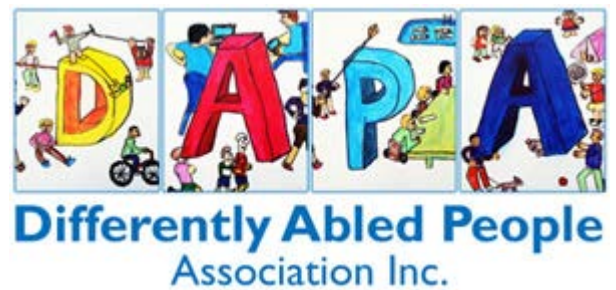


協能自生會

Address | Unit 1, 378 Parramatta Road, Homebush NSW 2140
Website | www.dap.asn.au
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DAPA May Activity Report

NDIS Consultation Session

Following April's NDIS In-Road Information session, we planned 2 sessions with consultant Libby Ellis: one was held in May for govt-funded people, and one in June for unfunded people.



The group discussion involved setting various goals and alternative goals to achieve better results. Goals varied from respite services, group home or alternative housing clients, job support arrangements including work at home, individual day services, personal health improvement and other living skill enhancement. Most interestingly, a couple of potential clients appreciated Libby's support for their ambitious goal of establishing their own small businesses through the necessary support funding from NDIS.

At the end there were some time left for individuals to discuss personal queries from Libby and Emma.

As the NDIS draws closer to Sydney area (July is effective date for Western zone), the planning is so important to our individuals' lives that a good application with the right strategy may mean many thousands of dollars in support funding. Remember that each carer can demand the choice of planners and the presence of people to help you communicating with the planner.

To ask for any assistance or to purchase our NDIS In-Road Information Video (\$10 a copy), please ring us on (02)97635702.

Recreational Programs :

Painting Class

Last month, we noted Henry excelling himself in painting. However, this took a great effort by his teacher Jennifer, and so often she showed her patience with his progress. We recorded his progress on video for his family, illustrating the challenge and the persistence. Last week, Henry did the two pandas on paper, then canvas:



Life Skills :

Cooking Vegetables

We had a few cooking sessions on Wednesday. As a few people are vegetarians, we decided to have a go at Stir & Fry dishes. Some people wanted to add meat to the dish!. First we cooked some plain rice using our rice cooker and then made a DAPA version of fried rice offering colour and taste.

Jennifer also showed Sam how to wash Chinese vegetables and cut into about 2cm long. He learnt that if they were chopped too fine, the heat may destroy most of the nutrients. (Unless eating raw like coleslaw or salad we would shred them.) For the same reason, vegetables should not be overcooked. To seal nutrients in the vegetables, oil was heated to a very high temperature

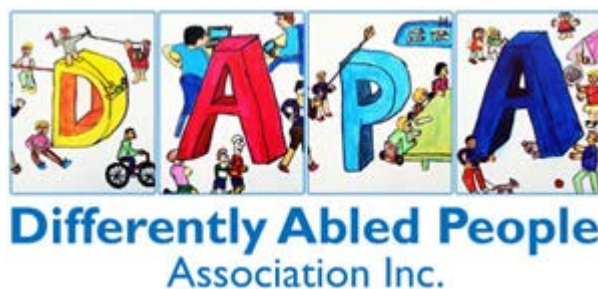
Courtney's tips to cook fried rice

1. Rinse rice in cold water to clean it.
2. For every cup of rice with 1 ½ cup of water into the rice cooker pot.
3. Turn on power till light going from cooking to keeping warm and it is ready to serve. Use wok to fry.



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Differently Abled People Association (DAPA) is a not for profit charity organisation founded in Sydney in early 2013. It encourages and supports people with any disadvantage, with **special emphasis** on autism & intellectual disability, to follow their dreams and to live independently.

Stronger Forever Program

We **employ known psychological techniques** in a **normal** living environment for people with a disability to adapt and to enrich their lives in creating social and multicultural inclusion:

Employment

Recreational Programs

Life skills -

Your Support : Please support our cause and vision with action to:

- Be a **Friend** of DAPA.
- Tell other people about this venture
- Download our MMLink App to get familiar which can help people cared by DAPA
- Be a **volunteer** of DAPA

Go to our website www.dap.asn.au

For Sale:

DVD featuring NDIS consultant, Libby Ellis from Incharge, from the first DAPA session about NDIS. Valuable ideas to plan for your loved ones. Questions and answers session included.

Artworks from DAPA participants are for sale. Contact Vincent at the DAPA office. Ph (02) 9763 5702

Calendar of Upcoming Events for Friends of DAPA

June 2016

24	2pm Committee meeting at DAPA office. All welcome. Please come!
11	RSVP deadline for NDIS session #2. Cost \$40pp
26	NDIS session with Libby Ellis 10am-12pm at Homebush office

Stories, ideas, want to be on our mailing list? Contact your editor/facilitator: Ian Mackenzie

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