

communication matters

SUMMER 2014

**AUTISM TRAINING IN
SAMOA**

IHTC COMPETITION

**COMMUNICATION
FESTIVAL CHRISTCHURCH**



New Zealand
Speech-language
Therapists' Association
Te Kāhui Kaiwhakatikatika Reo Kōrero o Aotearoa

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Editorial – Marja Steur

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KIA ORA KOUTOU

It was hard to decide this time which photograph to put on the front cover - there were so many to choose from! - all beautifully illustrating our work. Thanks to everyone for sending me words and pictures - I feel quite privileged in the role of editor.

I would also like to thank Sophia Moore, the designer, who creates a print-ready art file from word documents and photographs, and Ivan Hatherley, the printer, who ensures the magazine is printed and dispatched to us. It has been a pleasure working with them this year. Thanks to them, the magazine always looks stunning. I hope you are as delighted as I am every time you receive your copy in the letterbox.

In this issue: an introduction from our new administrator, uplifting success stories and celebrations, an invitation to next year's PD symposium, useful websites to explore, and lots of updates from Special Interest Groups, Area Reps, and Executive Council. It struck me how often people expressed gratitude in their articles... Enjoy.

Whether working or holidaying, may you have a joyful festive season, and a glorious summer.

Noho ora mai
Marja



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



Helen McLauchlan
President

president@speechtherapy.org.nz

It always amazes me how quickly we reach the end of another year, and it seems proof that time really does fly! I hope that for all our members the end of year approaching provides an opportunity to reflect, rest and refresh after another busy year supporting our clients and their whanau to live the best lives they possibly can while dealing with the challenges of communication and swallowing/feeding impairment.

This year has been one where we have not only attended to our 'day jobs' but we have also focused our attention on raising awareness in our wider communities, both locally and globally with the International Communication Project. We look forward to this international collaboration continuing into 2015 with a renewed focus in NZ on lobbying at MP and government level, and in association with Speech Pathology Australia a focus on supporting our profession within the Asia-Pacific region. We know many of our NZSTA members already have connections established within the region and have already shared their skills and knowledge both formally and informally.

I was recently contacted by Careers NZ to review the information provided to the public regarding SLT as a career. It was an interesting exercise given the changes we have experienced in recent years, most noticeably brought about by changes in the policies governing health and education delivery. They list "occupational data" or the number of people doing the job, which is difficult data for us to collect given the challenges of not being a registered profession. I am told that the most recent census data will be added to the website shortly

and that this indicates a steady growth within our profession. While it remains a challenge for us to accurately measure the total number of Speech-language Therapists in NZ I look forward to seeing the updated information to help add to our understanding of the overall position of our profession.

For me personally the end of this year brings more change as I prepare to take a break from the role of president for a short period. I am expecting my third child in early January and will take a maternity break from the NZSTA. My colleagues on the Executive Council will assist in taking on some of the extra duties to cover this leave period and will be supported by the team at BPS Ltd. I expect to be back to my NZSTA role in mid-late March next year and look forward to introducing the newest addition to the family in an upcoming edition of Communication Matters! In the meantime please continue to contact me on president@speechtherapy.org.nz and one of the team will respond if I am unavailable.

Finally I would like to take this opportunity to thank all members who have contributed to the numerous working parties, sub committees or other representatives active during 2014 that support the association. Without your effort and commitment it would be difficult for the association to achieve as much as it does. I would also like to acknowledge my colleagues from the Executive Council who continue to offer time and energy to represent the profession of Speech-language Therapy in New Zealand.

The NZSTA Administration Team at BPSL

WORDS: KATHY MOORE – NZSTA Administrator and part of the new administration team at BPSL (Business Professional Services Ltd) admin@speechtherapy.org.nz



These days, when you contact the NZSTA Administration Team at admin@speechtherapy.org.nz or at nzsta@speechtherapy.org.nz, you're likely to get hold of Kathy Moore who has taken over Gretchen Wade's role as Administrator. She is assisted by other members of the BPSL team: Julie Adamson, finance and compliance; Rosemary Mahoney, marketing and events; and Nicole Smith, website and social media.

Rosemarie Dawson, the Director of BPSL, maintains overall control over the services provided by her team.

Kathy will be your first port of call if you have any enquiries about membership or other issues relating to NZSTA's operations.

With an official handover that took place on 1 September 2014, NZSTA has contracted with BPSL to provide secretariat services for the association. This includes the day-to-day management of the organisation's affairs, the management of the Resource Library, website, and accounting services.

BPSL specialises in the management of non-profit trade associations and has a multi-disciplinary team of staff with qualifications, skills and particular expertise in the area of secretariat operations and Board support.

NZSTA 2015 Professional Development Symposium

11-12 June, Christchurch

The NZSTA Professional Development Symposium will be on 11 & 12 June 2015 at The Chateau on the Park in Christchurch. We are delighted to announce that our two keynotes will be Prof Gail Gillon, College of Education, University of Canterbury, and Stella Ward, Executive Director of Allied Health, CDHB and WCDHB. Please save the date in your diaries and book your flights.

The focus for this event is 'application' and 'practical use'. Come and share your thoughts, reflections, ideas and findings. For further information on submitting your abstracts and the Marion Saunders Award, please see the Professional Development Report in this magazine or the NZSTA website.

Call for Abstracts

The call for abstracts will be open until 28 February 2015

Please email your abstract to professionaldevelopment@speechtherapy.org.nz



Autism Training in Samoa

WORDS: JESSAMY AMM (SLT AT TALKLINK TRUST)
PHOTOS: ALANA GLOVER (OT AT WILSON SCHOOL)

We spent four days with the Community Based Rehabilitation (CBR) team at Loto Taumafai in October - Alana Glover (OT at Wilson School), Kelly Shallow (Specialist Teacher/RTLB at MoE), Stella Karamanus (SLT at Wilson School) and Jessamy Amm (SLT at TalkLink Trust). The trip was organised through

Altus Resource Trust in order to provide training around communication, learning and sensory processing for children with Autism Spectrum Disorder.

The Loto Taumafai Society for People with Disabilities was established in 1989, with an Early Intervention team of

around 10 field worker who provide therapy support for children with disabilities on both islands of Samoa. Their mission is to “Provide access to inclusive, equitable and quality education and support services for all people with disabilities in Samoa.” As schools do not have facilities to manage children with complex needs they have to stay at home. The Altus team helped CBR field workers supporting those children.

The first day was spent at the centre doing role play using visual schedules, core boards, timers, choosing boards, and discussing sensory processing. The following three days were spent visiting children in their homes and supporting the team to problem solve, set goals, and start to use some of the resources that they had learnt about on the first day. The Altus team provided training to CBR community workers in English, who then went into homes to work with families in Samoan.

The CBR team have not had any formal training and yet they are expected to be PT, OT, SLT, teacher, advocate and carer to these students. They are doing an incredible job not only of supporting children with disabilities and their families but also changing the view of disability in Samoan culture!

One highlight from the trip was seeing a 6 year-old girl intentionally point to ‘more’ in order to request bubbles after just 10 minutes of modelling. She then generalised her skills by requesting ‘more’ bouncing on the swiss ball and then eye pointed to ‘finished’ when she wanted to walk away. The CBR team were excited to see one of the strategies work so quickly for this little girl.



Another highlight was the peaceful silence of a young lady with multiple complex communication, physical, and sensory needs. When the team first arrived at the house she was head banging, crying, and/or screaming. Her grandmother was exhausted and expressed her frustration and helplessness. Some of the team pieced together a wheelchair from bits and pieces in the CBR workshop while the rest of the team problem solved her sensory and communication needs. Using sensory strategies, she quietened and was able to make eye contact and eye track. Her grandmother had tears in her eyes and expressed her thanks at being able to take her granddaughter to the local market in her wheelchair, and for the ideas of how to help calm her.

I was hesitant about doing a short term training session because I did not know what the long term benefits of our trip would be. However, we were all reduced to tears at the end of the week when each team member shared the biggest thing they had learnt from the training. As a team, Alana, Kelly, Stella and I were incredibly humbled that we were able to play a very small part in validating what the team already know and are already doing as well as providing some additional training. I have absolutely no doubt that they will continue to use the resources, strategies and ideas that we provided and that they will adapt them to meet their own students’ needs.





Breaking down the Walls between Professions

INTERPROFESSIONAL HEALTHCARE TEAM CHALLENGE
– INTERNATIONAL COMPETITION HELD IN NZ THIS YEAR.

WORDS: EMMA DALY & PATRICIA DE GUZMAN; 2nd year students of the MSLTPrac programme

In September this year, we participated in the Auckland University of Technology's Interprofessional Healthcare Team Challenge. 2014 was only the third year this event was held in New Zealand; however, this competition has been held internationally for many years, having originally started in Canada as the brainchild of interprofessional guru, John Gilbert.

The teams consisted of students and recent graduates from

various health disciplines across New Zealand. These included nurses, doctors, occupational therapists, physiotherapists, dietitians, podiatrists, and of course speech language therapists!

The teams were given a hypothetical case study and were asked to develop short- and long-term plans for the patient using an interprofessional framework. The judges' marking criteria addressed several areas such as client-centred care,

professional contribution, collaboration, role understanding, and communication. Our management presentations had to address the marking criteria in only five minutes. The four to six members of each team worked independently on the care plan and the student teams were allocated an interprofessional mentor.

After we presented our five minute care plans, we were given a new scenario that changed the patient's priorities (for example, the patient had another stroke). We were given five minutes to adapt our management plan based on the new scenario, then we presented this modified care plan to the judges.

An aspect that we found truly rewarding was the team element. The teams were made up of students like us



who were on the way to become qualified health professionals. It was a really great and safe opportunity to ask all the questions you had been dying to know, such as what is it that each profession actually does? What frameworks do they use? How can each profession contribute to the patient's care? We were also able to debug any myths or common misconceptions around our professions (who knew SLTs were involved in so many areas?!).

Having a chance to exercise our interprofessional muscles was fantastic! We often learn about the benefits of using such a framework in our studies but rarely get to be part of the idea in a practical sense. In the workforce we know that habits can be hard to change and as students we are not always in a position to make giant overhauls in the system. However, we know we can bring little parts of interprofessional practice to our future workplace and be the catalysts for change in the long run. You all can too! We learnt so much about how each professional can contribute - and it's not hard. We encourage you to get to know the other professionals in your workplace, learn how they can help your practice and ultimately your clients!

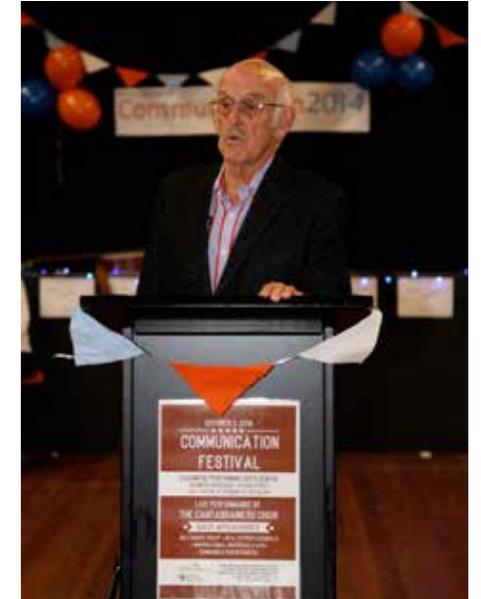
Last of all, a big thank you to the team at AUT for organising such a brilliant and practical event for everyone. It has made a lasting impression on our practices and we're very grateful for the opportunity. We would also like to thank our interprofessional mentors, Brenda Flood and Craig Webster, for their guidance and support.

Communication Festival in Christchurch

WORDS: AMY EASTWOOD, CHRISTCHURCH PUBLIC HOSPITAL

"It's about appreciating just how miraculous the human body is and how miraculous the human spirit is, in the face of difficulties, loss or compromise.... I'm just here to share that there are options and alternatives and everybody's different and it's about tolerating, accepting and celebrating difference."

(Susan Ross, Guest Speaker at the Communication Festival).



A free community festival aimed at raising awareness about the challenges faced by adults with communication disorders was held in Christchurch on 3rd October as part of the International Communication Project (ICP) 2014.

The festival was a chance for us to celebrate the lives of individuals living within our community whose communication abilities have been affected by neurological and developmental conditions, and autoimmune disease.

'Founder' of the ICP2014, Speech-language Therapist Dean Sutherland was our MC. He creatively used his iPad to speak on his behalf, introduce guests, and entertain us. What a fabulous way to highlight the evolution and accessibility of technology to aid communication!

An enormous amount of gratitude must go to the Cantabrainers Choir, Jolt Dance Group, Aphasia Coffee Group, Peter Simmonds, Susan Ross, and Sonja and Batin Carpenter who inspired with their beautiful performances and stories. It's safe to say that there wasn't a dry eye to be found in the venue.

Peter Simmonds spent the majority of his life on the musical theatre stage and spoke publicly for the first time since his stroke. "To not be able to speak, I felt that I was imprisoned in my body ... awful feeling." Peter expressed his appreciation of Speech-language Therapists. "I was a pretty bad case really and I think ... 90 per cent of the credit is due to their work and I'm eternally grateful for that."



Susan Ross's speech was identified as one of the highlights. Susan spent a year being unable to talk after an autoimmune disease robbed her of the use of her vocal chords and made her larynx look like "cauliflower". "It was difficult to have any kind of in-depth conversation and impossible to fight or argue with somebody because they just wouldn't read your notes ... I thought that everything I had to say was very important ... I learnt that very little of what I have to say is of any importance and I became a much better listener ... learnt the value of good communication and I believe that it made me a better person for that."

A large audience was in attendance, including local MPs, Ruth Dyson and Poto Williams; CDHB Executive Director of Allied Health, Stella Ward; and NZSTA President, Helen McLauchlan.

On behalf of the Christchurch ICP working party I would like to extend appreciation to those who participated, attended and supported the Communication Festival. I know that those who presented and performed got a real sense of pride and exhilaration. Feedback has been extremely positive and people expressed how emotional they felt about the stories and performances.

Memories such as this motivate us in our working lives and make all our efforts worthwhile.

Keep a look out for next year's event!

Links to media coverage:

Radio NZ Interview: <http://www.radionz.co.nz/audio/player/20154602>

CTV Interview (14:45): <http://www.youtube.com/watch?v=BQZ5Zem1cM8&sns=fb>



Where are all the SIGs at?

2014 has proven to be a buzz of SIG activity with several new national SIGs starting up and opportunities for national networking through use of online forums and social media channels. Join in on the buzz... Make 2015 the year you join in with a SIG. Take your pick from below or contact Philippa Friary via email or twitter to announce a new SIG or advertise an already existing one, to learn more about the SIGs and how NZSTA can support you.

professionaldevelopment@speechtherapy.org.nz

@PhilippaFriary

STUTTERING AND FLUENCY DISORDERS SPECIAL INTEREST GROUP - AUCKLAND

Selena Donaldson

We would like to draw members' attention to the Stuttering and Fluency Disorders Special Interest Group based in Auckland, which has been thriving since its inception in 2013. The group is co-convened by Voon Pang from Stuttering Treatment and Research Trust and Selena Donaldson, The University of Auckland. We hold four meetings a year which are Auckland-based, but we are embracing any technology available to us in our venues to try and include our colleagues around the country. Meetings are usually, but not always, held in the school holidays.

It is always helpful to have a friendly forum to bring tricky or interesting cases, and this remains one of the primary functions of the SIG. However, we are currently looking ahead into 2015 and designing an exciting schedule to support our practice and professional development. Voon will be sending our annual survey monkey to existing members shortly, and we welcome any further suggestions and input from other colleagues.

Our preliminary schedule for 2015 is as follows:

Theme	Likely date	Likely venue
Ways to assess children and adults who stutter	29 January 2015	START, Parnell
What do social media offer people who stutter?	16 April 2015	To be confirmed – offers welcome!
What's new? Feeding back from national and international PD and emerging evidence	17 July 2015	The University of Auckland, Tamaki Campus
Case studies and journal reviews	8 October 2015	To be confirmed – offers welcome!

Any queries, questions, ideas and comments to Voon: voon@start.org.nz or Selena: s.donaldson@auckland.ac.nz

COGNITIVE COMMUNICATION DISORDERS SPECIAL INTEREST GROUP

Selena Donaldson

The Cognitive Communication Disorders Special Interest Group was formed this year to continue to nurture the enthusiasm and interest in this clinical area, demonstrated in recent professional development events. Our first meeting was held at ABI Rehabilitation, Auckland, on 13 November, with an exciting presentation from Phil Morris, Neuropsychologist, who is currently visiting ABI Rehabilitation, from the USA. Phil discussed the inter-relationship between attention and executive functioning, as well as entertaining the many attendees with his many experiences working with speech-language therapists and cognitive rehabilitation throughout his career. Several participants brought cases to the meeting and were able to share these in a friendly and supportive, trouble-shooting environment. This model of external speaker and then an open forum for case discussion, appears to work well for the membership, and will form the basis of the meetings in 2015.

Please do feel free to contact the committee with any enquiries about joining our community of clinicians. We would be delighted to hear your ideas about speakers, topics and if you would like to bring along a case. Most of our meetings will be Auckland-based, but will be recorded whenever possible, and made available to our colleagues around the country. We are also currently looking into a way to hold a Christchurch-based meeting mid-2015, linking in with NZSTA activities.

Our committee contacts:

- Aisling Killen, Auckland DHB, aisling@adhb.govt.nz
- Sharon Broadmore, Auckland DHB, sbroadmore@adhb.govt.nz
- Selena Donaldson, Counties Manukau Health / The University of Auckland, s.donaldson@auckland.ac.nz
- Maegan VanSolkema, ABI Rehabilitation, Maegan.VanSolkema@abi-rehab.co.nz

Our next meeting will be on Thursday 26 February 2015, at 9:30am, at Tamaki Campus, The University of Auckland. Guest speaker will be Associate Professor Suzanne Barker-Collo. Suzanne will be talking about the incidence of traumatic brain injury, based on her BIONIC study, and about the associated emotional consequences. This presentation will be recorded.

THE APHASIA SIG

Annette Rotherham

The Aphasia SIG has continued to meet over 2014 and has healthy attendance with up to 20 members at each meeting. The year started with a review of articles and conference feedback. We had an interactive session in May to review the Australian aphasia pathway which is an excellent website with up to date evidence based resources covering the whole stroke continuum. Linda Worrall is open to any feedback or questions people have about the pathway. www.aphasiapathway.com.au

We also invited some “experts” living with aphasia to comment on their experiences of speech therapy and the feedback was very positive from all who attended. Emma Castle from AphasiaNZ attended the September meeting and talked about the role of AphasiaNZ and delivered some useful resources including T shirts! AphasiaNZ have published an updated version of the NZ Aphasia Manual which will be available now.

We also watched the film “Aphasia the movie” which is a must see for all those affected by aphasia. Our final meeting for the year will be held at Canterbury University on 10th December. A range of people will provide feedback from aphasia related conferences and courses attended in 2014. The PALPA course held in Wellington in October has had positive reviews so I look forward to hearing more! The SIG will continue in 2015. Feel free to email Annette Rotherham for more info and dates, annette.rotherham@cdhb.health.nz

AAC IN SPECIAL EDUCATION

Sarah Powell

It has been a very positive year for this SIG. Group numbers have increased and attendance at meetings is consistently high. Members are appreciating the opportunity to meet with others who have similar interests, and there are many informal contacts between members between meetings – sharing resources, providing support etc. We have met each month and discussed a variety of issues around the use of AAC. Themes of this year have been: assessment of students using AAC, use of PODD and Minspeak. Some members were lucky enough to attend the Spectronics conference in Australia and were able to share the latest in AAC information with the group. We have had some interest from others outside Christchurch and are currently discussing the best way to ‘go online’ so members can share resources, questions etc. We are looking forward to our Christmas drinks meeting in December. Contact person: Sarah Powell, powells@hillmorton.school.nz

OLDER LEARNERS AAC SIG

Lisa Duff

This newly established SIG has met twice this year and the plan is to continue meeting quarterly in 2015. The SIG has been set up as a multidisciplinary group, specifically for people who work with young adults and adults with developmental disabilities. We have had attendees from a range of professional backgrounds including OTs, Physios, Teachers, Service Managers, SLTs and IT professionals. The group aims to improve collaboration in the complex area of AAC by building shared understanding. The SIG includes presentations of cases and success stories, article discussion and question and answer sessions on a specific topic. Everyone is encouraged to be involved and contribute to the content and discussions. It has also proved helpful for creating a community of practice for professionals working in the same area. We hope to increase the size of the group in 2015, and explore the possibility of teleconferencing to include therapists located in more rural areas. So if you would like to be involved, please email lisa.duff@spectrumcare.org.nz

NZ VOICE SIG

Vanessa Jerome and Natasha Curham

This has been our first year as a newly formed SIG. We now have 65 members and growing! Achievements for our first year include

- A members’ survey of wants and needs for the SIG
- A members’ database – showing where everyone is and what areas they work in etc.
- Our first face-to-face meeting at NZSTA conference where we got to meet some of our members and to discuss and plan objectives for the SIG
- Our first newsletter - Spring Edition was produced and we received some great feedback. Thank you again to our contributors.
- Our next one is coming out in December.
- A Google group was set up and we hope is running ok now!
- Our first CPD event is planned for the 3rd December in Wellington and via teleconference. Write ups to follow.

Once again we would like to say a big thank you to our members for their support, feedback, and contribution. All of which is needed for this SIG to continue to run and grow. We are really excited about what we can do in 2015 and we hope you are too.

We wish everyone a relaxing break over the Christmas period and look forward to more Voice stuff in 2015!

To contact us: nzvoicesig@gmail.com

The Master of Speech Language Therapy Practice at the University of Auckland

WORDS: AIMEE BURGESS, WITH INPUT FROM STACIE CLARK

Stacie and I have been the Auckland University student representatives for our classmates in the MSLTPrac for the last two years. It makes me a little teary thinking about the fact that I soon won't be seeing the wonderful people involved in this program every day. Yet at the same time, I am elated at the prospect of finally being able to call people "colleagues" and even more elated at the fact that many will also be friends. I'm not just talking about my classmates, but also the SLTs, teaching staff, supervisors and other university students whom I have encountered along the way. Just today, I was sitting in our clinics chatting and laughing away with my clinical supervisor while we did our own bits of admin – who would have thought it was possible just 2 years ago when I was sitting waiting for my interview!

Like many of us, I have been at university for 5 consecutive years now, and quite simply I am cognitively exhausted! I definitely won't miss early mornings, late nights and whole entire days spent studying and planning. Things got a little crazy – e.g. the time Stacie and I wrote a rap just before an exam to memorise the muscles attached to the hyoid or 2-minute dance parties to "relax". However, it has also been a lot of fun.

Highlights from the last two years have included many dress-up days, shared lunches, post-exam/post-assignment/post-"we survived the week" dinners and drinks, SLT Awareness Week, clinical placements, meeting up with the Massey students, Simulation Centre training, interprofessional workshops, Brain Day and many more! Some have been lucky enough to attend various conferences, courses and competitions. Even with all of that, I think what I will remember most is simply the conversations – personal, educational, professional and social – that I have had with classmates, supervisors, lecturers and clients. There are two things I find

central to SLT – communication, and the clients we work with every single day.

I think I speak on behalf of all SLT students when I say we are incredibly lucky. We are taught by world-leaders and gurus, are supported and guided by clinicians who welcome us into their workplaces, work with incredible and inspiring clients, and are continually encouraged to test out new ideas and skills.

So thank you! Thank you to my classmates who I have laughed, cried, panicked, chilled and worked with over the last two years. Thank you to the staff at the University of Auckland who have supported, guided and believed in us all along. Thank you to the supervisors and clinicians who have given their time to fill our head with knowledge and show us the ropes. I look forward to seeing you out there soon!



The Importance of Practical Experience: A Student Perspective

WORDS: ELLEN FAITHFULL, Year 1 MSLTPrac, NZSTA Student Representative

We all know how essential practical experience is to our learning. The practical components of all SLT courses in New Zealand are a crucial way of solidifying theory and providing learning opportunities not available in the classroom. For us in the MSLTPrac program, where our learning is compacted into two years instead of four, block placement and clinical experience during the semester maximise our learning opportunities.

Clinical experience during study bridges the gap between theory and practice. Knowing that what you're studying for exams will actually be relevant in the real world is a feeling of satisfaction not always experienced in undergraduate study. Currently on my first hospital placement, I get little confidence boosts from doing something as simple as explaining what apraxia of speech is to the confused partner of a stroke patient. Being able to explain the theory in a way that anyone can understand makes me realise that I truly understand what I've learned and can apply it to clinical practice. As another student says, "Practical experience is also fun because it feels so much more meaningful than writing notes and exhausting my highlighter ink". A student on placement at the Ministry of Education notes how practical experience helps us to understand how the theory we have learned fits into the MoE system. Another student has highlighted the reality of carrying out assessment in a real life hospital context as opposed to how we learn in class: "For me, things are quite rigid when you learn them in class...in real life there are so many factors that influence how you actually carry out an assessment."

A major aspect of practical experience is observing our colleagues. To me, it seems like our individual clinical practice

*Whaowhia te kete mātauranga.
Fill the basket of knowledge.*

is a puzzle. Throughout our lifelong learning we borrow pieces from different people to create our own unique puzzle. By observing experienced SLTs in real clinical contexts we can see different styles, techniques and approaches to practice. A student at the MoE notes how in just two days she saw how two supervisors "work their environment and use the same resources for so many different purposes". The role of SLT in alignment with other disciplines is another aspect of clinical practice that can really only be experienced on placement. Another student at the MoE described how sitting in on an interdisciplinary meeting allowed them to experience the perspectives of the different disciplines and figure out how SLT "fits into reality".

These aspects of learning are only the tip of the iceberg. There are so many more opportunities to be taken during practical experience. The feedback from students in the MSLTPrac program after only one external placement shows just how much learning can be done in such a short amount of time (as I write this we're only two weeks in!). The enormous effort made by our clinical directors and supervisors to provide us a quality practical experience is truly appreciated by all the students: without your input, we would not be able to become good therapists. And maybe you learn a little something from us as well. Whaowhia te kete mātauranga. Fill the basket of knowledge.



Area Updates from Spring 2014

NORTHLAND AREA

Rachel Matthews

- In general it has been a “knuckling down and getting on with it” type of year this year for most Northland SLTs
- As always a challenge has been organising an area meeting at a time and in a location that suits everyone with the membership spread over large distances.
- Northland SLTs found it challenging this year to be involved in Speech Therapy Awareness week, and as such further discussion occurred during the recent area meeting around advanced planning for next year.
- Northland therapists are looking forward to several upcoming training opportunities, including a Hanen course, the tracheostomy training course, a Progressive Neurological Disorder workshop (through Therapeutic Solutions) and a school-age fluency course being offered by Start to Ministry of Education speech therapists.
- The adult team at Whangarei Hospital is currently thoroughly enjoying having an excellent first year student (Ellen Faithfull) from the Auckland University course.
- The Ministry of Education SLTs would like to farewell Vallari Chavan, who has left the winterless north for New Plymouth.

AUCKLAND AREA

Fern Jones

- Kia Ora and thank you to all the Auckland members who recently voted me in as area rep. I have had the pleasure of liaising with some members either in person or via email and look forward to seeing members at the next area meeting.
- Final year Massey students are coming to the end of their block placement and the team wish them the very best as they venture into the world of work.
- Sharon Farao is setting up a clinical network for clinicians who are working in the Counties Manukau region, across all sectors. Home Health Care SLT plan to host an initial meeting in December 2014 with date and times TBC. If you are interested in being part of this clinical network please contact Sharon on sharon.farao@middlemore.co.nz
- There was a great turn out at the last area meeting, thank you to all who attended. It was suggested that meetings be circulated across Auckland to give SLTs in greater Auckland a better opportunity to attend. There has been a great response to this suggestion with a lot of very generous offers for locations.
- Area meetings are planned to take on a regular topic or theme for contribution. If SLTs have a particular topic they would like to cover for a meeting, please email Fern.

CENTRAL AREA

Emma Irvine

- Another great meeting – fabulous to have students from Canterbury University present who are currently on their final placement.
- Most members celebrated SLT Awareness week in their workplace. A special mention to Hawkes Bay DHB who were very busy with communication partnership training, a Focus on Aphasia day, SLT quiz, and a display board!
- Gisborne DHB has their extra 1.0 FTE SLT starting in February 2015!
- Alicia Scott has been appointed onto the National Stroke Rehabilitation Working Group as an SLT/regional hospital representative.
- Palmerston North DHB has an upcoming ‘Communication After Stroke’ day with the Stewart Centre
- A number of members are attending courses in the next quarter, which is great for SLT professional development!

WELLINGTON/NELSON AREA

Libby French

- Nelson Marlborough DHB is currently putting together a business case for more FTE. Their current resource allows no formal service provision to inpatient rehab, and only very limited input to the community. If successful this position will primarily be based in the community rehab team.
- SLTs enjoyed a successful night at the 3DHB Allied Health Quality awards recently, with Molly Kallesen being awarded the Clinical Excellence Award, and Melissa Brazier taking home the award for Champion of Change.

CANTERBURY/WESTLAND AREA

Megan Chinnery

- The Communication Festival was held in Christchurch on October 3rd. This fantastic event, organised by the Christchurch ICP working party, was a concert celebrating the ICP. The Cantabrainers Choir & Jolt Dance Group

performed, and inspirational individuals with communication disorders shared stories. It was great to also get some local media coverage for the event.

- Awareness week was well supported in our region. CDHB therapists spent time in ReStart Mall handing out awareness week postcards and speaking to people. There was a silent morning tea at Burwood Hospital, and the therapists at Princess Margaret Hospital had a stall at the cafe asking people “What do you think is the most important thing to consider when communicating with someone who has a communication difficulty?”
- Attendance at area meetings has been fantastic in 2014 with more and more members attending each time (sometimes resulting in rearranging cafes so everyone can fit!)

OTAGO-SOUTHLAND AREA

Margaret Gaudelius

- Alison Zani and Meryl Jones have worked together to set up an Aphasia Support Group in Dunedin. This initiative has been well-received by the community and an article was written about it in a local paper.
- It is great to welcome SLT students from Christchurch and Auckland to Otago for placements at the Southern DHB and the Ministry of Education.
- Members of the local AAC SIG have met with Ann Smail from Talklink to plan a KiwiChat day for students who use AAC and their teams in 2015. Invercargill MOE hosted a KiwiChat day in October.
- LTs from MOE are working with private SLTs from RATA South Ltd to run PODD mornings for students who use PODD to communicate, and their teams (PODD: Pragmatic Organisation Dynamic Display communication book, a low-tech AAC system)
- MOE therapists from Otago and Southland met in October for a day to share professional development and practice. There was a particular focus on coaching with a client’s parent and/or teacher and Hanen principles.

Who Wants Second and Third Helpings of Puree?

WORDS: FIONA HEWERDINE



The answer is: the Team Leaders for Speech and Language Therapy NZ who met recently in Auckland. We were privileged to meet three young entrepreneurs who have found a niche market that warms a Speech Therapist's heart.

We had a food tasting of The Pure Food Co's products, and people were coming back for second and third helpings. We are keen to promote such an innovative option.

The trio, Sam Bridgewater, George Bridgewater and Maia Royal, embarked on the project to develop delicious, safe and nutritious food following a personal experience. Sam and George's firsthand experience with their stepfather's illness spurred them to create a solution to help people with eating difficulties and those who care for them. The lack of easy and appropriate puree solutions was compounding the household difficulties as their stepfather fought jaw cancer. At a time when he needed a high quality, nutritious meal, the whole family was struggling.

They assembled a technical team, and with input from Speech Therapists and Dietitians The Pure Food Co set about creating appetising meals with advanced physical and emotional benefits to the consumer. Meals needed to be varied and make peoples' lives easier. Over an 18-month period of development, they created a solution that satisfied these considerations.



The single serve resealable bags of food can be mixed and matched to create delicious menus. There is enough variety to plan a whole month's menu. Once opened the packets have a three day lifespan so people can begin with small tastes and avoid waste. Unopened, the packets have a refrigerated shelf life of 1-2 months.

This is the perfect answer for busy families, for people who are not eating the same as the rest of the family, or who are beginning to wean themselves into an oral intake. Some of their customers have even taken the meals on overseas trips.

Having launched the individual servings in October 2014, they begin

supplying a full menu solution for institutions from early December 2014. This not only provides high quality, safe and nutritious meals, but also takes away the tricky and inconsistent aspects of soft food preparation for institutions.

These foods might take you through the acute phases of dietary compromise during radiotherapy for head/neck cancer, or they might be a good way to begin that reintroduction to oral intake when you have had a stroke.

The product is also ideal for people with neurodegenerative diseases, providing a solution for fatiguing carers or less confident cooks.

There are vegetarian options, with pea protein as the main source of high calorie value, and options for people who cannot tolerate a high acid diet, eg radiotherapy patients.

I also think there is an opportunity for the Paediatric caseload to consider these, especially if families have difficulty trying to create high calorie, safe, reliable meals.

Apart from being tasty and totally yummy, the smooth puree is consistent, reliable, and easily accessed, and is a safe product for us as clinicians to recommend. You just need to read some testimonials and feedback to see what a great impact the right meals are having on people and those who care for them.

The sachets can be purchased in small volumes or in larger quantities. I understand in the Auckland area they should be available each day but for the rest of New Zealand, you may have to wait a couple of days.

Menus are available from their website (www.thepurefoodco.co.nz), or by ringing 0800 178 733. All food can be purchased via the website or over the phone, and the guys are always happy to answer any questions people may have.

Websites and resources

WORDS: FERN JONES AND AUCKLAND AREA MEMBERS

- Useful language resource websites
- Study the basics of the Māori Language, through online video movie lessons
<http://www.maorilanguage.net/>
- Cue cards in community languages, available in two formats, either 20 images per page or 4 images per page, divided into 11 categories <http://www.easternhealth.org.au/services/language-and-transcultural-services/cue-cards/cue-cards-in-community-languages>
- Free app to keep up to date with the latest research in an area you define
<http://researchhighlights.elsevier.com/>
- Supporting literacy for emergent and conventional reader/writers, the website allows access to methods and resources used in the delivery of the Four Blocks Literacy model at Willans Hill School.
<http://www.literacyatwillanshill.net.au/>
- Take a look at the TalkLink resources tab, specifically the 'tip of the month' www.talklink.org.nz And check out the TalkLink Facebook Page
- Literacy, AAC and assistive technology
www.janefarrall.com
- Anthony D Koutsoftas, PhD, CCC-SLP
www.thespeechguy.com
- PrAACtical AAC, whose mission is: To improve the level of AAC services available to individuals with significant communication challenges by supporting speech-language pathologists and other interested stakeholders practicalaac.org PrAACtical AAC also have a Facebook page



Annette Rotherham – Communications

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THE COMMUNICATION CONUNDRUM!

We are well and truly on the slippery slope to Christmas now and my children are gathering advent calendars and starting to make their Christmas wish lists. It's that time of the year when we make an effort to catch up with friends and family. This need to connect with others has made me ponder on the many ways in which we communicate in this modern and technical age (whether we like it or not). Some people will opt for the traditional Christmas card, sent via the old fashioned postal system, some pop in a generic newsletter, others may send an e-card, or social media may come to the play with a merry wish to all the FB friends. However we choose to send our message, personal and traditional, or modern and generic but reaching out to many, the intent is the same...to connect and be part of the season.

Hence we have the conundrum that there are so many forms of communication these days and we all have our preferences. For instance, I'm not one to respond immediately to text messages, but there are some people who send very important immediate response type texts that make me feel terribly guilty when I finally look at my phone. "Why didn't they just phone me?" is my immediate thought. But they are probably the type of person or dare I say it generation that have been pavlov dog trained to respond to every beep on their device. There are also people who mainly communicate via Facebook or through the messenger service attached. I have one dear friend who I text, email and have no response but when I FB message her...Bang, instant response!

Email is very effective at getting all your message and ideas down in one message which is better than leaving a long winded voice mail and getting cut off...again my ongoing personal experience, which only leads to playing "phone tag". We all need to wade through the various and growing means of communicating with one another and unfortunately the ever-growing mechanisms are actually sometimes causing communication barriers rather than facilitating better communication opportunities.

At the NZSTA we have our website, this quarterly magazine, monthly updates, area reps, emails for key people, a phone number for the admin team...all aiming to provide you with a means to contact us, each other and to access up to date information....it all gets pretty bamboozling at times. If you are looking for information or have a question, then I would suggest to look at the website, then email the admin team, or if all else fails, I often resort to picking up the old blower....it actually may save you time in the long run.

I hope you enjoy this edition of Communication Matters and that you feel very informed and up to date with the world of SLT afterwards.

Merry Christmas, happy summer holidays to you all, keep safe and enjoy the festivities. I know I will be!! (Don't email me, FB or heaven forbid tweet....texting is cool though)

Annette



Karen Brewer – Maori and Cultural Development

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TĒNĀ KOUTOU KATOĀ. NGĀ MIHI NUI.

I recently had the privilege of attending the International Indigenous Health Conference in Winnipeg, Manitoba. Winnipeg is not a tourist destination but it is a fascinating city. It is under snow from November till March. As I write this, Google tells me that Winnipeg is expecting a high of -7°C today. It makes the autumn highs of 5 to 10°C that we experienced there only a month ago seem rather warm! Weather aside, Winnipeg is home to people from all three of Canada's Indigenous groups – Métis, First Nations, and Inuit – and is of particular importance to the Métis people.

At the conference there were people from New Zealand, Australia, Canada, USA, Colombia and Taiwan, all with an interest in Indigenous health. Talk centred around issues that are common to Indigenous peoples across the world – poor standards of housing, high levels of communicable and non-communicable diseases, and difficulty accessing healthy traditional foods. As I listened to these important pressing health concerns, I wondered where SLT fits. How does SLT help people who, as well as having communication or swallowing disorders, are living in substandard housing, hungry, and unwell? Do we have a role?

Shortly after returning home I received the Rehabilitation Research Review from Kath McPherson. (If you don't already subscribe to any Research Reviews it's worth signing up at <http://www.researchreview.co.nz>). Kath recommended a TED Talk by a man called Alberto Cairo called "There are no Scraps of Men" ([https://www.ted.com/talks/alberto_cairo_there_are_](https://www.ted.com/talks/alberto_cairo_there_are_no_scraps_of_men)

[no_scraps_of_men](#)). Alberto is an Italian physiotherapist working in Afghanistan, with people who have lost limbs as a result of war. His workplace was shut down when the political situation became too dangerous and it was considered inappropriate to spend money on rehabilitation in such tough times. In this video Alberto talks about how his patients helped him to see that "dignity cannot wait for better times". People didn't want to postpone rehabilitation until their circumstances were more secure. They needed rehabilitation immediately, even though it was difficult and dangerous.

From Indigenous issues to warzones, what does this mean for SLTs? We can't fix housing, disease or food security but I think we have a lot to offer. Communication is a basic need (although often taken for granted), and food security is no use if you can't swallow it safely. We need to meet people where they are at and find ways to help despite the limitations of their current circumstances.

As you might have read in the Executive Update, I am in the process of setting up a Rōpū Kaitiaki (advisory group) to assist the Māori and Cultural Development portfolio holder. As I write this I am arranging to meet some colleagues to begin planning the group. I will keep you updated as developments occur. If you are keen to be involved from this early stage please get in touch.

It feels a bit early to be writing this, but ngā mihi o te Kirihimete me TeTau Hou. Merry Christmas and a happy New Year.
Karen



Philippa Friary – Professional Development

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Looking back over the last few months, the word ‘resilience’ comes to mind. Speaking with therapists in the hospitals, private practices, education settings and universities, we are faced with more complex work issues, team dynamics and client presentations than ever before. We are constantly being challenged to ‘look outside the box’, ‘think of new solutions’ and ‘do things differently’. While the option to stay in bed may fleetingly cross our minds, we get up and get into it. What makes this possible? Resilience. Resilience is the quality in us all that helps us fail successfully and ‘stuff up’ perfectly, and then be able to turn around and come back with more knowledge for next time. While resilience is a good armour, it is not entirely bullet proof and everyone needs to switch off and have some time out. Enjoy your well-deserved break over the xmas period, whether you are with friends at the beach, family at the bach or even holding the fort at work, take the time to look back over 2014 and congratulate yourself and your team for all the work that has been done.

If you already have your 2015 diary open and want to get some dates and challenges in the diary, here are some tasters to get you going:

NZSTA 2015 PROFESSIONAL DEVELOPMENT SYMPOSIUM 11 AND 12 JUNE CHRISTCHURCH

The NZSTA Professional Development Symposium will be on 11 & 12 June 2015 at The Chateau on the Park in Christchurch. I am delighted to announce that our two keynotes will be Prof Gail Gillon, College of Education, University of Canterbury, and

Stella Ward, Executive Director of Allied Health, CDHB and WCDHB. Please save the date in your diaries and book your flights.

As a reminder, the focus for this event is ‘application’ and ‘practical use’. Come and share your thoughts, reflections, ideas and findings. All presentations are oral and will either be 15mins or 45mins. Please state your preferred timeframe. Times may need to change depending on the abstracts submitted. Don’t forget to check out the updated ‘Marion Saunders Award’ which will be announced at this event together with the other NZSTA awards and grants. Make sure you submit your application for this award. See NZSTA website for more details.

NZSTA PROFESSIONAL DEVELOPMENT SYMPOSIUM - CALL FOR ABSTRACTS : OPEN UNTIL 28 FEBRUARY 2015

Please email your abstract to professionaldevelopment@speechtherapy.org.nz

Include: Title, author/s, (indicate who will be present to present) and a brief paragraph describing your project, audit or study and your preferred timeframe (15mins or 45mins).

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 CLAD (Collaborative Learning and Development Services) for further details on this new opportunity for members.

CPD AUDIT

Thank you to everyone who submitted their CPD logs for audit. All members involved in the first audit are currently being notified by NZSTA. A few comments have been made regarding the audit process and what happens in the event of a dispute. Following this feedback, further content has been added to the NZSTA Professional Development Policy which is available on the website. Also check the website for FAQs regarding the CPD logs and an example of a partially completed CPD log.

Thank you for your emails regarding the framework and the discussion at the area meetings. Please continue to send these through as it helps us update our information. The next 10% of members to be audited will be contacted via email in April. Remember that you should all be transferred onto the new online framework for all your 2014 CPD activity.

ONLINE CPD OPPORTUNITIES FOR NZSTA MEMBERS

The NZSTA has partnered with CLAD 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 in the New 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 course 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 course for your own professional development, please let me know.

NZSTA Awards and Grants

Refer to the website for details and closing dates. These will all be awarded at the NZSTA Professional Development Symposium in 2015.

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Jodi White – Member Networks

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KIA ORA AND WELCOME TO SUMMER.

There are a few changes in area and student reps.

Emma Necus has stood down from her role as Auckland Area rep and we thank her for her contribution as she takes up new challenges elsewhere. A vote was held in the Auckland region and the successful candidate to take over the Auckland area rep role was Fern Jones. Fern works for Talklink in Auckland and I would like to welcome Fern to the role and wish her all the best.

In addition, Hazel Gray, the rep for Waikato/Bay of Plenty has moved from Hamilton to Tauranga so will still be the area rep but from a different location. I wish her all the best with this move also.

I hope you all enjoyed the opportunity to find out about the student reps in the recent edition of Communication Matters, a number of whom are about to step out into the 'real world' now that their degrees have come to an end.

As we wind down into the Christmas season I would like to wish you all the best for the holiday season and I look forward to catching up with many of you next year

Keep up the ICP awareness

Jodi

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SUBMISSION DEADLINES FOR COMMUNICATION MATTERS

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