

WISH4MORE

JULY 2021/ ISSUE 1



**Brought to you
by Digital Genie**



Be empowered, inspired
& equipped with
the information you
need to know.

MAKING THINGS POSSIBLE



EDITOR'S NOTE



Welcome to the very first Wish4More e-magazine brought to you by Digital Genie.

This edition of The Wish4More e-magazine focuses on quality of life. Whether physical, internal, future or past.

Consistently people remind us of our limitations & expectations. We created the Wish4more virtual magazine to collectively learn how to utilise choice and control to enhance lives.

I hope you know you have the ability, and with us unlock the confidence, to wish for more.

From Eve x

WISH4MORE

MAGAZINE

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WHAT IS DIGITAL GENIE: THE MEMBERSHIP STRUCTURE

An in depth look at the way Digital Genie is helping people connect worldwide. Creating accessibility to necessary support in both personal and business ventures.

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HOW DECREASING INFLAMMATION THROUGH DIET CHANGED MY LIFE

Allyson Brown outlines her experience with disability, running a business & how diet helped her live her best life.

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THE USE OF DIGITAL LIFE STORY WORK IN RESIDENTIAL AGED AND HOME CARE

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Psychologist Cindy Parsons discusses the best strategies to ensure your getting the best sleep possible

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WHAT IS DIGITAL GENIE



*ARTICLE BY CO-FOUNDER
MICHELLE BRAY*

Digital Genie is a FREE 'online marketplace' making it easy for people in the disability community to connect with service providers of their choice.

Why Did we build it?

As national plan managers all with lived experience, we were aware of two major issues people were facing:

1. Lack of accessibility to supports
2. Lack of provider capacity

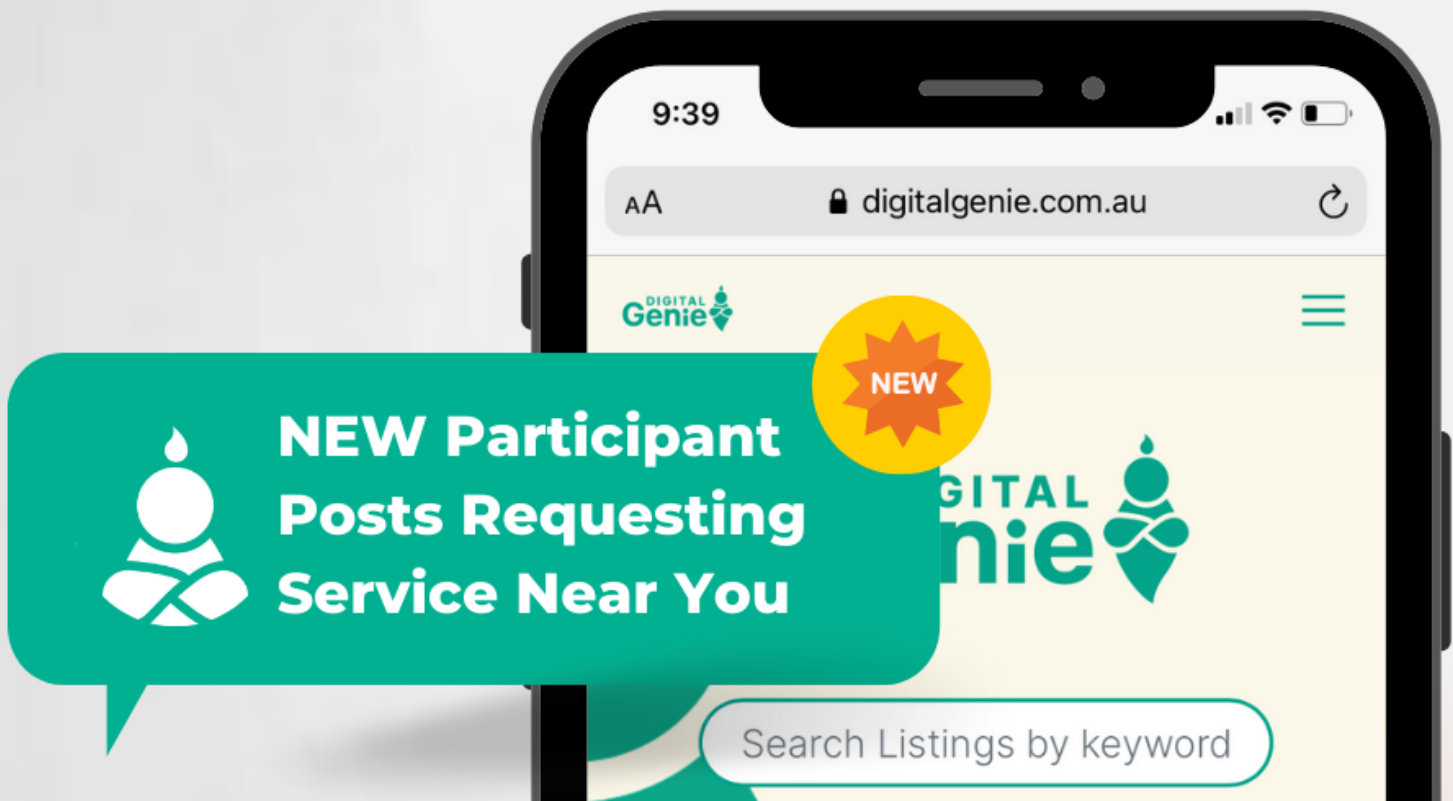
Digital Genie is creating accessibility by building a worldwide network of support for both people and providers.

The Digital Genie website includes a private feature allowing people in the disability community to anonymously post detailed service requests and await provider responses. Saving time searching and calling for support and letting them connect with you.

Also enhancing disability employment and provider capacity through the vacancy and offer feature.

The vacancy feature allows businesses to post positions & offer contracting roles directly to those looking for jobs in the disability field. Include an Inclusion Champions badge on your post to encourage those with disabilities to apply.

Soon to be global the Digital Genie Community is changing the way people find services and technology; whilst building business to business connections and capacity to help the disability community in ways like never before.



Insert video

A Personal Message from Michelle Bray

DIGITAL GENIE MEMBERSHIP

[For Full Membership
Details Click Here](#)

FOR BUSINESS

**GLOBAL
CHAMPION**

**NATIONAL
CHAMPION**

**REGIONAL
CHAMPION**

**LOCAL
CHAMPION**

**GENIE
MASTER**



WATCH THIS SPACE

Wish4More

Disability Business Awards to be announced soon

sponsorship opportunities are outlined in the
[membership package](#)

Everheal

Boost your immune system

EAT
TO
HEAL

order
meals
or snacks!



By Allyson Brown
**DECREASING
INFLAMMATION
THROUGH DIET**
Changed My Life

After my MS diagnosis in 2005, I struggled through nearly 20 relapses causing leg, eye, brain and bladder dysfunction, neurological pain, as well as decreasing my energy and ability to function properly.



My quality of life was diminishing and I felt powerless to do anything about it. In 2018, I hit rock bottom before reluctantly changing my diet. This was LIFE CHANGING - within 3 months, my debilitating symptoms of fatigue, brain fog, anxiety and depression disappeared! With my renewed energy and function, I discovered how clean foods decrease harmful inflammation in the body, which is the KEY to improving our health.



So I created Everheal; providing clean meals to help people lower their body's inflammation (naturally) and enhance their quality of life!





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I WISH FOR MORE.

Anonymous

Experiences

Submit your stories to raise awareness about your lived experience with disability, let us know what you wish for
Email Support@digitalgenie.org



**"Anytime he heard
a noise outside,
Jesse would scream
They are coming
and finally he was
right...."**

Anonymous

THE HUMAN MIDAZALOM ANONYMOUS SUBMISSIONS

We are at the paediatric ward; my son Jesse is scheduled for surgery. He begins pacing the corridors, I track down the nurse that will be looking after us. She dismisses me. She is already turning to head out the door as I try to warn of the extreme fight or flight response, we are to face here shortly. Cue eye roll as she strides out of the room. It was not until the screaming and yelling began, that the nurses finally began to realise there was a problem.

The next five hours involved guttural screaming, vomiting of bile and several attempts to leave the premises with only his almost same sized single mother to restrain him. His brother Samuel was there glancing up from his I-phone every now and then, with the nonchalance only a sibling that has lived his entire lifetime with a brother on the spectrum, can have.

My son has high functioning autism. I hate those words, I always have, I find them insulting somehow, but I will have to save that for another story. Today he is not functioning at all.

His initial diagnosis was Pervasive Development Disorder Not Otherwise Specified (PDD-NOS). Today he would most likely be classed as ASD Level 1, meaning he is on the less severe end of the spectrum. Most of the time I like to bury my head and believe that most people would not notice that there is a diagnosis in relation to Jesse and that perhaps he is just a shy, withdrawn, and quirky boy who has a fascination with anything to do with engineering.

Jesse is extremely witty and has the ability to turn an exceptional phrase. Often winning "Roast Battles" with neurotypical Samuel... again... is it just me, but that word too feels insulting. It sounds strange, but this gives me a great deal of satisfaction (possibly not for Samuel), but hey, he gets to kick a lot of goals elsewhere. You see Jesse was initially non-verbal, and it was only with years of extensive early intervention, particularly using visuals that we were able to turn it around. This is a fact that would surprise anyone who would meet him today.

Back to today's surgery, going to the toilet or eating has now become a long-forgotten luxury for myself, a pipe dream that hopefully one day will return. Anytime he heard a noise outside, Jesse would scream "They are coming" and finally he was right.... taking one look at him, the nursing staff knew there was no way they were getting him on the gurney. So finally, someone called for a medication called Midazolam and wouldn't that have been good to know about at some stage during the last five hours.

Enter drunk on Midazolam, 14-year-old Jesse, who once calmed down, regaled the surgical team with his witty repertoire and ever being the engineer/ thought leader, requested to have retractable blades surgically added to his hand. Meanwhile I have had ten years knocked off my own life and Samuel is basking in his X-box AFL wins with fellow patient carers in the children's ward playroom.

Fast forward to two weeks later. Jesse has had one post follow up appointment with a physio, who can only be described as the "Hatchet" of the physio world. His anxiety was a red flag to her burnt out bull leaving him with a very painful experience. Now we are at the new physio and I can't get Jesse inside, he is pacing out the front.

This intervention is vital, and it might seem small, but my boy just does not need another barrier. Then all of a sudden, she appears, next to the bushes. Jesse is on the ground, so she crouches on her haunches, looks him directly in the eye and says "G'day mate, my names Gayle, and I am very Gentle".

You see Gayle is the human Midazolam....

As a Genie Parent, I wish for more practitioners like Gayle, more understanding for heightened responses in children with autism and staff who are trained to assist single carers when these situations occur.

Join The Genie Community

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COMMUNITY
SUPPORT GROUP**

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PROVIDER
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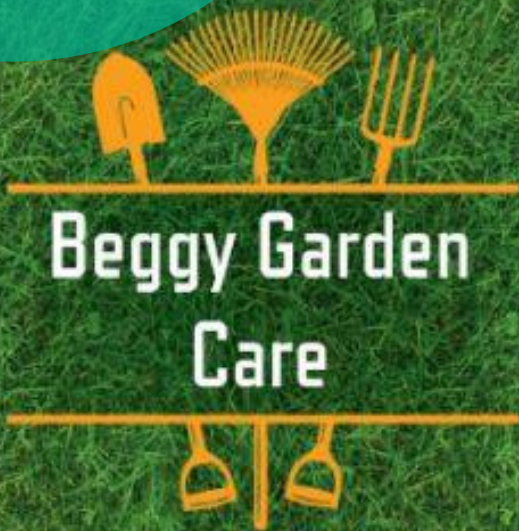


@digitalgeniefordisability



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Brayden Begg - 0448 355 499

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THE USE OF DIGITAL LIFE STORY WORK IN AGED CARE

BANKSIA CONSULTING GROUP

Recently, I thought back to when my dear grandparents were alive, their voice, their stories were not captured anywhere for me to share with my children or grandchildren it's a great shame because their story was worth telling especially about their journey to leave Poland after WW2 and migrate to a new country. However my grandparents died in 1986 and 2000 so the tech was evolving but not as prevalent as it is today.

Our elderly lives are lives full of journeys of discovery, chance and lessons learnt, laughter and tears so it's important we record these stories as legacy to them and their families.

Thousands of older Australians live in aged care facilities (Australian Institute of Health and Welfare, 2015).

At last count, approximately two hundred thousand Australians were living permanently in long-term residential facilities, or more recently termed, aged care homes, and of these, nearly half have a diagnosis of dementia (Australian Institute of Health and Welfare, 2012), and up to 80% have symptoms of depression or anxiety, with nearly 30% diagnosed with major depressive disorder (McSweeney & O'Connor, 2008; Seitz, Purandare, & Conn, 2010).

For most residents, this living arrangement was unexpected, not by choice and forced upon due to illness, safety concerns or practical difficulties of having adequate care.

This shift is associated with considerable adjustments, and losses that most of us can only try to imagine

the loss of control, health, independence, one's home, familiar sounds and smells, routine, and perhaps most poignantly, one's identity. Without the objects and cues that reflect a person's selfhood, how could one be reminded of who one was, what made one unique

Banksia Consulting Group, Managing Director Sean Matthews said we decided to do something about it and setup the Banksia Backstory Podcast, a Podcast Series for the Aged called "Making The Invisible Visible – Their Stories" its all about capturing our elderly community either in residential aged care or living at home capturing their stories on audio or video for future generations to know they their stories their impact and imprint they will leave and how future generations will know their stories.

—

Stories are powerful. They are powerful not only because they can influence how we regard the world and ourselves, but also because of their impact on listeners. We flock to the movies, read books, and watch online TED talks in order to be captivated, transported, educated and enlivened.

Stories become the vehicle for the transmission of cultural messages, common experiences and also highly personal insights. As listeners, we are far more likely to be impacted emotionally by stories than by a multitude of facts. Our minds crave structure, and stories satisfy such a need by organising information in structured narrative form.

In aged care, residents have not only lived lives that are rich, complex and long, but few have opportunities to express, articulate and record their values. There is also a huge need to strengthen their identity through emphasising and reflecting on who they have been.

Perhaps providing an empathic listener who can develop a relationship and assist in structuring a digital story could begin to fulfill such a need.

“

The opportunity to hear their voice again

The value of a podcast that has your family members voice to be shared down generations of their story, their struggles, their successes, their life would be invaluable and if available back when my grandparents were alive, I would have loved the opportunity to hear their voice again.

To take part or be involved please email- podcastenquiries@banksiaconsultinggroup.com
Go to www.banksiaconsultinggroup.com to look at previous podcasts.

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STRATEGIES FOR BETTER SLEEP

Throughout the last few months, I have noticed a pattern of people coming to see me who are experiencing poor sleep. Multiple people have reported waking up in the middle of the night for no particular reason and not being able to get back to sleep.

by Cindy Parsons,



1 SLEEP ROUTINE

I know this sounds boring! But with many of us home more often, the days can feel like they're blending into one. This is a time when routine is needed most. It might sound hard, but it can be as simple as brushing your teeth, putting on your pajamas and hopping into bed. Actions tell our body it's time to sleep.

2 BED TIME

Go to bed at the same time every day, and yes, you guessed it- this means weekend too. This will help tell your body when to be awake and when to be asleep.

If you are still having trouble sleeping for an extended period of time, visit your GP. They may be able to offer a treatment plan to support your individual situation

3 BODY CLOCK

Everyone has an internal body clock. It's important to make sure that your body clock is set correctly. Fifteen minutes of sunlight can help set that clock. In the same way, keeping your room dark when sleeping can also help set your body clock. Use blinds, curtains or even eye masks!

6 WIND DOWN

Warm milk or chamomile tea is thought to have a calming effect and aid sleep. Drinking a glass of warm milk or tea before going to bed can help in falling asleep faster.

4 DISTRACTION FREE ROOM

Charge your mobile phone away from your room, like in the bathroom. Many people, including myself, use their phone as an alarm clock and its tempting to look at the screen if i'm finding it hard to fall asleep. Putting it in the bathroom also means when the alarm goes off it's harder to hit snooze.

7 BRAIN ACTIVITY

Find yourself watching TV in bed before you go to sleep? it's not helping your sleep pattern. If you watch TV in bed or work/study, it tells your brain that when you're in bed it's time to do something that is not sleep. If you can, take the TV out of your room, and if possible no work/study in your bedroom either.

5 COOL BEDROOM

While it's tempting to sleep in a warm room, it's actually more likely that you will wake up in the middle of the night in a sweat. Cooler rooms with warm blankets tell your body its time to shut down for the day and rest.

8 TRICKS TO FALL ASLEEP

Listen to calming music, Did you know that there is music designed specifically to reduce your heart rate, relax you and support you to sleep? Perhaps try the song [Weightless](#) and see if this helps



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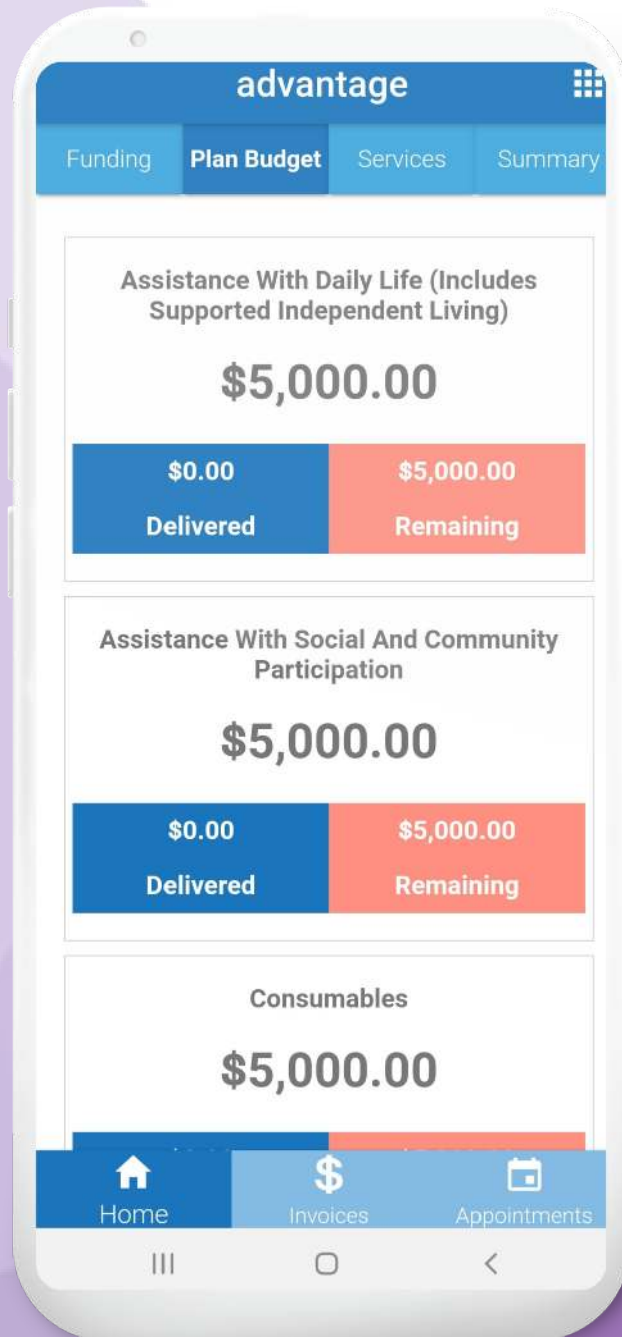
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Invest in your future and start planning today.
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We help you outline a project scope for your grant with one on one consultations and assistance in application writing. Ensuring you submit a great application.

02 Business Plans

We assist you in curating an effective and strategic business plan. Create a start up business and/or a financial plan.

03 NDIS Budgeting

We ensure your are utilising all of your NDIS funding and recieveing the best NDIS plan possible for you.



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Quarterly Review

We offer two hours consultation to review your existing budget and evaluate any changes of circumstance with two hours budget preparation.



Assessment Package

We assist you in planning for your local area coordinator meeting, we set up your budget projection and offer six hours consultation to assist your with your budget and goals for your assessment. Helping you to remain person centered.

Service Price Guide

Line Item	Self-management Capacity Building - \$64.57
New Plan Service	4 hours consultation + 2 hours budget preparation = \$451.99
Data Storage	Filing and storage of all invoices expended on the plan over 12 months, @ \$64.57 per month = \$774.85
Quarterly Review	2 hours consultation + 2 hours budget preparation = \$258.28
LAC Package	6 hours consultation + 2 hours budget preparation = \$516.57

Grants and Planning Services is a confidential service assisting you to achieve your life plan. You can choose to have all of your financial data securely stored with us. With your own personal 24/7 access

WHAT MAKES A GREAT RESUME?

TAKE YOUR RESUME TO THE NEXT LEVEL

1

Requirements

This may sound simple but read the requirements! These are the first instructions you get from your future employer make sure you follow them. What file format do they prefer? How many pages? Should you include a work portfolio? These little details will set you apart.

2

Personality Meets Business World

As much as employers like to see your personality save it for the interview. Stay professional, skip the personal message explaining how much this job means to you and your pet cat. Remember to be mindful of your email. for example IloveChrisHemsworth@hotmail.com while he is good looking, this is not the best look for you. Sorry Chris but we want this job!

3

Easy To Read

The font and colours you use play a big part in whether or not your resume is easy to read choose clarity over creativity. Make sure your layout flows, that it is not cluttered or complicated. Remove perspective, instead of "I loved teaching and training other employees" consider "developed and managed a collaborative and efficient team"

4

Cut the Cr...application down

Cut down on old and unnecessary information. keep it current with recent jobs, we don't need to know that you scraped gum off school desks for money 10 years ago. Tailor the roles and skills on your resume around the kind of positions you will be applying for. Feel no need to specify your age, ethnicity, marital status or religion either.

5

What To Include

Contact information, your key skills
Education/qualifications, achievements or awards, employment history and updated references.
Remember to sell yourself and keep all details relevant.

6

Proof Read

If you need to, get a friend or family member to look over your resume. We often miss our own mistakes. The last thing you want is to write about your Bachelor of Performing Farts Degree.

7

The Tick List- Soft Skills

Soft skills that are important to employers. Problem solving, organisation, creativity, emotional intelligence, attention to detail, responsibility, critical thinking, flexibility, communication skills and teamwork.

8

The Tick List- Hard Skills

Hard skills that are important to employers, computer software skills, design, project management, marketing, administrative, data analysis, negotiation, mathematics, writing skills and foreign languages.



Participant / Representative

For participants, representatives and job seekers to post job postings (wishes) or access job vacancies.



Provider

For providers to access job postings from participants, set up HR vacancies and receive vacancies from other organisations.

[Purchase a Provider Subscription here](#)



Job Seeker

Click here to gain access to vacancy posts for people wanting jobs in the disability sector.



Purchase products and services to help you on your journey.

The Genie Community



PRODUCTS & SERVICES WE LOVE

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EMOTIONOLOGY CARDS

Understanding ones emotions plays a fundamental part in mental and physical health. It is important we encourage children in their formative years to acknowledge, articulate and communicate their feelings without judgement. By using prompts to identify feelings and emotions, children are able to communicate and seek reassurance, clarity and a sense of calm. Emotionology Cards come as a set of 25 with vibrant and emotive illustrations hundreds of children are using to start conversations.

SWIM DRESS

the perfect swim set that suits everyone. The swim dress is designed for anyone who has photosensitivity issues and for the prevention of skin cancer.

Long sleeve printed bodice dress with the added benefit of SPF50+ means no need to worry about your skin while enjoying a day by the poolside with family and friends. With full length sleeves you will feel covered, fashionable and look oh so good!

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Do you have Plan Management added into your Plan? It is called Improved Life Choices in your NDIS budget and it means you can have a Plan Manager pay your invoices, manage your budget and give you an up to date funding summary and balance. Take the stress out of the NDIS and let Enabled4Life manage your payments for you. To get started with a service agreement contact supportservices@enabled4life.com.au or call 1300 667 454.

[CLICK HERE](#)

ICARIA HEALTH

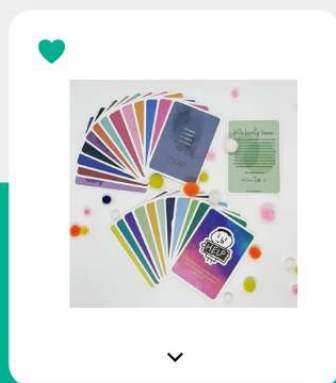
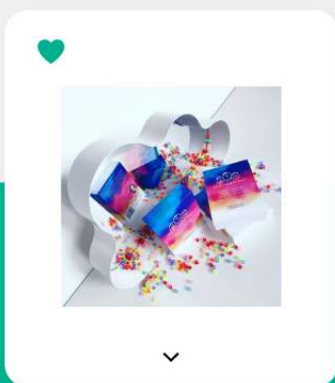
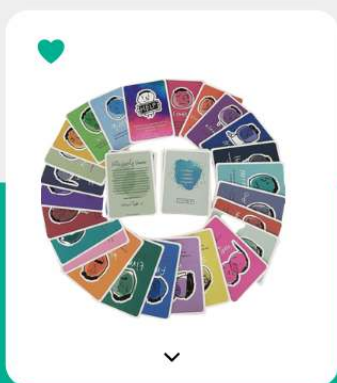
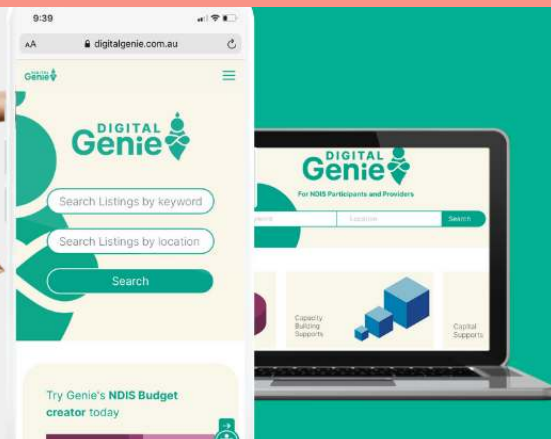
Founded in 2014 Icaria Health has expanded to be the premier Multi-disciplinary service in the Albury/Wodonga region. Providing mobile therapy services to people in the community and in residential care environments. Their aim is to improve the health and well-being of people through a holistic and individualised approach to service. Consistent in the delivery of the highest level of service and support. With Focus on establishing good relationships with clients and determining individual care needs.

[CLICK HERE](#)



The Genie Store

Brought to you by Digital Genie Service Directory



Great Promo!

The Genie Store is a Great way to Promote your services.
-Roslyn Madison Enabled4life Operations Manager



Leading The Way

The Digital Genie Service Directory and Genie store are true leaders in the Disability Community
- Cherie Topfer



Brighter Needs

It's Great to be a part of the Digital Genie Community! It's great to be able to connect with parents looking for help for their children
-Brighter Needs



FIND MORE SERVICES AND PRODUCTS ON

THE GENIE STORE

Tech on Digital Genie

New Assistive Technology & Apps On Digital Genie



Living Easier With Disability

Living Easier With Disability is an exciting and innovative App currently in Development, it will provide video sharing and have social stories to assist People with a Disability in everyday life



Spokle

Spokle is a speech therapy app for parents of children with communication, speech and language delays. It teaches parents simple games and activities they can do with their child to support their speech therapy. Just 10 mins a day can make all the difference in helping a child improve their speech and language skills.



InChargeBox

Creating healthy screen time boundaries and keeping devices out of the bedrooms at night. Declutter tech, charge and store it all in one stylish lockable box. All in one location with 6 or 12 USB charging ports. Perfect for smartphones, tablets, gaming remotes, smart watches and 13 inch laptops.

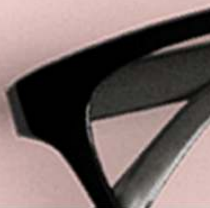


Safety Link

Safety Link provides a 24 hours a day/7 days a week emergency response service that encourages confidence, security, and independence for clients. With Safety Link, you can immediately summon assistance via a simple press-of-a-button and is used by thousands of Australians.

If you enjoyed the Wish4More e-magazine
Share the Link on Facebook or Instagram
See you next month!
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See you next month!





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