for people with an intellectual disability to have at least one person in their lives who is independent and who will promote, protect and defend their personal well being and interests.

**Jules Garland**

***Mindfulness, a meditative practice focusing on attention and awareness training, has been shown to have positive effects on mental and physical wellbeing. A recent review of studies has also shown that mindfulness meditation helps people with intellectual disabilities and autism spectrum disorder.***

**<http://theconversation.com/mindfulness-can-improve-living-with-a-disability-51990>**

### What does the Citizen Advocacy Program ask of Advocates?

As a Citizen Advocate, you have a responsibility towards your protégé and the office is here to support your relationship. You are encouraged to keep in contact.

We do ask that you:

- Keep the commitment you make to your protégé.
- Keep in contact with the office so that we can assist you in your relationship with your protégé.
- Contact the office ASAP if you are moving, your phone numbers change, or your circumstance or situation changes.
- Let us know if there is any extra support that we can offer. We would like to help you with any issues you may encounter in your relationship.
- Participate with your protégé in evaluations of our

programme so that we know whether the programme is meeting your needs and your protégé's needs. This also helps determine ways in which we can improve the services and infrastructure of Citizen Advocacy.

### What does the Citizen Advocacy office offer advocates?

PERSONAL SUPPORT AND FOLLOW UP. The office can be a good source of support. You are encouraged to contact us any time for information, advice or just to share your experiences. The office can assist you to understand the individual needs of your protégé and may at times make suggestions to help you. It is always useful to talk over issues and problems with other people and usually it is easier to work out a resolution together. If required we can place you in contact with an Advocate Associate who has the specialised knowledge or skills you seek in dealing with your concern. We have contacts who are knowledgeable in many areas including the law.

### Our Mission

*To establish and support freely given, enduring, one to one relationships that will promote, protect and defend the personal well-being and interests of people with intellectual disability in order to enhance their acceptance and participation as valued citizens in our community.*

### **Some common life experiences faced by people with disabilities and ideas on how to respond:**

#### **Common Life Experience**

*Rejection*

*Isolation and segregation*

*Low expectations & dependency*

*Little or no control over making decisions*

*Few or no stable relationships*

*Subject to stereotypes, ridicule & social stigma*

*Great personal insecurity*

*Limited life experiences*

*Abuse, ridicule and neglect*

#### **Citizen Advocacy response**

*Make a link to someone who cares.*

*Help to engage the person in activities within community life.*

*An advocate sees the potential of the person and encourages and supports their independence.*

*An advocate assists a person to understand and allows opportunities for choice and control over decision making.*

*Help establish potential for long term relationships.*

*Works to destroy these prejudices through positive interactions in the community.*

*Increases a person's sense of belonging, self confidence and self-worth.*

*Engages a person with their community by allowing a variety of opportunities to meet people & gain experiences.*

*Provides protection from exploitation & neglect.*

#### **Citizen Advocacy Board 2016**

**Chairperson** Deborah Espiner  
**Secretary** Fran Hartnett  
**Treasurer** Andrew Simpson

#### **Board Members**

David Hughes  
Serita Lau'ese-Blaney  
Helen Peterson  
Annette Rogers  
Kevin Rogers

#### **Coordinator**

Jules Garland

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