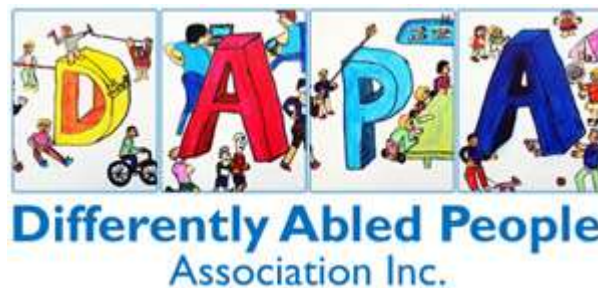


## 協能自生會

Address | Unit 1, 378 Parramatta Road, Homebush NSW 2140  
Website | [www.dap.asn.au](http://www.dap.asn.au)  
Phone | (02) 9763 5702  
Email | [info@dap.asn.au](mailto:info@dap.asn.au)



## **DAPA April Activity Report**

### **NDIS in Implementation**

Recently there is a lot of news and complaints about the NDIA and its operations. Hopefully the agency will improve its current operations. We will be closely monitoring those changes especially the impact on our participants and any future NDIS clients. One of the goals for the agency should be to ensure seamless service provision by the current providers to their participants.

For the participant, one has to choose services from registered providers. The important point is that the participant achieves their original goals, as per the Plan. If non-original goals are being funded by the NDIS, that choice may add problems to the annual review.

### **NDIS—the next steps**

Internally, our Individual Programme Plan review process is in progress. Our management and support staff analyse our activities and ensure that the participant's activities are aligned to gradually achieve their goals in their NDIS plan. We will continue to improve our procedures to find better ways to manage goals for our participants. In this way, we can assist our participants to achieving their goals sooner. It is always necessary to ensure that their next NDIS review is smoothly evaluated and new goals to be implemented for the next year.

### **Stronger Forever Program**

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

With the extra staff now, we will now include more living skills as well hobby and leisure subjects. We will be establishing a horticulture corner in our office so that our participants can learn that living things needs to be looked after as well as themselves. All living things are beautiful and useful in their life time. Just like them, our participants must know how to look after themselves well.



## **Recreation Programs:**

### **Importance of Games**

We are increasing staff engagement with our participants using various games and other living skills. With one of our new participants being vision-impaired, we are developing ways to create more games that use voice and music. Tactile playing cards enable him to work out cards simply by feeling it with his finger and organising his 13 cards into suits. We plan to enable him to take part in mah-jong as well.

### **Drama Class**



Drama class is taking a short break over the Easter and school holiday. Our participants really love these classes, as Larry engages them so well using mind games with voice and gestures. Even our vision-impaired participant was fully paying attention to Larry in the above photo. Some of our participants have problems with concentration and yet Larry managed to bring their concentration back to the games and drama.

## **Life Skills:**

### **Lessons & games mixed**

Jennifer continues to teach slow learners with interesting books and games to encourage them to learn. We admire how the participants enjoy to learn with her.



One of our young Participants surprised everyone when he finally pulled a \$1 coin from a bag of coins to buy a chocolate bunny at his local Aldi. We have been developing his learning for him to recognise and choose money for some months.

## **Making our own yogurt**

Nabil taught us how yogurt was made and how healthy it was for his family. He bought all the ingredients and container for us to try. So we made some yogurt under his instructions on Monday.

It requires at least 16 hours of fermentation, depending on the temperature. We use the culture from a previous batch of yogurt to make our yogurt.

So on Wednesday, Hong mixed the yogurt with cooked rice and raisins/dates help from Jennifer.

Every one in the office loved it for lunch on Wednesday (except Henry!). We will make yogurt again and learn about all the benefits that it provides to our body.



## **Cooking**

On one of our Monday progress meetings, someone suggested to cook *chicken con carne* dish for our Wednesday cooking session. Roughly from Google, the recipe has the ingredients : vegetables (eg capsicum), garlic, chilli and others plus yogurt.



## **Making Chinese Dumpling**



## **Participation in the Community:**

### **Ryde Chinese Carer Group Meeting**

We were invited to speak about our Organization; what it has achieved, about parents volunteering services to help other children; and development as a workplace, now hiring



5 staff and two specialists. Offering a few NDIS clients with paid work. In addition, we would have four people with disabilities enrolled into our on-job certificate courses in Individual Support study. They would form our basic service support staff in years to come.



## **Ultimo Chinese Carer Group Meeting**

We have been helping some parents in this group with preparing NDIS plans. This month, we were invited for a morning specially for this purpose. For each goal the parents put down for their children, we made them to ask themselves why, how and the cost being reasonable or not. One thing people had ignored was how some specialists like occupational therapists could help them to deal with problems and could suggest some support that would help to achieve those goals with NDIS help.

## **Upcoming Conference:**

**'Live, Work and Play: NSW the State of Inclusion' Conference on 17 & 18 May**



**LIVE WORK PLAY**

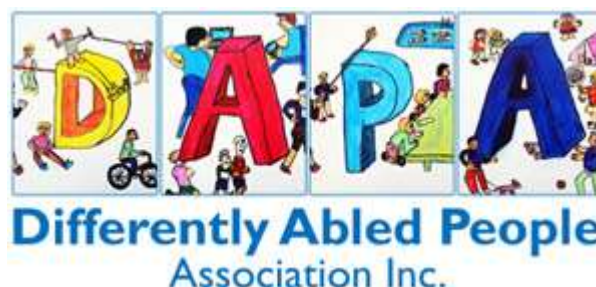
NSW: THE STATE OF INCLUSION

The NSW Department of Family and Community Services invites you to register to participate in the two-day **'Live, Work and Play: NSW the State of Inclusion'** conference which will showcase the progress being made in NSW towards building an inclusive society for people with disability and highlight the opportunities and challenges for the future – 17 & 18 May – International Conference Centre, Sydney.

Come and listen to our Vincent Yu present the DAPA model at the conference.

## 協能自生會

Address | Unit 1, 378 Parramatta Road, Homebush NSW 2140  
Website | [www.dap.asn.au](http://www.dap.asn.au)  
Phone | (02) 9763 5702  
Email | [info@dap.asn.au](mailto:info@dap.asn.au)



**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](http://www.dap.asn.au) or Scan our QR Code

