

Professional education and training

DASH (Disability and Sexual Health) is a six-day, nationally recognised course for workers who provide services to people with a disability. It is offered twice a year to South Australian disability workers for a fee of \$350. Students who successfully complete the optional assessment tasks will also achieve two competency standards in sexual health from the Certificate IV in Community Services.

Tailored training from a half day up to three days can be negotiated with SHine SA Primary Health Care Teams and the Coordinator of Disability Worker Education. A fee of \$50 per hour will apply for all group contact time and preparation. A reduced fee may be negotiated if necessary.

Afternoon forums are also held over the year. For further details and dates, visit SHine SA's website at www.shinesa.org.au or contact the Course Administrator or Coordinator of Disability Worker Education:
Telephone: 8300 5300
Email: SHineSACourses@health.sa.gov.au

Other fees

An annual fee of \$20 (\$10 concession), which can be negotiated, applies to clinic appointments, sexual health counselling and individual education programs.

Membership of SHine SA's Library is free. An annual membership fee of \$100 applies to organisations wishing to borrow videos and teaching resources from the Resource Centre.

For more information about the resources available visit SHine SA's website at www.shinesa.org.au or contact the Library & Resource Centre:
Telephone: 8300 5312
Email: SHineSAResources@health.sa.gov.au

SHine SA contact details

East/West Primary Health Care Team

GP Plus Health Care Centre
64c Woodville Road, Woodville
Postal address: PO Box 76 Woodville SA 5011
Tel: 8300 5300
Clinic appointments: 8300 5301

Northern Primary Health Care Team

43 Peachey Road, Davoren Park
Postal address: PO Box 719 Davoren Park SA 5113
Tel: 8256 0700

Southern Primary Health Care Team

19-23 Beach Road, Christies Beach
Postal address: PO Box 330 Christies Beach SA 5165
Tel: 8186 8600

Workforce Development & Resources

64c Woodville Road, Woodville
Postal address: PO Box 76 Woodville SA 5011
Tel: 8300 5317
Email: SHineSACourses@health.sa.gov.au

Library & Resource Centre

64c Woodville Road, Woodville
Postal address: PO Box 76 Woodville SA 5011
Tel: 8300 5312
Email: SHineSALibrary@health.sa.gov.au

Sexual Healthline

Available 9 am – 1 pm, Monday – Friday
Tel: 1300 883 793
Country callers (toll free): 1800 188 171
Email: sexualhealthhotline@health.sa.gov.au

Website

www.shinesa.org.au

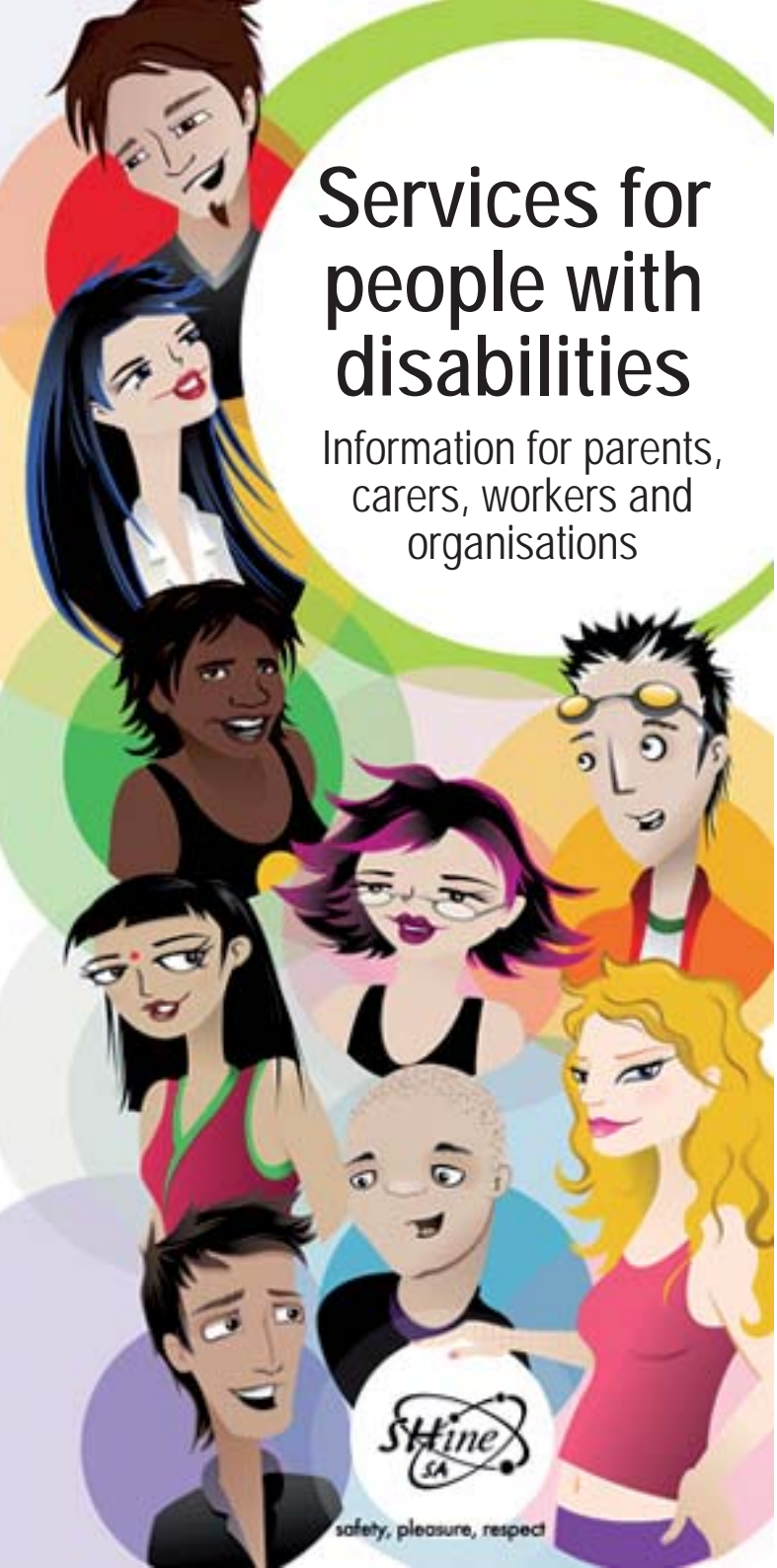
National Relay Service: www.relayservice.com.au
133 677 (TTY/Voice) 1300 555 727 (Speak & Listen)

Services for people with disabilities

Information for parents, carers, workers and organisations

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SHine SA pamphlets are regularly reviewed and updated.
To download the most recent version visit www.shinesa.org.au



SHine SA believes that people with disabilities have the right to:

- experience satisfying and safe relationships
- explore and express their sexuality
- have control over decisions which affect their sexual health, with support where required

Many people with a developmental disability in particular, are 'protected' from information about sexual matters. This lack of information can be confusing and distressing to them or can be the cause of a range of sexual behaviours which are disturbing to others. Lack of information and guidance on the private parts of the body and the rules about sex can also increase risk of sexual exploitation.

Parents, carers and workers are usually responsible for the relationships and sexual health education of people with disabilities. SHine SA provides a range of services and training to support them in this role.

All services for clients are confidential.

Consultancy

Consultancy support for parents, carers and workers of people with disabilities can include:

- helping to problem-solve sexual health issues
- identifying and recommending basic intervention strategies
- discussing, reviewing and suggesting a range of relevant resources
- assisting in the planning of education programs, and co-facilitating in some cases
- debriefing workers about their work with a person with a disability
- providing sexual health information
- identifying areas for policy development in agencies in the disability sector

Referrals of people with disabilities to SHine SA for any service need to be with the client's informed consent. The clients have the right to withdraw from the service at any time. SHine SA is not a statutory authority and is not resourced to provide mandated counselling for offenders.

Books and resources

SHine SA's Library & Resource Centre at Woodville has a growing collection of books, journals and teaching kits which can be used as background research material and to develop planned sexual health learning for people with a range of disabilities. Some visual, tactile and audio resources are available. The Library collection of books, journals and some kits and videos may be borrowed free of charge by any individual. Other specialist items which are more expensive or rare can be viewed at the Woodville site but are only available for loan to organisations that are financial members of the Resource Centre.

Some printed resources aimed at people with disabilities are available free of charge.

Group education programs

SHine SA can sometimes work with disability workers to develop, co-facilitate and deliver a sexual health program to a group of people with a disability who have similar learning needs. Groups for youth, women, men and couples have been held previously. Contact your local Primary Health Care Team to see if this is possible. A fee will need to be negotiated.

SHine SA's strength is in sexual health education. In working with disability agency staff we commit to building their experience and confidence in providing sexuality education to their clients as well as building SHine worker capacity to work with people with disabilities. The intention is to help develop organisational cultures that include sexual health. We encourage organisations to work in partnership with SHine SA.

Individual education programs

Individual programs are available to meet specific needs of people with disabilities. We encourage a partnership approach which invites parents, carers and/or workers to be involved so that new knowledge can be reinforced in the home and work environment.

Topics can include puberty, menstrual management, masturbation, relationships, sexual behaviour, sexual responsibility, sexual touching, contraception, and protective behaviours.

Clinical services

SHine SA provides accessible sexual health services for people with a disability.

For clients with a physical disability, a number of clinics have adjustable beds so that clients can be easily transferred from a wheelchair to an examination bed.

SHine SA will also try to accommodate any special needs, such as allergies, reactions to perfume, detergents or lighting etc. but needs prior warning in order to prepare for the appointment.

It may be necessary to ask for a longer appointment time, particularly for new clients. It would also be useful to have past medical, reproductive and contraceptive history available at the time of the first appointment.

An education program may be more appropriate than a clinical service. Before making an appointment at a SHine SA clinic, contact a SHine SA nurse in a Primary Health Care Team to discuss the issues.

Therapeutic counselling

SHine SA offers a therapeutic counselling service, provided by professional sexual health counsellors. The service is available to people with a disability and their families. Clients can come in to see us on their own, with their partner or a support person – it is up to them. Rural clients can phone to arrange for a telephone counselling appointment.

Counselling is provided for any concerns related to sexual health for men and women. These include sexual identity concerns, different level of sexual desire, sexual issues related to disability and sexual issues arising from sexual assault or child sexual abuse.