



## TERM 2: APRIL 2024

### ***MEMBERSHIP 2024/25***

- Invoices for the new membership period 01 April 2024 to 31 March 2025 will be e-mailed from 01 April 2024.
- *Membership fees, per annum, are as follows:*  
*Schools/Centres/Organisations R220,00*  
*Residential Facilities/Protective Workshops R220,00*  
*Individuals and rural members R60,00*
- *New membership numbers are allocated every year, and will be reflected on your membership certificate*
- *Costs for training attended or resources purchased will be charged at non-member rates unless or until membership fees have been paid*
- *If fees have been paid for several years in advance, the original membership number will be valid for the period shown on the membership certificate*
- *Queries? E-mail Sandy on [projects@wcfid.co.za](mailto:projects@wcfid.co.za)*

### **In this newsletter:**

- Stories from members - The Open Circle and Joyce Chevalier Centre;
- Second term training;
- Information from SARS on disability and tax;
- Information on dealing with a deceased person at a centre;
- A quick summary of a busy first term from Gail Davids, Director.



## We share a delightful story from The Open Circle: Riley's story

'A few months ago, we welcomed Riley, our new four legged friend, to The Open Circle family. She was found in a park, abandoned. The vet estimated her to be no more than 4 weeks old at the time. Our Occupational Therapist introduced the residents to Riley, and they immediately fell in love.

She is currently 7 months old and has successfully completed puppy school in December 2023 - the first phase of becoming a qualified Therapy Dog. She has now moved on to the next phase of her training to become a qualified "Fur-Therapist" (Facility Dog) where she will be prepared for the official assessment and receive her KUSA Canine Good Citizen certification.

The joy and excitement she has brought into the home is unmatched. Although she is not qualified yet, we can already see the therapeutic benefits of having her in our home - from improved social skills, communication skills and overall mood to promoting physical health by encouraging the residents to go for their daily walks ! She has brought a sense of calmness and has often worked as a distractor when needed.

How lucky is she to have gone from being all alone in a park to being surrounded by people who have the most love to give!

<https://www.instagram.com/reel/C3UZn3zikqI/?igsh=cnI3bnJbjdvbXUw>

Gretchen Bains, OT, The Open Circle

*'What is a Therapy Dog?*

*A Therapy Dog is a dog that is trained to provide affection, comfort and support to various people in many varied settings including hospitals, retirement homes, nursing homes, schools, libraries, hospices, or disaster areas. In contrast to Assistance or Service Dogs, which are trained to assist specific patients with their day-to-day physical needs, Therapy Dogs are required to be certified and are trained to interact with all kinds of people, not just their handlers.*

*Therapy Dogs should be calm and social with strangers and should be able to adjust to loud noises and fast movements. They are tested on behaviours such as calmness, friendliness, not jumping on people, and being able to walk on a loose leash. Exact testing/certification requirements differ based on the organisation's requirements.*

*Therapy Dogs are not limited to a certain size or breed. Smaller breeds ... are often very gentle and eager to sit on a someone's lap for long periods of time and are small enough to do so. Therapy Dogs offer many benefits to people and patients, including encouraging people and patients to participate in physical activities and they help encourage them to have cognitive, social, and communication goals.'*



## Joyce Chevalier Centre

We were sent a link to the trailer of a video made at the Joyce Chevalier Centre, and we are so excited - we can't wait for the full film to be available, and we look forward to sharing that link with you soon.

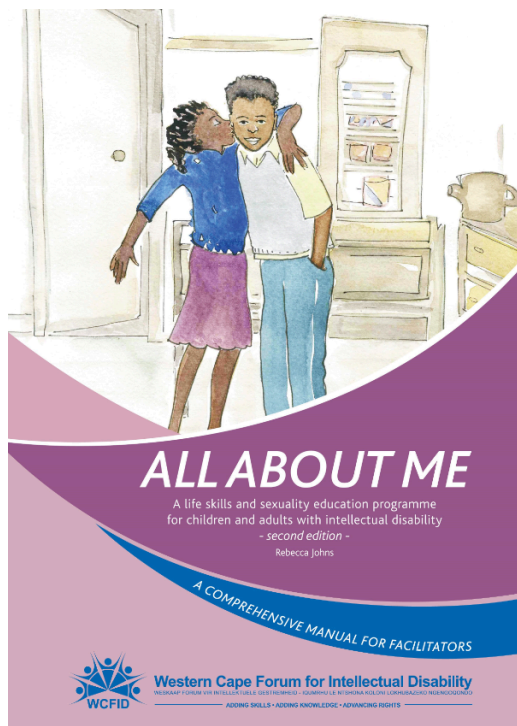
"Normal To Me" is an engaging feature documentary that intimately explores the lives of individuals with special needs, all employed at a protective workshop in the charming seaside town of Fish Hoek, Cape Town. The film delves into the unique stories of selected individuals, showcasing their resilience and triumphs as they challenge societal expectations and redefine the notion of 'normal.'

Through heartfelt interviews and compelling visuals, the documentary takes viewers on a journey through the daily lives of these individuals, shedding light on the diverse talents and perspectives that make each person extraordinary. The film not only captures the challenges faced by these individuals but also emphasizes the strength found in embracing their true selves.

Watch the trailer on the Joyce Chevalier Centre website:

<https://www.normaltome.info/> <https://www.normaltome.info/>





## **ALL ABOUT ME LIFE SKILLS AND SEXUALITY:** **Providing life skills and sexuality education for children and adults with intellectual disability**

**Presenter:** Rebecca Johns  
 Registered Counsellor and  
 Sexuality Trainer

**Date:** Tuesday 16 and  
 Wednesday 17th April

**Time:** 9:00 a.m. – 15:00 p.m. daily

**Venue:** WCFID training room

**Cost:** Member rate: R1000 per person  
 includes book: R1500 includes book and  
 CPD/CPTD points.

Non-member rate: R1200 per person  
 includes book; R2000 includes book and  
 CPD/CPTD points

### **MEMBERS ONLY SPECIAL:**

Pay R3000 for 2 attendees from ONE school/organisation and receive a FULL set of resources, picture pack + resource pack valued at R2380 FREE!  
 (Maximum of one full set of resources per organisation. Does not include individuals).

### **CPD and CPTD points available :**

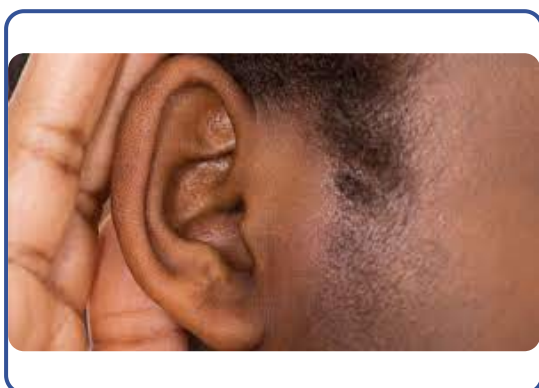
HPCSA: 14 clinical and 3 ethical points

SACSSP: 8,5 points

SACE: Pending

**Maximum of 22 attendees. Cost includes a light lunch.**

## **REGISTER FOR ALL ABOUT ME TRAINING**



### **DIAGNOSIS SERIES**

**Deafness and hearing loss - causes, diagnosis, communication, terminology and people with intellectual disability**

**Presented by:** Lynette Victor, SLC  
 Manager - NID Sign Language Centre,  
 and Sandra Le Roux, Occupational  
 Therapist, Lewensruimte Centre for the  
 Deaf

**Date:** Wednesday, 24th April



### **DIAGNOSIS SERIES**

**Understanding Cerebral Palsy - types, assessment and handling tips, with focus on young children and teenagers.**

**Presented by:** Candice da Rocha,  
 Physiotherapist

**Date:** Wednesday, 8th May

**Time:** 10:00 a.m. – 11:15 a.m.

**Cost:** Members R50 pp

Non-members R120 pp

**Time:** 10:00 a.m. – 11:15 a.m.

**Cost:** Members R50 pp  
Non-members R120 pp

**Venue:** **Online via Zoom** or Viewing Room at the WCFID offices (the trainer will not be present)

This training on deafness and hearing loss covers a spectrum, from understanding causes and diagnosis to mastering effective communication strategies. Participants will learn about the diverse terminology associated with hearing impairment and how to navigate it respectfully. Special emphasis will be placed on communication techniques tailored to individuals with hearing loss, including those with intellectual disabilities

[REGISTER FOR DEAFNESS AND HEARING LOSS TRAINING](#)

**PRINCIPALS MEETING: ALL PRICIPALS AND SUPERVISORS OF SPECIAL CARE CENTRES / 24 HOUR FACILITIES FOR PEOPLE WITH SEVERE OR PROFOUND INTELLECTUAL DISABILITY.**

**Facilitated by:** Gail Davids  
Director, WCFID, and  
Vanessa Japtha, Advocacy Manager,  
WCFID

**Date:** Thursday 9th May

**Time:** 10:00 a.m. – 12:30 p.m.

**Venue:** WCFID Training Room  
HR Building, Alexandra Hospital  
Annex Road, Maitland **OR online via Zoom**

*No charge, paid up members only,  
closed group*

**Venue:** **Online via Zoom** or Viewing Room at the WCFID offices (the trainer will not be present)

This training on understanding cerebral palsy provides basic insights into the various types of this condition. With a focus on children and young teenagers, the training will offer practical handling tips, including techniques for mobility assistance, communication support, and creating inclusive environments to promote their overall development and well-being.

[REGISTER FOR UNDERSTANDING CEREBRAL PALSY TRAINING](#)



[REGISTER FOR PRINCIPALS MEETING](#)



## DIAGNOSIS SERIES

**Blindness and intellectual disability, assessment, communication and behaviour management tips**

**Presented by:** Marisa Teles,  
Physiotherapist in private practice

**Date:** Wednesday, 15th May

**Time:** 10:00 a.m. – 11:15 a.m.

**Cost:** Members R50 pp  
Non-members R120 pp

**Venue:** **Online via Zoom** or Viewing Room at the WCFID offices (the trainer will not be present)

During this training session on blindness and intellectual disability, we'll explore the unique challenges faced by individuals living with both conditions. We'll cover essential topics such as assessment techniques, effective communication strategies, and behavior management tips. By the end of the training, you'll have some insights to better support individuals with blindness and intellectual disability.

## REGISTER FOR BLINDNESS AND INTELLECTUAL DISABILITY TRAINING

### SELF ADVOCATES!



## SELF-ADVOCACY

**SESSION 2 of 4 - all 4 sessions must be attended to complete the course**

**Date:** Thursday, 16th May

**Time:** 10:00 a.m. – 12:30 p.m.

**Venue:** WCFID Training Room, HR Building, Alexandra Hospital, Annex Road, Maitland

**CLOSED GROUP: no cost.**



**DIAGNOSIS SERIES - Autism**  
**Part 1: Understanding autism (ASD) and intellectual disability**

**Presented by:** Renee van Biljon,  
Speech, Language and Hearing



**DIAGNOSIS SERIES - Autism**  
**Part 2: Behaviour management (home and school)**

**Presented by:** Renee van Biljon,  
Speech, Language and Hearing

Therapist, Tygerberg Hospital School,  
Herbert St Campus

**Date:** Wednesday, 22nd May

**Time:** 10:00 a.m. – 11:30 a.m.

**Cost:** Members R50 pp

Non-members R120 pp

**Venue:** **Online via Zoom** or Viewing Room at the WCFID offices (the trainer will not be present)

Training on Autism Spectrum Disorder (ASD) is crucial for fostering understanding and support within communities. In the first part, participants delve into understanding ASD, a neurodevelopmental disorder characterised by challenges in social interaction, communication, and repetitive behaviors. Through interactive sessions, they grasp the diverse spectrum of ASD presentations, recognising that each individual's experience varies widely.

[REGISTER FOR AUTISM  
PART 1 TRAINING](#)



Therapist, Tygerberg Hospital School,  
Herbert St Campus

**Date:** **Tuesday 28th May**

**(NB different day to accommodate  
election day)**

**Time:** 10:00 a.m. – 11:30 a.m.

**Cost:** Members R50 pp

Non-members R120 pp

**Venue:** **Online via Zoom** or Viewing Room at the WCFID offices (the trainer will not be present)

Training on managing behavior in individuals with Autism Spectrum Disorder (ASD) is essential, particularly in home and school settings. Participants will learn strategies to support individuals with ASD in navigating their environments effectively.

[REGISTER FOR AUTISM  
PART 2 TRAINING](#)

**DIAGNOSIS SERIES - Living with  
epilepsy: Causes, types, triggers,  
management, and basic do's and  
don'ts**

**Presented by:** Epilepsy SA, Western  
Cape Training Team

**Date:** Wednesday, 5th June

**Time:** 10:00 a.m. – 11:15 a.m.

**Cost:** Members R50 pp

Non-members R120 pp

**Venue:** **Online via Zoom** or Viewing Room at the WCFID offices (the trainer will not be present)

Living with epilepsy can be challenging, but understanding the causes, types, triggers, management strategies, and basic do's and don'ts can greatly improve quality of life. Epilepsy can have various causes, including genetics, brain injuries, or infections. There are different types of seizures, each requiring specific management approaches. Identifying triggers can help in seizure prevention. Proper medication adherence and lifestyle adjustments are key components of epilepsy management. Education and support are essential for individuals living with epilepsy to navigate their condition effectively.

[REGISTER FOR EPILEPSY TRAINING](#)



**DIAGNOSIS SERIES - How to cope with my child's diagnosis; and how do I promote inclusion at home and in my community?**

**Presented by:** Dr Bonita Gordon, Social Worker

**Date:** Tuesday 11th June

**(please note different day!)**

**Time:** 10:00 a.m. – 11:15 a.m.

**Cost:** Members R50 pp

Non-members R120 pp

**Venue:** Online via Zoom or Viewing Room at the WCFID offices (the trainer will not be present)

This session is designed to provide support and guidance to parents and caregivers who are navigating the journey of raising a child with a diagnosis, such as a developmental disorder or disability. We understand that receiving a diagnosis for your child can be overwhelming and challenging, but it's important to remember that you are not alone in this journey.

During this training, we will explore various strategies and techniques to help you cope with your child's diagnosis; manage the emotional rollercoaster that often accompanies it; and foster a sense of inclusion both within your family and in the broader community. We believe that every child deserves to feel valued, supported, and included, regardless of their abilities or differences.

By the end of this session, you will have a better understanding of how to navigate the challenges associated with your child's diagnosis; build a supportive network of family and professionals; and promote an inclusive environment where your child can thrive. We will explore tips and resources to empower you on your journey towards acceptance, resilience, as well as advocacy for your child's rights and well-being. Let's embark on this journey together and create a more inclusive world for all children.

**REGISTER FOR TRAINING ON DEALING WITH YOUR CHILD'S DIAGNOSIS**





## DIAGNOSIS SERIES

### What is intellectual disability? Syndromes and levels of intellectual disability.

**Presenter:** Shakira Lakay  
Training Coordinator, WCFID

**Date:** Wednesday, 10 April

**Time:** 10:00 a.m. – 11:15 a.m.

**Cost:** Members R50 pp  
Non-members R120 pp  
(includes handout)

**Venue:** *Online via Zoom*

[REGISTER FOR WHAT IS  
INTELLECTUAL DISABILITY  
TRAINING](#)

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**Some helpful information from SARS - please contact SARS directly with queries, and not the WCFID.**

#### Tax and Disability

- **29 October 2021** – [Media Release: Physical Impairment or Disability Expenditure Prescribed by the Commissioner](#)
- **1 June 2021** – [Media Release: Review of the Disability list](#)

What are the criteria for being considered a person with a disability?

If you, your spouse or a dependant has a disability, you are entitled to claim certain qualifying medical expenses in the form of an additional medical expenses tax credit. This will include expenditure that is prescribed by SARS and which is in consequence of any physical impairment or disability.

It is very important to note that a disability for tax purposes may be defined differently from that expressed by, for example, the World Health Organisation. A disability for tax purposes means a *moderate to severe* **limitation** of any person's ability to function or perform daily activities. This can be as a result of a physical, sensory, communication, intellectual or mental impairment. The **limitation** (and the extent thereof) will only be regarded as a disability if it has lasted, or has a prognosis of lasting, more than a year and it has been diagnosed by a duly registered medical practitioner trained to diagnose the applicable disability or to express an opinion thereon.

What supporting document is required to substantiate the disability?

For tax purposes SARS requires you to retain a completed "[Confirmation of Diagnosis of Disability form](#)" (**ITR-DD form**) as supporting evidence of the disability. The **ITR-DD** form must be completed as follows:

- Part A of the form must be completed by you;
- Parts B, C and D of the form must be completed by a duly registered medical practitioner who is trained to diagnose the applicable disability or to express an opinion on the disability. He/she must answer various questions and confirm, amongst others, whether you or your dependant has a 'moderate to severe' disability in accordance with the criteria stated in the **ITR-DD** form.

A completed ITR-DD form that has been endorsed by a duly registered medical practitioner will remain valid for:

- 10 years where the disability is of a permanent nature; and
- 1 year where the disability is of a temporary nature.

What expenses can I claim?

In terms of the law, SARS must prescribe a list of physical impairment or disability expenses which, in addition to other qualifying medical expenses, may be claimed in consequence of any physical impairment or disability suffered by you or any dependant.

Below are the links to the prescribed list of physical impairment or disability related expenses:

- [List of all the expenses you can claim up until the 2020 year of assessment \(effective 1 March 2012\)](#)
- [Amended list of all the expenses you can claim from the 2021 year of assessment onwards \(effective 1 March 2020\)](#)

An expense does not automatically qualify as a deduction by mere reason of its listing. In order to qualify for the tax deduction, the expense must be necessary for the alleviation of the restriction on a person's ability to perform functions of daily living. For example, if a person in a wheelchair who has no visual impairment buys a hand-held GPS, the cost of the hand-held GPS will not qualify as a deduction even though the expense appears on the list. This is because the hand-held GPS is not directly connected to this person's disability. In the case of a person who is visually impaired, the cost of the hand-held GPS may qualify as a deduction.

What are the tax benefits for a person with a disability?

- **If you, your spouse or child has a disability**

If you, your spouse or child has a disability that has been confirmed by a registered medical practitioner by way of an ITR-DD form, you can claim 33,3% of the qualifying out-of-pocket medical expenses (which includes disability related expenses), paid by you (and not recoverable) during the relevant year of assessment, as well as 33,3% of the fees paid (if any) to a registered medical scheme or qualifying foreign fund as exceeds three times the amount of the medical scheme fees tax credit to which you are entitled. For more information on medical scheme fees tax credits, please refer to this [webpage](#) and to the '[Guide on the determination of medical tax credits](#)'.

- **If a dependent other than your spouse or child has a disability**

Dependents other than your spouse or child (such as your mother, father or sibling) will not fall into the above category, although qualifying medical expenses relating to a physical impairment or disability may still be claimed for such dependants, but will be subject to further limitation. For more information on this limitation, as well as on who qualifies as a dependant, please refer to this [webpage](#) and to the '[Guide on the determination of medical tax credits](#)'.

What are the tax benefits for a person with a *physical impairment*?

If you or your dependent is a person with a physical impairment, you may also claim, in addition to certain qualifying medical expenses, those expenses that have been prescribed by SARS in its list of physical impairment and disability expenses – provided the expenses are in consequence of the physical impairment suffered by you or your dependent. A "physical impairment" means the restriction or limitation on a person's ability to function or perform daily activities after maximum correction (i.e. appropriate therapy, medication and use of devices) is less than a "moderate to severe" limitation. For further information on this, kindly refer to the '[Guide on the determination of medical tax credits](#)'.

How do I claim for these benefits?

You can claim the qualifying medical expenses when you submit the income tax return (ITR12) for the relevant year of assessment.

Please ensure that you have an **ITR-DD form** that has been completed in full (see above) in order for SARS to consider the deduction of qualifying expenses in respect of the disability. You are not required to submit the **ITR-DD form** with your income tax return. SARS will request it in the event of an audit or inspection.

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### **Management of a deceased person at a non- health facility:**

Western Cape Government Department of Health, Emergency and Clinical Services has issued standard operating procedures for management of a deceased person at a non-health facility (facilities outside the scope of the Dept. Health)

[VIEW THE STANDARD OPERATING PROCEDURES HERE](#)

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Director Gail Davids reports on a very busy first term:

The Disability Health Forum meets quarterly, and there is a quarterly inter-sectorial meeting as well. Gail attends both these meetings.

**What you need to know:** Any operational issues you may have with a government health or educational facility can be discussed and hopefully resolved at these meetings.

**How do you do that?** Please contact Gail with a detailed description of the problem, including all names, dates, times and the name of the facility, as well as the specific treatment you received and why it was unsatisfactory, i.e.: no nappies, no meds, no bed linen etc. Families can lodge these complaints vis their facilities as well. Gail will then take it to the appropriate meeting for advice and/or resolution.

If you have any events or anything else you would like us to share, please let us know. Sports days, events at your centre, or good things that have happened - we welcome them all! Please provide photos where possible as they really help to draw people to the story.



## **Western Cape Forum for Intellectual Disability**

HR Building, Alexandra Hospital, Annex Road, Maitland, 7405, Cape Town

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