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Dear Inala Families and Carers,

We hope you are all well and healthy, and have had a good week. We miss you, and continue to send our warmest wishes and look forward to when we can see you again soon.

What's been happening?

As we have all heard, Australia has been successful in 'flattening the curve', and so the NSW Government has started deliberations on easing some of the restrictions currently in place. The NSW Government announced on Tuesday 28th May that from Friday 1st May a maximum of two adults can visit friends or family at their home. Any visitors will still be required to practice social distancing and practice good personal hygiene. Extra care is to be taken if visiting vulnerable people.

Accordingly, we are also turning our attention to a planned and measured approach to the eventual transition to 'normal services' as and when restrictions and guidelines allow.

This will be a staged approach and will be in line with Government recommendations and changes to restrictions. Our approach will also be particularly mindful of anyone with increased health risk or vulnerability. We will keep you informed as our planning evolves and more direction and information from NSW Health and the Government becomes available.

In the meantime, everyone has discovered ways to enjoy this slower pace, to make the most of the beautiful autumn weather and to discover and explore new activities to do in and near the home. Many of us who are still travelling for work are particularly enjoying the reduced traffic on the roads, those of us who are spending some time working from home are enjoying the trackies and ugg look!

Activities at Inala

Day supports continue to be provided in the homes for Inala residents, and at our Day service outlets (naturally with very significantly reduced numbers allowing for ample social distancing) for those non-Inala resident clients who still would like to attend and participate.

We continue to provide a range of interesting and stimulating activities while respecting the social distancing guidelines currently in place. Art and craft, music, and exercise programs continue to feature as we incorporate personal interests in daily programs. We are also speaking to families who are supporting their loved one at home and offering flexible support to assist and provide some form of short or regular weekly assistance.

Inala staff continue to shine with many creative ideas and activities being developed to support clients and their fellow colleagues in these unusual times. Some of these have been regularly shared in our Facebook and Instagram posts, please make sure you enjoy and share with friends.

You can see some of the more recent gems such as the Accommodation Master Chef Challenge, the making of beautiful Anzac day poppies, Ken, Leighton & David's "Ode to Food", the travelling Music sessions with Rebecca and Maria, and the fantastic 'Becoming a Rock Star' video to name a few! They can be seen by following this [link](#) to the Inala Facebook page – please 'follow us' while you are there to continue to see some great videos and images.

COVIDSafe App

The Australian Government launched the COVIDSafe App earlier this week – an application you download on your phone. The Government and Health Authorities have asked Australians to download the App to help speed up the process of finding people who have been in close contact with someone with COVID-19, enabling faster contact with people who are at risk.

This is another way we can help everyone in the community, particularly the Inala community, to stay safe and healthy. Please follow this [link](#) to read more about the COVIDSafe App and ensure you are informed about how it works and the privacy of information.

Assistive Technology funding flexibility

The NDIA have announced they will be flexible in relation to how Assistive Technology funds are spent and this will now include Smart Devices such as iPads. In the past there have been very strict guidelines and personal devices were not part of the criteria. This might be a good opportunity to consider purchasing this technology for your son or daughter as it will have benefits now and also beyond the current climate. If this is something you would like to progress please call your Support Coordinator to assist you.

Some special birthdays!

Susan Stuby, one of the founding parents of Inala and mother of Geoffrey, is celebrating her 90th birthday this Friday. Susan has been a remarkable pillar of the Inala community for over 60 years and we hope you can all join us in wishing her a very happy birthday. We are all thinking of you Susan and thank you for your ongoing support and particularly your foresight, determination and commitment 62 years ago.



Susan captured the spirit of Inala when she spoke at the 60th Anniversary celebrations in 2018, "The Inala family comprising all our wonderful staff, parents and friends, volunteers and most of all our very special children and adults are so very fortunate to have this home of peace and I am grateful to have witnessed the continued growth and for Geoffrey to have the benefits".

Happy birthday Susan, we wish we could all celebrate together in person!

Ken McRae is also celebrating a special birthday this weekend, when he turns 60 years old on Sunday. Ken will be celebrating with his housemates and two family members. His friends have been preparing a birthday sign all week and Mulla Mulla have purchased new glasses for Ken's favourite iced coffee. We look forward to sharing some photos of the day.

How can we help?

We have enjoyed getting in touch with you to check in, say hello and see how you are getting on during this unusual period. We are happy to see some of our friends starting to transition back to Day supports or take advantage of at-home support.

We will do everything we can to facilitate any requests, naturally including supports in or from home for such activities as walks, outdoor activity and exercise, or suitable in-home supports if appropriate.

If you do decide you would like to return to your regular Day services could you please provide at least 2 days-notice so we can ensure we have available staff. Alternatively, please contact us at any time if you would like to discuss the option of some in-home support.

Thank you for your continued trust and support

As always, if you have any questions, please contact us, in the first instance via your relevant service Manager. All questions are reviewed and discussed by the Executive management team in our weekly Planning and Response meetings.

We will to continue to do our utmost to ensure that each person connected with Inala continues to be supported as fully and safely as possible and that our positive pro-active planning is in place to ensure the wellbeing and peace of mind for all our Inala community.

Keeping up to date

We will keep you updated as the situation evolves, and especially as news and Government guidelines become available so the transition to normal activities can commence.

Once again, our sincere thanks for your cooperation, support and patience during this unprecedented time.

We hope you have a good week and stay healthy and well.

Kind regards,



Martin Porteous
Joint Chief Executive Officer



Rebecca van Bilsen
Joint Chief Executive Officer