



**Differently Abled People
Association Inc.**



Stronger Forever

Program Handbook

OCTOBER 1, 2016

DIFFERENTLY ABLED PEOPLE ASSOCIATION
Unit 1/378 Parramatta Rd, Homebush West NSW 2140 AUSTRALIA

INFORMATION FOR THE CARERS AND FAMILIES

Stronger Forever Program

OUR PARTICIPANTS ARE AT THE HEART OF EVERYTHING WE DO

Your individual needs and life style choices are the most important part of our service.

Let's start our service planning by helping you list :-

- what community activities you choose to be involved in
- how do you like to time table your day and your week
- What support would you like from our staff
- What life skills would you like our staff to teach you
- What outing and community activities would like support for
- What new activities would you like try in the future that we could support you with
- Are there other issues we could help you with?

Over time you can add to this list and even change your mind about your life style.

YOUR RIGHTS

You have a right to say what you need support for and when and where you need support

You have a right to make choices about your program and your lifestyle

You have a right to have your best interests represented by your Guardian and an advocate

You have a right to give feedback about our service and to make a complaint about any aspect of our service.

WHO IS DAPA?

Differently Abled People Association began in 2013, started humbly by a few passionate parents that eventually developed the Stronger Forever Program. The Program assumes that people with disabilities are no different to any other people in the community: they have the right to independent living.

The Program recognises that participants' need to have a fairer paid job , in order to afford them to rent a home away from their parents, to have sufficient money to spend, and to pursue their dreams.



The primary component of the Program is for participants to actually work in their own pace and space. The next challenge was to create an atmosphere that would make lives interesting and happy for each of the participants. To enable us to engage more participants, we had to grow the volunteer numbers to support the Program's development.

The Stronger Forever Program also aims to keep participants' minds and bodies active, while taking breaks in between working hours. So varied skills development activities such as living skills, arts, music, games, as well as health and fitness activities like sports and dance were inserted into our weekly programs.

We employ staff who observe participants behaviour and habits, and encourage change for their benefit.

Included in the Program, we prepare our participants for performing in many community events festivals and social functions. Actual participation in performance is optional, of course, but we experience great enthusiasm to perform at events.

We also encourage exhibitions of the creative arts of our participants, giving rise to the opportunity for them to be able to sell their works of art at community and special events.

MISSION

Our mission in our constitution states that:

- Promote a caring environment for the optimal growth and meaningful employment of people with disabilities.
- Provide a common link to services and support for people with disabilities and their families.
- Through our smart phone application, provide navigation to many places and services that a person needs whether they are differently abled or not.
- Encourage people with disabilities to express their thoughts, feelings & emotions through a social media of their own and develop meaningful friendships in life through various activities and help them feel that they are very much a part of the society.

HAVE YOUR SAY

We support you in having your say about what is important to you.

You have a say in what is in your Weekly program and what are the priorities for you.

You have a say in planning your training about diet, nutrition and menu planning.

You have a say in your Weekly program about a range of issues we can support you with

You have a say in planning your day, week and years activities

You have a say in what community activities and outings you would like.

You have the right (and opportunity) to complain about DAPA and its staff and practices. We seek feedback actively and without prejudice.

YOUR PRIORITIES

We all have different priorities at different stages in our lives and these priorities can evolve and change.

Let us know what your priorities are now—and again should your priorities change over time.

Let us help you consider what your needs are immediately and then you can set your priorities for us to support you.

DAPA OBJECTIVES

To create an atmosphere of compassion and love for people with disabilities and encourage them to learn useful life skills in a team environment. With our living skill training, we hope that our participants will gain confidence to mingle and to enjoy life and friendships within an inclusive community.

VISION OF INCLUSION

Our participants will continue to make friends within our organisation and in the society. This way they will enlarge their circle of support as they are growing older.

It is hoped that the teams' project (a fully-accessible geo-spatial smart phone search engine, currently being fully populated) will be so helpful for many people who have a disability. This is an endeavour that makes everyone taking part in building it, so proud. We also hope that more innovative projects will be created in the future for our participants.

Continuing with our current public live performances, we hope that our group may one day appear on a much larger stage to display their talents.

STAFF PROFILES

Vincent Yu is the founding President of DAPA. Past experience includes being a director for several companies over 30 years. He has also been an executive committee member for many NFP organisations. He is committed to spending all his time to make DAPA a long term sustainable charity organisation: for the benefit of people with intellectual disability to be independently living happily and cohesively in the community.



DAPA President
Vincent Yu



Jennifer Yu

Jennifer Yu has been a UK qualified nurse, with past experience as a charge nurse in Sydney's public hospitals, before dedicating her time as a full time mother. In her spare time, Jennifer has learnt a variety of arts and crafts so that she can teach her children and others.

Recently, she has completed a course in Disability Services and helped two persons with disability to obtain their Cert III courses in Disability Services as well.

Jennifer is now busy in DAPA teaching arts as well as other living skills.

Cecilia Park came from Korea over 10 years ago to pursue her interest in music and completed her study for PhD in music education from UNSW. She spends a lot of her time teaching people with disabilities to enjoy playing instruments and singing.

Over the last two years, she has dedicated her skills to DAPA participants, enabling them to perform in various community events and multicultural shows.



Cecilia Park

CONTACT DETAIL

Address : 1/378 Parramatta Road,
Homebush West,
NSW 2140

Postal Address : P. O. Box 528
Ryde,
NSW 1680


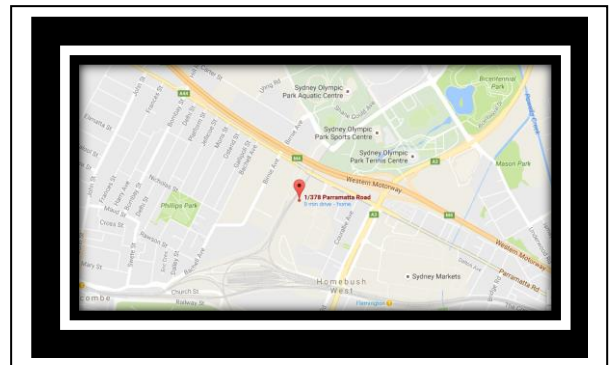
Phone : 02 9763 5702

Mobile : 0417 418 180

Email Address : info@dap.asn.au

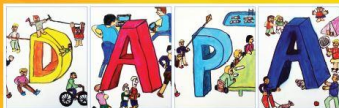
Website : www.dap.asn.au

Mobile App : **ManyMindsLink** or **MMLink**



DAP
Differently Abled People
Association Inc.



Without **exclusion**, we should have the;






*Right to work,
Right to play,
Right to earn a living!*

Join us www.dap.asn.au to befriend people with disabilities

With **inclusion**, we can create;



*A Smart Phone App for us to use,
The best directory for everyone to use,
Download ManyMindsLink for all to share*



SCAN TO DONATE

Day Program – details of inclusion

Every participant will have access to a computer to either do some typing or to learn typing and computer skills. This forms a basic assessment if the participants can be productive in our Work for Life module and therefore should be paid accordingly. Life becomes more meaningful when they can achieve assigned tasks and reach their potential.

In addition to the gainful employment, participants are supported in their dreams to live independently. As part of their employment, participants are included in our Stronger Forever Program. This combines employment, recreational programs, fun activities and life skills training.

HOW TO GET STARTED?

- Contact DAPA and discuss your needs and the participant's needs and capability.
- Make an appointment to visit our office and see what we do and how we do it.
- Complete a Work Trial form available from DAPA. Sign a Consent form and receive a copy of the Disability Service Standard, a Handbook about your Rights and general information.
- Start at DAPA

LIVE TO WORK PROGRAM – Life Skills

We support participants in living independently and making their own decisions. From getting up on time to getting ready for work, to personal hygiene and health, money, getting around, greeting people, cooking, housekeeping etc. Work becomes part of a daily routine, leading to learning other life skills that are just as important.



WORK FOR LIFE PROGRAM – Employee Skills

We train and encourage day-to-day routine habits for working in the real world. Such as: data entry and site research, increasing participant engagement,



awareness of WHS requirements, attendance and absence, performance in delivering against targets etc. We are patient and respect participant rights.

LIVE TO ENJOY – Recreational Skills

There is more to life than TV! We encourage day trips as individuals or groups. We support and encourage participants to be active in sports, arts, music and recreational hobbies such as dancing, games, reading, movies etc.



Complaints Procedure

DAPA welcomes participants to raise issues of concern or grievance by either : our website www.dap.asn.au, or drop a comment into our suggestion box at our office *without fear of any retribution*. DAPA's duty officer will deal with any comment diligently and strive to resolve any complaint quickly. Alternatively, the matter can be escalated to be dealt with Executive Complaint Committee for a resolution.

Program Fees

Stronger Forever Program has an intensive five-day week program to train various living skills and employment skills. Our daily fee starts at \$130 per day or \$ 6,000 per quarter. It increases to \$210/day if 1:1 support is necessary. Concession may be considered on an individual needs basis.

Principles in Action

Rights, Privacy and Respect

You have a right to know all about us, to be treated equally, to act and to say anything just like others at DAPA and you will be shown

the right way to act by people who can help you. At any time, you can express your feelings about the program by writing your comments and dropping a note into our suggestion box. Alternatively, you can talk to your manager about your concerns.

We respect everyone in discussions and actions especially things that you want to keep to yourself. DAPA is a friendly place for all people who are ready to help others and also creates a safe environment.

Remember to be **Happy!**

Individualized Program and Assessment

For each participant during a trial period, our staff will assess following areas by discussing and observing the individual:

- knowledge and ability;
- behavior patterns;
- physical and medical conditions;
- likes and dislikes.

All of this information will form the basis of a person-centered Individual Programme Plan for each participant. This helps them to be more comfortable in a group and enjoy their time at DAPA and be more productive in their program. The Individual Programme Plan will be reviewed 6 monthly or as appropriate.

Have Fun!

Feedback



please send a comment to encourage@dap.asn.au



please send a suggestion to remark@dap.asn.au

USEFUL TELEPHONE NUMBERS FOR MORE HELP

National Disability Resolution and Referral Service:

1800 880052

Intellectual Disability Rights Service:

93180144

Disability Complaints Service:

93196549

Disability Discrimination Legal Centre:

9313 6000

Anti-discrimination Legal Centre:

9268 5544

Multicultural Disability Advocacy Association of NSW:

9891 6400

NSW Council for Intellectual Disability:

9211 1611

The NSW Ombudsman:

9286 1000