

協能自生會

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DAPA March Activity Report

NDIS in Implementation

This is the first time we write as an NDIS service provider, we are facing the same problems other providers are experiencing. NDIA service category registration for service providers is very slow and this is causing a serious problem in the implementation of NDIS. Firstly participants cannot book services and providers cannot send invoices to NDIA for services received by participants. Secondly the amount of NDIS complaints will overrun the administration that the agency will have to carry resources and financial burden. Finally, the initial high spirit & momentum within providers, carers, support workers and participants would be dampened.

As a participant, one cannot choose a provider who is not registered with that desired service unless that participant is self-managing his NDIS-approved Plan's funds. NDIA is also reluctant to let participant to be self-managing the fund unless there is evidence of good management skills.

NDIS –the next steps

Having invested a lot of energy and time on the setup and implementation of NDIS, the next step is to communicate to the disability community. DAPA's mission is to enhance normal living conditions for our participants, maybe even independent living. DAPA needs to develop more activities through close multicultural in-depth connections through our participation with CALD groups. We will also need to do more to advertise our activities via the media.

Internally, we plan to develop our Individual Programme Plan review process to reflect how an individual participant can gradually head towards their independent living. We will engage professionals to work with our participants to motivate their willingness to accept and to change. We have plans to gradually improve our facilities such that our work to train our participants (to increase their knowledge for practising their living skills) can be much easier and effective. All these plans require strategic partners, funding and grants from various sources.

Stronger Forever Program

DAPA will continue to refine our program handbook regularly, so that our clients benefit from our evolution.

This month we welcome Ms Hong Lin to work with our participants in the area of cleaning and to assist engaging our participants in various activities. She also leads our participants on personal hygiene. At the same time both Hong and Nabil will be taking part in our on-the-job Cert III training in Individual Support, as well as helping other participants complete the same course.



Importance of Games

Our brain works non-stop in observing, learning to react, sorting, matching pattern recognition and constructing skill patterns such as complex social, cultural and knowledge models represent and organize information about the world. According to modern research, our brain functions best during the mid-morning period. So, mid-morning is when our Participants do computer work. To remain alert, our brain needs change: such as various community activities, knowledge-building activities like arts, games or breaks for discussions. Games are important because they build random presentations of situations that challenge the Participant to react differently and new knowledge can be gained.

With the additions of Nabil and Hong, we started teaching our participants to play Mahjong, which has a long history in China. The creation of Mahjong was said to kill time. Some said that it was created by a queen with her maids and that's why the name of game meant *sparrow birds*, literally, as they liked birds. Others said it was created by a general for his soldiers during rests from the war as the game resembles a square castle to play some strategy to win. As our participants and support workers discovered, it was stimulating and encouraging communication among players.



Mahjong involves memory exercises, mathematics, choices and decision making. The game starts with throwing two or three dice and one must count to locate which cards to be picked first. From those cards each player discards, one can remember and guess all the cards in each player's hand. At the end the player needs to make decision to try to win the game oneself or to let a particular player to win to minimize loss. See how they concentrate and enjoy the game in the photo (right).



Drama Class



Artistic director, Larry Boyd, started DAPA's drama class by introducing some new games that the group must play together with words. From these words, lines and stories can be **improvised**. An atmosphere of togetherness filled the room. It was surprising to learn that creativity came naturally from each participant during the session.

We had a drafted skit prepared initially. Larry pointed out that he did not need to have it in his drama as he usually built along a series of sessions with the group. In any case, we had to add materials and learned how to actually write a proper skit. As we read the skit every time more jokes and actions were added to each sentence.

Participation in the Community:

Intercommunity Harmony Week at Ryde

Our group performed at Eastwood on 23rd March. We sang That's Amore in Italian and English and we also did Pan Yau in Cantonese and English.

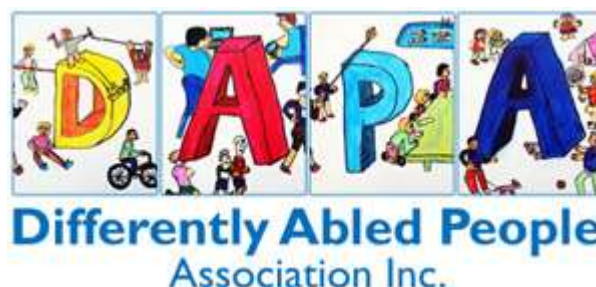
Everyone seemed to enjoy the performance that day. We finished with chinese buns for lunch.

Costs of participation in the community that build skills and independence, are covered by the NDIS.



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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 : We **start** the morning **to train** their **fresh mind** by learning typing and to do computer data entry tasks for **ManyMindsLink (Mobile App)**. We **will pay** them according to Supported Wage System when their productivity rate can be measured. Their work rate will be **revealed** at Monday progress meetings chaired by participants. **Positive Reinforcement technique** is frequently used to encourage participants to reach their weekly targets.

Recreational Programs - Having fun and socializing with friends is a major part of DAPA. We try to embed the element of **recreation** across all our programs in between working hours. In this way, we avoid Repetitive Strain injuries and open up new interests. We encourage arts, music, dance, drama, internet research, sports and we support the Special Olympics.

Life skills - We provide support and training to enable people with a disability to develop skills required to assist in living as independently as possible in a home of their choice:

- cooking and nutrition
- home maintenance and hygiene
- healthy lifestyles (swimming, gym etc)
- communication and social skills & development of social networks
- confidence building

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

- Become 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 or Scan our QR Code

