

communication

matters

SPRING 2014



ANNE COONEY RETIRES

ADOPT A GRANDPARENT

STROKE FOUNDATION

**PRIVATE PRACTITIONER
MEMBERS' REP**



New Zealand
Speech-language
Therapists' Association

Tē Kāhui Kaiwhakatikatika Reo Kōrero o Aotearoa

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Editorial – Marja Steur

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KIA ORA KOUTOU

This issue's cover shows Anne Cooney, who recently retired, and Margaret Walker, the founder of Makaton. Liza Brown from Makaton NZ/Aotearoa describes Anne's instrumental role in establishing Makaton in NZ.

Further in this issue we feature profiles from our Private Practitioner Members' Representative, Rachel Patrick, and from most of our current Student Representatives, Marie Jardine, Elyse Andrews, Ruth Price, Jenny Flemming, Sophie Harding and Chloe Lawrence. There are changes occurring in student reps at the moment with final year students stepping down and 1st or 2nd year students stepping up.

Claire Gee from the Stroke Foundation of New Zealand-Canterbury describes the role of the Foundation and their Community Stroke Advisor service.

From Massey University's BSLT students Michaela Powell and Rebecca Swan we hear about their inspiring intergenerational project Adopt-a-Grandparent.

Two articles focus on how we work in multidisciplinary teams. Brooklyn Davis describes how connections were made between paediatric therapists. Robyn Gibson presents a case study about the impact of antiseizure medication.

Sally Kedge would like to establish a Behaviour Special Interest Group, and invites therapists working with children and young people with behavioural difficulties or those involved in the legal system to contact her.

By the time you read this, Awareness Week 2014 will be behind us. Sachi Leslie tells us about their successful and fun week at The Princess Margaret Hospital in Christchurch. I hope you all had a successful week – do send me your stories and photographs!

Noho ora mai
Marja



COMMUNICATION MATTERS IS PRINTED ON RECYCLED PAPER USING VEGETABLE-BASED INKS



Helen McLauchlan President

president@speechtherapy.org.nz

As I write this the signs of spring are emerging everywhere and along with more sunshine and longer days it really feels as if the seasons are changing. Personally, for me and my family, it is also a time of change with a move from Auckland to Marlborough. For the association there is also change in the air. As you are aware our previous administrators both resigned during the past six months and this has resulted in the Executive Council reviewing the operational needs of the association. I am pleased to inform you that we have engaged the services of Business Professional Services Ltd (BPS) a company which specialises in offering services for not-for-profit organisations www.bpsl.co.nz. We have engaged with the team at BPS Ltd for an initial period of 12 months to provide NZSTA with secretariat support. We look forward to the benefits of continuity and the collective expertise that this relationship will provide the EC and the association as a whole. We are currently in a transition phase as we handover existing, and develop new, systems for our membership. Please do not hesitate to contact me if you have any questions president@speechtherapy.org.nz.

Our colleagues at Speech Pathology Australia have recently been engaged in a senate enquiry into the prevalence of different types of speech, language and communication disorders and speech pathology services in Australia. The senate report has recently been released with ten detailed recommendations which direct the Australian government Department of Health to progress a programme of work that will identify, improve, support and expand speech pathology services in Australia. This report represents a significant effort from our partner association in Australia and we commend them for this remarkable effort. The focus now shifts to lobbying federal and state governments in Australia to implement the recommendations. The report is available on our website www.speechtherapy.org.nz - latest

news, or you can access information via the Speech Pathology Australia website - www.speechpathologyaustralia.org.au/lobbying-a-advocacy/national-inquiry.

The International Communication Project continues to engage us at all levels of the association. I would like to thank Libby French, Alexandra Cave, Annette Rotherham and all the Kiwi ICP team for their efforts over the past few months in promoting and developing a 'NZ' flavour to this international project. I continue to represent the NZSTA on the international strategic advisory group for this project and we continue to work towards strategic goals such as the full recognition of communication disability in international health policies and programmes within organisations such as WHO and United Nations. While these are large goals, they are not beyond our reach with international collaboration and the recognition of local, ground level activity which contributes to the bigger global effort. We also acknowledge that while 2014 was the launch year for the ICP, activity under this project will continue beyond this.

I would also like to acknowledge the work of Colette Maier who will be stepping down as Chair of the Programme Accreditation Committee (PAC) in October. Colette has been part of PAC for many years as a committee member and then chair. She has worked tirelessly for PAC, making a significant contribution, including being a key member of the NZSTA Mutual Recognition Agreement (MRA) team. Her professionalism and expertise will be missed greatly. On behalf of the NZSTA I thank Colette and wish her and her family all the best.

It seems fitting to me as I settle into a new area and start to 'make connections' that this was the theme for our Awareness week. I am always inspired by the activity of awareness week and beyond and welcome hearing about what is happening within your communities. – Helen

Anne Cooney retires

WORDS: LIZA BROWN, SLT AND TRUSTEE & SECRETARY/TREASURER OF MAKATON NZ/AOTEAROA

PHOTO: ANNE COONEY



The end of an era. Anne Cooney has been the name associated with Makaton in NZ for decades. Anne was instrumental in establishing Makaton in NZ after the initial introduction of Makaton in NZ by Patricia Buckfield, Paediatrician, in 1980. For nearly 30 years Anne has been passionate and committed to supporting SLTs, educators and families to understand what Makaton is and how it can support communication. Anne was instrumental in promoting that Makaton align signs with NZ Sign Language in 1998. Anne was Chairperson and National Training Officer in excess of 25 years!

A few of Anne's achievements over the years include: The NZ Version of the Makaton Core Vocabulary, publication of the Sign Illustrations book, the Symbols book, the two pocket books and production of a DVD demonstrating the Use of Makaton in NZ. Anne has led over ten Makaton Tutor Training courses in New Zealand and had oversight of changes to Makaton workshops. Anne has spoken at several international conferences in relation to Makaton in NZ.

In addition, Anne has always promoted the use of Alternative and Augmentative Communication. Anne worked and managed TalkLink in Auckland from July 1994 to September 2000.

Anne played a role in establishing the Auckland University program for Speech-Language therapy. She has a passion for passing on knowledge and strengthening the profession. Anne regularly had SLT students on placement.

Anne has also worked extensively as an SLT in NZ since arriving from Australia in 1986. Anne has worked with adults and children, specializing in supporting adults with an intellectual impairment, both in the community and in residential settings. Anne has also worked in private practice supporting adults with TBI and Aphasia.

Anne has contributed much to the profession over a number of years and we wish her much happiness in her well-deserved retirement.



The Stroke Foundation

WORDS: CLAIRE GEE, COMMUNITY STROKE ADVISOR, STROKE FOUNDATION OF NEW ZEALAND – CANTERBURY

The Stroke Foundation is the only organisation in New Zealand dedicated to reducing the incidence of stroke, improving treatment outcomes, and supporting those affected by stroke. The Foundation is a not-for-profit organisation that supports a team of Community Stroke Advisors and dozens of stroke clubs throughout New Zealand.

The Stroke Foundation is governed by a board of directors. It has a national office based in Wellington and three regional offices in Auckland (Northern Region), Tauranga (Midland Region) and Christchurch (Southern Region).

Our mission is to:

- save lives
- improve outcomes
- enhance life after stroke

Stroke is the third biggest killer in New Zealand. Around 9000 people in New Zealand have a stroke every year; that's 24 people a day. A quarter of all strokes occur in people under 65 years old. It is currently estimated that there are 60,000 stroke survivors living in New Zealand.

A stroke is a brain attack – a sudden interruption of blood flow to part of the brain causing it to stop working and eventually damaging brain cells. The effects can be devastating and may last a lifetime.

The Community Stroke Advisor (CSA) service is a free service available throughout New Zealand to discuss any stroke related issues a stroke survivor may have and help them find the help they need. A CSA can make hospital or home visits to assess needs and help the stroke survivor reach the best possible outcomes in their rehabilitation journey. They can provide support and information to stroke affected families/whanau and carers. They liaise with stroke clubs, and other appropriate community groups, and network in the community to create links and supports for the stroke survivor and family/whanau. CSAs also undertake stroke awareness and prevention presentations to community groups and offer training seminars to health providers.

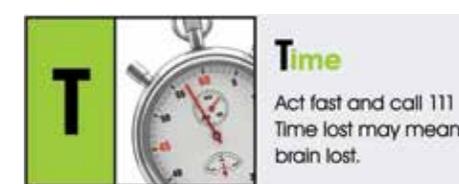
People affected by stroke can be referred to our advisors by health professionals, hospitals, residential aged care facilities,

local community organisations or by self-referral. CSAs usually work closely with the hospital team but are independent of the hospital and it is important to remember that CSAs do not directly provide any of the services that may be required such as physiotherapy or home help; their expertise is in helping to find and access those services.

A CSA is also able to provide information and details about stroke clubs, where people who have had a stroke can come together for mutual support, share experiences and help each other. The clubs encourage social activities and organise outings. CSAs can also refer to other social and community activities such as exercise groups, sports or games, art/craft groups or therapies, caregiver support groups and younger stroke survivor groups.

Stroke can impact on a person and their family/whanau in a variety of ways - physically, psychologically, emotionally, socially and financially. This is why we exist.

“The Community Stroke Advisor (CSA) service is a free service available throughout New Zealand”



Adopt-a-Grandparent

WORDS: MICHAELA POWELL AND REBECCA SWAN, YEAR 4 STUDENTS



“Through intergenerational practice we can help to create connected, caring communities”

We are living in a world with an aging population, with many older adults in residential care. Often these older adults are socially isolated with a reduced quality of life. The younger generation is also becoming disconnected from the older generation and at risk of losing out on their positive influence.

Intergenerational practice can bridge gaps between generations by reducing stereotypes and barriers. It brings together different generations so they can benefit from shared knowledge and experiences. This year we were privileged to be involved in a local intergenerational scheme.

The Adopt-a-Grandparent – Befriend a Child scheme is a programme involving Aria Gardens Home and Hospital, Albany Primary School, and Massey University BSLT. The pilot ran from August to December 2013, where 20 Year-6 children were matched with residents with a range of cognitive, sensory and physical abilities. The children and grandparents met frequently to participate in fun activities.

In the pilot, the SLT students provided an educational session to the children on effective communication with older adults. In 2014, we collaborated with the school and Aria Gardens to further develop the SLT’s role within the programme. We provided four educational sessions to the children about effective communication with older adults; memory and dementia; memory books; and TimeSlips (creative story telling that encourages engagement in communication using imagination).

We also facilitated a TimeSlips session where the children and grandparents co-created a story. We helped to support conversations between the generations; repairing communication break downs and modelling communication

strategies. There was a lot of talking, and smiles that afternoon!

“It’s great to see the kids engaging and taking on board the messages about communication. It helps to foster lifelong communication skills that they could use with anyone.” (SLT student)

“I’m really enjoying being a part of this programme...several residents have commented about the programme and how they enjoyed it.” (SLT student)

In July 2014, the scheme was introduced at Aria Bay Retirement Village and Sherwood Primary School. Massey students are again providing support and education to the children and residents taking part.

The highlight of this experience was seeing the children and grandparents interacting. They were smiling and enjoying each other’s company while the children implemented the communication strategies we taught them. It really validated the programme’s worth and the effort that the participants put in to make it successful. It also gave us an opportunity to become involved in the community.

It seems clear that SLTs are in a perfect position to facilitate intergenerational practice. We are able to relate to and work with both generations; we have the knowledge to prepare both generations for the interactions; and we can educate the community on communication difficulties faced by the aging population. Through intergenerational practice we can help to create connected, caring communities.

We hope the scheme will continue to grow and develop. It would be great to see programmes like this taken up by other schools and facilities in the future, with SLTs as an integral part of the process.





Private Practitioner Members' Rep

WORDS: **RACHEL PATRICK**

Kia ora to all NZSTA members. I would like to introduce myself as your “National Private Practitioner Members’ Representative” (NPPMR). This is a new role that has recently been developed by the NZSTA, and I am the first person to fill these boots! It is a big learning curve for me, but an area that I have grown a passion for over the past few years since embarking on the private practice journey myself. My main responsibilities in this voluntary role are to:

- Provide support for NZSTA members in Private Practice
- Respond to the needs of Private Practitioners
- Assist the NZSTA to grow its Private Practitioner membership

I studied my BSLT at the University of Canterbury 1996 – 1999, and have since worked at the Ministry of Education (SES, GSE, Special Education) in Manukau, Nelson, and Blenheim as a Speech-language Therapist, and a six month stint as Acting Service Manager, before having children. We went to the UK for 2 years, where I worked as a Locum SLT for a Local Education Authority (LEA) in East London schools, and for the NHS in Aberdare and Merthyr Tydfil (South Wales). Since moving to the Manawatu, I thought I’d keep a low profile while I helped our children settle in to a new place and start school. However, word travels fast and I was soon being asked to put my knowledge and skills to good use. My logical next step was to go into Private Practice, but I had so many questions and didn’t know

where to begin! Luckily, I had a friend in Private Practice who gave me a lot of good advice when I was starting out. I hope to be able to help other SLTs who are now starting out in Private Practice. I do not promise to have all the answers, but aim to guide people who request my assistance.

Being in Private Practice can be isolating. I tend to value NZSTA Area Meetings, NZSTA Conference, and Professional Development events even more now. As well as extending and developing my skills and learning, they are also opportunities to connect and network with other SLTs. I appreciate the support of other SLTs in Private Practice who I have met this year and those who have contacted me, to offer their assistance to me in this role. A big ‘thank you’ to those SLTs in Private Practice who have responded to emails and surveys, which has been really helpful. I have been heartened to hear about some great initiatives around the country, where SLTs are supporting each other too.

If you are a NZSTA SLT in Private Practice, and you are interested in taking a more active role (eg. providing feedback about specific issues), please email me at privatepractice@speechtherapy.org.nz. I look forward to hearing from you.

Arohanui
Rachel

NZSTA Student Representative Profiles

WORDS: **MARIE JARDINE, ELYSE ANDREWS, RUTH PRICE, JENNY FLEMMING, SOPHIE HARDING, CHLOE LAWRENCE**

WHAT’S INVOLVED IN THE ROLE OF A STUDENT REP? BY RUTH PRICE

The NZSTA has two student representatives at each of the three universities, Auckland, Massey, and Canterbury, which offer degrees in Speech Therapy.

The role of a student rep is to be a contact person for students at each university and liaise between the students and NZSTA exec. The reps inform students of the role of the professional body, relay information about working as an SLT in New Zealand, and are available to answer any other questions students may have. The student reps run student meetings on campus each semester as well as organise events for Speech Therapy Awareness week.



UNIVERSITY OF AUCKLAND STUDENT REPS

MARIE JARDINE

My name is Marie Jardine (nee Young). I grew up in Auckland and am in my final year of the Master of SLT (Prac) at the University of Auckland. I have always had a passion for languages, which led me to a major in German for my Bachelor of Arts. After working as an English Language Assistant in a high school in Germany and in a primary school in Georgia (below Russia), I studied a CELTA so that I could teach English. I worked with high school students and adults in English schools in Auckland and Brisbane. As much as I enjoyed teaching English in the diverse classrooms, it wasn’t ‘the ultimate career’ that I wanted. A family friend introduced me to the world of Speech Language Therapy. After spending one day observing her work, I immediately sought how to enter the profession.

My highlights as a Rep have been coordinating SLT Awareness Week activities, such as a Meme Queen competition, bake sales and a YouTube movie montage, as well as attending the AGM in Wellington. I have really appreciated observing the NZSTA area meetings and glimpses of ‘the real life’ of SLTs.

If I could choose anywhere to go on holiday Egypt would be the top of my list. I would love to go to Alexandria, cruise the Nile on a felucca, see the Great Pyramids of Giza and take a selfie with the Sphinx.



UNIVERSITY OF CANTERBURY STUDENT REPS

ELYSE ANDREWS

My name is Elyse Andrews. I'm 20 years old and currently in my third year of study towards a Bachelor of Speech and Language Pathology with Honours. I'm the 3rd year NZSTA student rep for the University of Canterbury. Although I was born and grew up south of Auckland, I have lived in Ashburton since the age of seven and have remained a Mid Canterbury girl moving to Christchurch for University.

I selected a Bachelor of Speech and Language Pathology as a field of study as I wish to be part of a workforce helping a diverse range of people. As a child I had Speech Therapy for three years, which is where my interest in this area originated. I enjoy working with a range of people being it children, adults or elderly.

I have been lucky to have the opportunity to recently become a student rep. An interesting experience I have had is organising SLT awareness week at the University. I have had the opportunity to liaise with a lot of people and now understand the importance of creating awareness in the community. Along with the other student representatives at Canterbury I have organised a display in the library and the ICP speech bubbles have been a major focus point. It has been eye opening and interesting to hear other people's thoughts and opinions on what communication means to them and to see others' reactions to hearing someone else's perspective.

If I could go anywhere on holiday, it would be hard to choose, there are so many on my list! However, I think I would have to choose Greece. It is a beautiful place with a rich and deep history. The architecture fascinates me and I would love nothing more than a sunny holiday destination with plenty of beaches to choose from!



RUTH PRICE

My name is Ruth Price. I'm 22 years old and am currently in the last few months of study towards a Bachelor of Speech and Language Pathology with Honours. I'm the 4th year NZSTA student rep for the University of Canterbury. Though I was born in Auckland I moved to Rangiora in North Canterbury at the age of six so I consider myself a Cantabrian through and through.

During high school I was a support carer for a child with Edwards Syndrome, which lead me to learn New Zealand Sign Language as I was determined to overcome the child's communication difficulties. This experience gave me a passion for helping those with communication disorders. As a student representative I have been lucky to have the opportunity to attend both the NZSTA 2013 Professional Development Seminar and the 2014 Conference. These events were turning points in developing my professional identity, as I was able to meet and chat with many working SLTs who shared their passion for their work. It was inspiring to hear of the latest research and I found that these events renewed my enthusiasm for speech therapy and helped me remember the differences we can make in our clients' lives.

If I could go anywhere on holiday I'd love to just say the whole of Europe but I better be a bit more specific. My ideal holiday destination would have to be Italy. I think Italy's combination of art, architecture, pizza, and gelato is too good to miss!



MASSEY UNIVERSITY STUDENT REPS

JENNY FLEMMING

Hello, my name is Jennifer; I was born and raised in the lovely rural town of Pukekohe. I am currently enjoying my first year of SLT study at Massey University. I look forward to meeting other association members at the NZSTA meetings in Auckland.



SOPHIE HARDING

My name is Sophie Harding, I am 26 years old. I am from Massey University in Albany, Auckland. I was born and raised in Auckland.

I had been studying a commerce degree, but never really enjoyed what I was learning and couldn't picture myself working in a business environment long term. I was trying to figure out what to do when I came across SLT. Everything seemed to fall into place, as it was the perfect career that combined my interests and skills of language, grammar, science and communication. Most importantly, I knew that I would be able to make a difference and help people. I applied to Massey University soon after, and never looked back!

I'm only a second year student so haven't had much experience in the role of student rep, but we did hold a free sausage sizzle last year that required students to order their food using AAC devices. It was really fun and interesting talking to other students about SLT as most had no idea what it is all about.

I love the United States as I have a lot of family there. I'm going over by myself for a 3-month holiday at the end of the year which I'm really looking forward to.



CHLOE LAWRENCE

I am Chloe Lawrence, the fourth year NZSTA representative for Massey University. I am originally from Gisborne and have been studying in Auckland for the past four years.

I was initially compelled to study Speech Therapy due to an interest in infant feeding. My mother is a neonatal nurse and lactation consultant. This meant that I grew up around babies with feeding difficulties and their families. Since coming into the degree I have had the opportunity to work with paediatric feeding clients, of a variety of ages and aetiologies, which has only further fuelled my interest.

I became the NZSTA representative in my first year at Massey. Over the past four years I have developed my leadership skills. I began my role from an observational position and I now run any meetings or events and support my fellow representatives to develop their understanding of the role. I have loved organising awareness week barbeques to advocate speech therapy to the Massey student body. These events have provided an opportunity for all years to come together and have some fun. I have really enjoyed working as a representative and can't wait to enter the work force.

My ultimate holiday destination would have to be Venice.

The impact of anti-seizure medication on communication: A case study.

WORDS: ROBYN GIBSON, SENIOR SLT, NORTH SHORE HOSPITAL (WAITEMATA DISTRICT HEALTH BOARD)

It is well known that anti-seizure medication can result in symptoms such as difficulties with memory and concentration, behaviour and mood changes, slower processing, and language changes (1-4). Research suggests the symptoms that result from the medication are usually less than the cognitive changes that can result from seizure activity (2), but that the impact of the seizures needs to be balanced carefully with the medication side-effects (1,4). A recent experience with a patient was a useful reminder to our multidisciplinary team of the extent to which medication can affect an individual's communication.

G was admitted to the Assessment, Treatment and Rehabilitation (AT&R) ward for in-depth multidisciplinary assessment after her family noticed a steady deterioration in independence at home and 'blank' episodes. CT scans identified a meningioma. On initial assessment of her cognitive skills by the medical team and Occupational Therapy (OT), G scored well with the only area of difficulty being verbal fluency. SLT assessment was requested by the Neurologist. In conversation, G was able to discuss her grief at her loss of independence and explain some of the difficulties she had been experiencing. On assessment she scored 44/60 on the Boston Naming Test (BNT) and had mild difficulties with semantic tasks, complex verbal explanation and sequencing tasks. In liaison with the OT, it was felt that G had a mild aphasia and mild executive dysfunction. The medical team suspected seizures to be responsible for the 'blank' episodes and G was started on medication. The MDT provided extensive education to G and her family, and strategies were put into place to support G at home.

However, G was re-admitted two weeks later after further deterioration. On retesting, G had a BNT score of 26/60, was unable to do any complex language tasks completed

previously, and had an unreliable response to yes/no questions. She also had more difficulties with sequencing, and required increasing assistance with basic personal care tasks. The medical team could identify no reason for the deterioration, and there had been no other changes to medication apart from the introduction of the anti-seizure medication. G continued to deteriorate over the next two weeks. At the lowest point, G was only able to name 6 pictures on the BNT, and was unable to respond to basic social or yes/no questions or one-part instructions. She required constant prompting for all personal care tasks, her facial expression and tone of voice became flat, and she stopped making eye-contact.

As the medical team could still find no reason for this deterioration, they decided to stop the anti-seizure medication to see if this could be responsible for any aspect of G's difficulties. Within a few days, the MDT noted an improvement in G's interaction. A week later, G's BNT score had increased to 40/60 and she was again able to communicate her needs and opinions, although difficulties were still evident. She was soon able to be discharged to a supportive environment with ongoing input from community SLT and OT, and medical monitoring.

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Making Connections at Counties

WORDS: BROOKLYN DAVIS (BA, MSLT), WITH INPUT FROM TARYN RIDGWAY, MAEVE MORRISON AND DIANA COOK.

PHOTO: BROOKLYN DAVIS



This year for Speech Language Therapy Awareness week, we, the paediatric SLTs at Counties Manukau District Health Board, brought the concept of "Making Connections" to our workplace by offering a series of presentations to our colleagues from the fields of visiting neurodevelopmental therapy, physiotherapy, occupational therapy and social work. It was intended that we strengthen the professional connection between ourselves and our colleagues by highlighting the link between communication and all other areas of therapeutic focus and development.

We aimed to offer our colleagues new ideas on how to maximise communication opportunities during therapy sessions with clients at the early communicator stage. We did this by first discussing current theory on the development of two fundamental cognitive/communication skills in both typical and disordered populations; the skills of joint attention* and imitation**. We then offered ideas on how to incorporate this theory into therapeutic practice across all disciplines.

It is hoped that the information shared in our discussions will enhance communication for at least one client and therapist on our team. For it is through quality interaction that quality connections are made.

* Joint attention refers to the capacity to engage in episodes of shared attentiveness with others (Butterworth, 2001). It is through such episodes that early communicators learn how to communicate through use of conventional means, such as language or typical gestures.

** Imitation refers to the act of copying another person's actions (Ingersoll & Schreibman, 2006), including the production of sounds and words.

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Area Updates from Winter 2014

NORTHLAND AREA

Rachel Matthews

- I have very recently stepped into this role in an interim capacity as our previous Area Rep has moved to the hustle and bustle of a larger city and an exciting new role. Consequently I have not yet had access to the non-DHB therapists in Northland in this role, which is why this update is health-heavy.
- After our most recent Area Rep stepped down, it has been somewhat challenging to find someone able to take over this role. A permanent Area Rep is needed from the beginning of 2015. Building attendance to meetings continues to be an on-going issue, with teleconferencing options being offered in an attempt to build numbers.
- The NDHB SLT team would like to welcome Kristin Harrison to Northland, in her new role with the Child Health Team.
- The rotation scheme of therapists currently in place with the adult service at Whangarei Hospital continues to work well, however it is not without its challenges, particularly when

therapists are away. The current scheme involves protected rehabilitation time for the rehab therapist.

- All adult speech therapists at NDHB have been trained to use the Functional Independence Measure, which is currently being rolled out in the rehabilitation ward at Whangarei Hospital and the Community Assessment and Rehabilitation Service.
- Emma van Holst, Nicola Burger and Karen Sturge recently attended the Cognitive Communication Workshop, particularly enjoying the opportunity to network with speech therapists from other DHBs.
- Emma van Holst and Elma Liddicoat are both looking forward to attending the upcoming Aphasia Workshop in Wellington.
- Rachel Matthews is currently involved in feasibility studies with regard to bringing FEES and cough testing to Northland DHB, with support from the ENT department.

AUCKLAND AREA

Emma Necus

- Auckland has come alive with the ICP project in full swing and 'Mic' coming to visit at the beginning of September, coinciding with awareness week. This has included fantastic ICP movie clips made by students at University of Auckland; sausage sizzles at Massey University to promote SLT Awareness Week and the ICP2014; distribution of Awareness week/ICP postcards around neighbourhoods; and a cycle tour for 'Mic' while he's visiting. The ICP t-shirts have been worn and created great conversation!
- We are going through some exciting times of growth in Auckland. Auckland University hosted a job fair in collaboration with Massey University. Our meetings have reached record attendance, which has led to some interesting topics being raised and a variety of discussions.
- Emma Necus has now left these shores for the Sunshine Coast, and she is currently accepting nominations to elect a new Auckland area representative.

CENTRAL AREA

Emma Irvine

- There was another record attendance at the most recent area meeting with a number of members opting to call in via teleconference.
- Most members are looking at combining SLT Awareness week with ICP2014. Hawkes Bay DHB are looking at running communication training for staff with the help of people with aphasia. Emma Irvine has been to promote ICP2014 to the Palmerston North Labour MP and the Palmerston North Mayor – both of whom were very supportive of ICP2014.
- Two members attended Maggie-Lee Huckabee's Dysphagia course in Christchurch.
- Palmerston North MOE – three SLTs completed the Dysphagia Level 1 Training developed for Ministry of Education SLTs.
- Dorothy Harris at Gisborne DHB was pleased to inform all that an extra 1.0FTE for SLT has been approved! SLT FTE has now doubled at Gisborne DHB!

WELLINGTON/NELSON AREA

Libby French

- I cannot believe yet another quarter has slipped by this year! Our Winter Area Meeting had our best turnout yet, with 30+ members taking the time to attend a meeting either via teleconference or in person. This turnout is reflected in really robust discussion, in particular this quarter about the evolving service between education and health therapists providing dysphagia management to our paediatric population.
- Therapists at Wellington Hospital are looking forward to hosting a 2-day workshop in Impairment Based Therapy presented by Elizabeth Cardell from Griffith University, as well as a Head and Neck study day later this year.
- A support group for parents of children with communication disorders is being set up in Christchurch. They will meet monthly on a Saturday, thank-you to the Department of Communication Disorders for providing a space to hold the group. Colette Maier has set up and will facilitate the group but hopes in time it will become a parent run group. If you would like more information please email Colette colette@notonlywords.co.nz
- HealthInfo resources can be ordered from www.cph.co.nz
- Talklink SLTs are now providing lectures regarding AAC for all year groups as part of the BSLP & MSLP programmes at UC

CANTERBURY/WESTLAND AREA

Megan Chinnery, Area Rep

- Thank-you Ruth Price for all of your hard work as 4th year Student rep. We wish you well for your final placement
- Elyse Andrews will be joined by another student rep. going forward (soon to be selected).
- The ICP Christchurch working party are pleased to announce The ICP Communication Festival on Friday 3rd October 1-2 pm at the Cashmere Performing Arts Centre, afternoon tea to follow. There will be guest speakers, performances, and so much more, all celebrating different ways of communicating and raising awareness about communication disorders. This is a public event. We hope to see you all there!
- The ICP Christchurch working party are excited to be providing morning tea and an information booth about the ICP at the Cantabrainers Choir (a choir for people with neurological conditions) Mid Year Winter Concert. If you would like to join the working party please email Amy Eastwood amy.eastwood@cdhb.health.nz
- Margaret Gaudelius
- It has been a busy quarter for speech-language therapists in Otago-Southland. The ICP Roadshow started in Southland, and the mascot "Mic" (version 2.0) spent a few weeks at Dunedin MOE and Dunedin Hospital before continuing his journey North.
- Therapists from Dunedin hospital held an Aphasia Day in July for clients and their families. In August, the first meeting of the Dunedin Aphasia Community Support Group was held.
- The Southern DHB has fielded enquires about a drug treatment 'Etanercept' that is available in the United States for "aphasia recovery". A local man travelled to America for the treatment and subsequently shared his experience with the local press.
- Local Level Agreements have been developed around therapists from the Ministry of Education and the Southern District Health Board working together to support school-aged children with eating and swallowing issues. On-line modules and a 2-day workshop have been developed for MOE therapists through the University of Auckland.

Behaviour SIG to be established.

WORDS: SALLY KEDGE

Are you interested in being part of a Special Interest Group for SLTs working with children and young people with behavioural difficulties or those involved in the legal system? If you are a speech-language therapist contracted to provide assessment and intervention for children receiving Intensive Behaviour Support, Wraparound or High and Complex Needs funding or work with this population in some other capacity it would be great to hear from you. talkingtroublenz@gmail.com

Events

- **13-16 October 2014, Rotorua:** 67th Annual General and Scientific Meeting of the New Zealand Society of Otolaryngology. <http://www.orl2014.org.nz>
- **29-31 October 2014, Wellington:** Hospice NZ Palliative Care Conference. <http://www.hospice.org.nz/conference-2014>
- **12-14 November 2014, Wellington:** ImagineBetter Conference: Moving On - Success in Transition. This conference will showcase national and international approaches to support full, meaningful and inclusive lives for people with disabilities. It will seek to identify strategies and approaches that enable people to create success out of times of change. www.imaginebetter.co.nz
- **14-15 November 2014, Rotorua:** Dementia: The Future is Now. <http://www.alzheimers.org.nz/conference>
- **26 November 2014, 9 to 10:30, Auckland:** Language, Psychosocial and Academic Outcomes for Children with Unilateral and Bilateral Cochlear Implants. lydia@hearinghouse.co.nz

Awareness week

WORDS: SACHI LESLIE

We have had a successful and fun Awareness Week at The Princess Margaret Hospital (TPMH) in Christchurch! Our display in the foyer was very popular with over 30 responses to our question about communicating with people who have communication difficulties.

The stroke rehabilitation ward had the most participants and therefore won a delicious morning tea. We also chose 4 of our favourite responses that were awarded individual prizes.

Our 4th year BSLP students Sam and Aimee were really enthusiastic and helpful which contributed greatly to the success of the week.

The photo shows our SLT team with our foyer display.

Hope you've had a great Awareness Week! And happy Loud Shirt Day!





Annette Rotherham – Communications

communications@speechtherapy.org.nz

Greetings to you all from Christchurch where spring has burst with blossoms and daffodils in abundance.

By the time this goes to press Awareness Week will be done and dusted and we will all be feeling very enthusiastic about our profession and hopefully have very “aware” workplaces, communities and maybe even politicians. I am constantly amazed by the amount of time and energy many of you put into this week and I want to thank you all for your time, (which is largely unpaid) your ideas and enthusiasm. We certainly are a multi-talented bunch.

The timing of our awareness week was probably a little off with the Nation’s Election right on our tail and I do feel this made grabbing the media’s attention difficult. So well done to all of those who did manage to get some air time, or an article in the newspapers highlighting the stories of our clients and the work we do day to day as Speech-language Therapists. I’m looking forward to seeing how it all goes and to judge the competition for the iPad! The winner of the iPad should have been decided at the Executive Council meeting on the 22/9/14 and will be announced shortly.

The International Communication Project continues to be a focus. Mick the Mic has been having a merry time on his jaunt around New Zealand. He’s been meeting many therapists, students, health professionals, patients, children, families and even some singers! In Christchurch we had a very special event with the Cantabrainers choir performing and making this an ICP morning tea.

On a personal note I felt immensely proud of my mum, Lois James, who is a choir member and even performed a solo piece. I felt like I had many hats that day, not only



as a Speech Therapist and representing the NZSTA, but also as a family member of someone affected by communication disability through Parkinson’s disease.

The Christchurch ICP working group, led by Amy Eastwood from Christchurch Hospital, did a marvellous job of providing baking, raising awareness through speech bubbles and celebrating the achievements of people living with communication disability. A special thanks to Susan McDonald and her team from Therapy Professionals who made this event happen. This group are also organising an ICP “Communication Festival” on October 3 to bring disability support organizations together with consumers to focus on working closer together in the future.

The national ICP working group are also in regular contact and there are many activities happening in the main centres, so contact your area rep if you want to get more involved. There are many ideas on the NZSTA website for simple awareness raising activities you can organize in your workplace.

I hope you enjoy this issue of Communication Matters, feel free to contact myself or Marja Steur if you would like to submit an article of what is happening in your place of work or if a client wants to share their story.



Next time you hear from us it will nearly be Christmas!!
Ka kite ano
Annette Rotherham



Karen Brewer – Maori and Cultural Development

culturaldevelopment@speechtherapy.org.nz

TĒNĀ KOUTOU KATOĀ

In mid-August I had the pleasure of representing the NZSTA at the Hui-ā-tau for Ngā Pou Mana Māori Allied Health Professionals of Aotearoa. “Ngā Pou Mana was established to be a collective voice for Māori allied health professionals, and a place where resources, information and experience could be shared” (www.ngapoumana.co.nz). Ngā Pou Mana also has a keen interest in Māori workforce development. I encourage all Māori SLTs to join this enthusiastic and inclusive group and benefit from the same collegial support that I have received. Membership of Ngā Pou Mana is free. You can register on the website.

The first keynote speaker at the Ngā Pou Mana hui was Professor Des Gorman, Chair of Health Workforce New Zealand. Among other things, he spoke about the need for the NZ health workforce to reflect the people it serves. The Careers NZ website reports that Māori make up 17% of the Counties Manukau population, and Pasifika people 22%, and these populations are growing. However, in South Auckland, only 6% of medical professionals are Māori and 8% are Pasifika people. One of the reasons for the mismatch is that many Māori and Pasifika students do not study science to a high level in high school so are not eligible for most health degrees. Professor Gorman spoke to us about the Health Science Academies developed by Counties Manukau Health to address this issue. At present there are Health Science Academies in three South Auckland high schools, funded by the Tindall Foundation and

the Pasifika Medical Association. Students in these academies prepare for a health career through the targeted study of sciences, maths and English, with extra courses and study sessions. Their interest is piqued by field trips to places like Middlemore Hospital, Auckland Rescue Helicopter Trust and the Liggins Institute. The Academies haven't been going for long but their results are promising.

It was a privilege to have Dr Lance O'Sullivan as another keynote speaker. He spoke of his struggles as a Māori boy attending high schools that didn't affirm his cultural identity, and how things changed for the better when he transferred to Hato Petera College. Dr O'Sullivan also spoke about the incredible work he and his family are doing in Kaitiāia. He set up his own GP practice so that he can better serve people's needs and undertake innovative healthcare without being limited by the systems he is working within. Dr O'Sullivan's presentation made me think about how important it is for education to be culturally safe. If his family had not found a school that valued him for who he is, it is unlikely he would have completed high school, let alone medical school. It also made me think about the systems we work within as SLTs. We can't all quit our jobs and set up private practices, but we can reflect on the ways that we work and whether our service is culturally safe and accessible to everyone.

Ngā mihi mahana
Karen



Jodi White – Member Networks

membernetworks@speechtherapy.org.nz

Kia ora and welcome to Spring. This has been a quiet quarter for Member Networks, mainly because I have recently enjoyed a long planned European holiday. I am now back on deck and ready to get into relevant projects.

There are a few changes in area and student reps to announce. Sadly, Alex Cave has stepped down from the Northland Area Rep role due to her move out of the area. Happily, Rachel Matthews from Northland DHB has stepped up to the role for the remainder of 2014. There have also been some changes with student reps: Elizabeth Chivers has been elected to the 2nd year student rep position for Canterbury University.

You should find profiles of our student reps within the pages of Communication Matters and I hope you take the time to find out about these future colleagues and their commitment to our profession

Rachel Patrick will be joining the Programme Accreditation Committee as part of her role as the Private Practitioner representative

Keep up the ICP awareness
See you in Summer
Jodi



Philippa Friary – Professional Development

professionaldevelopment@speechtherapy.org.nz

We use the term ‘lifelong learner’ with students to describe their proactive commitment to learning and the development of learning habits that will support them in their careers. Written reflections are something I frequently request them to submit but when was the last time I completed one? Just recently I dusted off the reflective journal and have been reminded of the power of this tool. Now, while I have not instantly solved all SLT issues, or submitted a proposal for my first RCT, I have enjoyed the time to think and learn. I challenge you to give it a go.

Here is a summary of what has been happening in the Professional Development realm since last publication:

NZSTA 2015 PROFESSIONAL DEVELOPMENT SYMPOSIUM

We have confirmed our dates and destination. The NZSTA Professional Development Symposium will be on 11 & 12 June 2015 in Christchurch. Please save the date in your diaries and start preparing your abstracts. A call for abstracts will be announced via email Exec Update.

EXPERT ADVISOR ROLE

Nominations for the roles of Expert Advisors to the NZSTA are open. Thank you to those who have already submitted their nominations. You will be able to read the profiles of these successful candidates in Communication Matters magazine and on the NZSTA website.

The role of these Expert Advisors to the NZSTA is to represent the Association and its membership on matters of a professional and clinical nature related to their area of expertise. Their first project is to pull together the content for an online course that will be available to NZSTA members at a nominal cost. See next paragraph on CLAD for further details on this new opportunity for members.

ONLINE CPD OPPORTUNITIES FOR NZSTA MEMBERS

The NZSTA has partnered with CLAD – Collaborative Learning and Development Services to enable easy access for NZSTA members to ongoing professional development. Content for the online courses is collated by a facilitator and sent to CLAD who create this into an online course for members to access.

The Expert Advisors to the NZSTA are creating the first online courses for you all. These will be available later this year. NZSTA members are able to visit the CLAD website, create an account and then start browsing the courses available. NZSTA members are able to purchase and access all courses on this site, not just speech-language therapy specific courses.

<http://www.clad.co.nz/online-cpd-2/>

If you know of a topic you would like a course on, or a facilitator you would like to nominate to compile a course, or if you would like to compile your own courses for your own professional development, please let me know.

CPD AUDIT

The CPD Audit has commenced, with 10% of membership being randomly selected to submit their CPD logs by the 30th September 2014. Given that this is the first year of using the new CPD framework, members are welcome to either submit their 2013 activity using the new format or to submit their CPD cycle using the old format. 2014 is the year in which we all move over to the new online framework.

Thank you for your emails regarding the framework and the discussion at the area meetings. From these discussions I have compiled a list of FAQs.

CPD FRAMEWORK FAQs

Do I need to use the new framework for 2013?

No you are welcome to enter your 2013 activity into the old log and then start 2014 entering your data onto the online version.

If I am working part time should I only have to gather CPD points pro rata (ie if half time, half the CPD points)?

This point has been carefully discussed. The position of the NZSTA is that the minimum points set outlines the minimum standard, and that we want anyone who is practising to meet this, whether you are part time or full time.

What happens if I take a year off for maternity leave or sick leave?

In this situation, we ask that you inform the office and that you can take a year off CPD. In effect, you can use two years to collect the minimum points required for one year.

What happens if I can't get all the points needed?

We have provided examples of the types of CPD activities and want to allow you to log all the great professional development

that you are completing in your roles every day. If you don't think you will be able to gather the minimum points in one area please email or call the office to discuss this as we may be able to support you to find other examples of activity that can be included in the category.

What happens if I am audited?

We are moving to an audit system whereby 10% of our membership will be asked to allow the NZSTA to view their logs annually. If you are a part of the 10% audited you will have been alerted by now and have until the end of September to have your log ready for viewing. We will ask to see your related evidence only if there are questions around the online log.

Please remember that ongoing professional development is a part of our Code of Ethics and a requirement to be eligible to be a member of the NZSTA.

I find it hard to get to NZSTA area rep meetings, what else contributes towards 'Contribution to NZSTA?'

You may be able to skype or phone into the conference or submit your comments via email in advance. Other examples of contribution to the profession could be involvement in International Communication Project activity in your area, involvement in SLT Awareness Week, submission of an article to Communication Matters, involvement in any professional development events for NZSTA, providing comments on a document for NZSTA.

Please email the office if you have any further queries and we will do our best to help you with these.

professionaldevelopment@speechtherapy.org.nz
@PhilippaFriary



Dr Brigid McNeill – Professional Standards

professionalstandards@speechtherapy.org.nz

KIA ORA KOUTOU,

I am writing this update on a gorgeous spring day and I am hoping that it is the signal that the worst of the winter weather is behind us! Since my last update, consultation and feedback has been completed for a number of new initiatives/frameworks that sit within the professional standards portfolio:

- Ethics: Principles and rules of conduct, processes surrounding making and responding to ethical complaints.
- Provisional Membership (New Graduate) Framework.
- Return to Practice Framework.

I believe their adoption will create greater transparency around processes for ensuring ethical conduct, and within the provisional (New Graduate) and return to practice membership categories. I would like to thank Lucy Greig who led the development of the New Graduate and Return to Practice Frameworks within her role on the Executive Council. Next, we will be looking to familiarise members with these new documents and processes. As always, we will be keen to hear members' thoughts and suggestions.

PROGRAMME ACCREDITATION COMMITTEE

Colette Maier has announced that she will be stepping down as Chair of PAC from the end of October. Colette has made a significant contribution to PAC as a member and Chair over the last six years. She has done an amazing job in that time and her professionalism, organisation, and expertise will be thoroughly missed. On a personal level, I would also like to thank Colette

for the way she has familiarised me with the functions and processes surrounding PAC since I took over this role. Thank you!

Expressions of interest for the role of Chair are currently being considered by the Executive Council. Further, we are still looking for a health representative for PAC. If you are interested in taking up the role, then please get in contact with me (professionalstandards@speechtherapy.org.nz).

AUSTRALIAN SENATE INQUIRY

Finally, we have been monitoring with great interest the Senate Inquiry into the Prevalence of different types of speech, language and communication disorders and speech pathology services in Australia. The outcome of the inquiry gives the NZSTA (and its members) an excellent avenue to highlight/publicise the scope and importance of work that is (or can be) undertaken by SLTs in New Zealand. The full report based on the inquiry can be accessed as follows:

[http://www.aph.gov.au/Parliamentary_Business/Committees/Senate/Community_Affairs/Speech_Pathology/~media/Committees/clac_ctte/speech_pathology/report/report.pdf](http://www.aph.gov.au/Parliamentary_Business/Committees/Senate/Community_Affairs/Speech_Pathology/~/media/Committees/clac_ctte/speech_pathology/report/report.pdf)

I wish you well for the final 'stretch' before Christmas. As always, please get in contact if you have any comments/queries.

Ngā mihi nui,
Brigid

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SUBMISSION DEADLINES FOR COMMUNICATION MATTERS

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