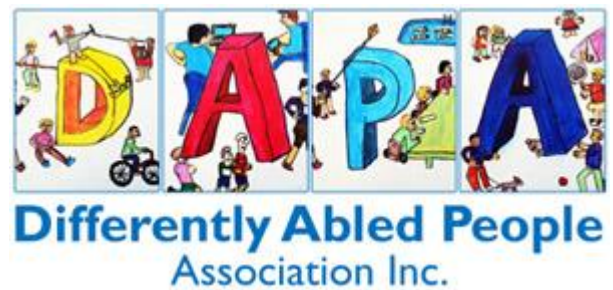


## 協能自生會

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



## **DAPA July 2017 Activity Report**

### **NDIS in Implementation**

A full roll-out of NDIS has been announced for the whole of New South Wales. Everyone who thought that he or she needed some disability support can now apply for NDIS funding. If you want to apply for any assistance from NDIS, please contact 1800800110 or send an email to [NAT@ndis.gov.au](mailto:NAT@ndis.gov.au).

You can also go directly to NDIS offices to obtain a copy of **Access Request Form** in various languages and ask for assistance to fill in the form and to submit the completed form. But one must make sure that sufficient evidence supporting the claim of necessary needs to assist disability to achieve a goal are attached with the submitted form.

### **NDIS—the next steps**

NDIS has given our carers more hope to improve the lives of all the people with disabilities which in turn would give our themselves breathing space to make their own future lives brighter. For some people who have been funded by the NDIS for nearly a year, it is time for carers to reflect on has been achieved within the previous year towards the goals they had suggested in their plans. Has this meant create higher milestones for 2017-18?

Some carers have felt a little left behind by the NDIS as its concentration was goals clients' goals and to replace the usual family support with qualified disability support personnel. It is in fact more important for carers to gather and share their experiences as well as explore if they have missed out on important goals for the people they are caring. When the annual client reviews occur later this year with the NDIS planners, the carer's ideas could be quite different from their initial plans.

### **DAPA—Coming Events**

The first **Open Day** will be held on 30<sup>th</sup> August 2017. DAPA will showcase how inclusive technologies can help people with disabilities to live more interestingly in the future. DAPA will also demonstrate how independent living skills are taught. Our radio celebrity Cecilia Lau will demonstrate some easy to cook homestyle dishes. Each visitor may win some free bottles of sauce from Lee Kum Kee, (sauce manufacturer since 1888). Come to our DAPA office and workshop s from 10am at Units 1, 2 or 3 / 378 Parramatta Road, Homebush West, 2140.

## Stronger Forever Program

Ongoing internal training for DAPA support workers are important and therefore we encourage them to take up relevant courses and seminars with professionals.

Beginning next month, we are designing a video laboratory room where participants can start learning how robots are built. Participants simply sketch patterns and shapes on computers as a first step. Then the creations can be transformed into 3D objects within a few mouse clicks. These objects then can be produced on a 3D printer. Those solid objects can then be constructed into a moving robot. We hope that our participants can become more creative and their fine motor skills be improved while having fun learning about the world of robotic technologies.



## Recreation Programs: Flemington Market Walk

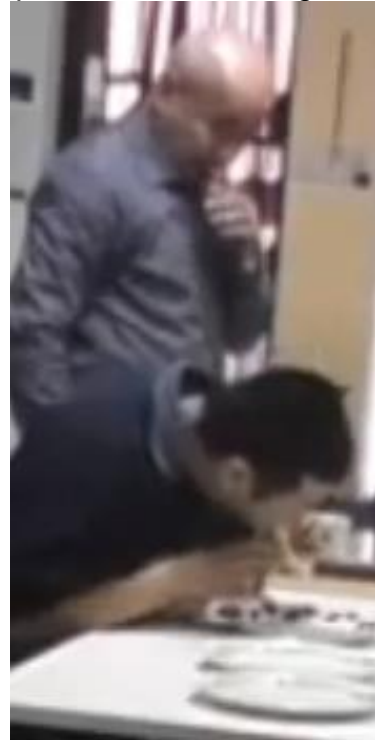
This month we decided to make other kinds of Indian food, so we took a long walk from our office and to the Flemington markets and shops near the railway station. We bought Dosa batter plus some other ingredients to make our lunch on Wednesday. Our participants will continue frequent this place to learn how to “select & buy”, improving their consumer skill levels



## **Life Skills:**

### **Making Dosa**

On 5<sup>th</sup> July, Savitha kindly brought us all the fillings in both vegetarian and non-vegetarian varieties. Both she and Hong made lots of dosa and everyone had a good lunch that was so good that some of us had to skip dinner that evening.



**Yummy !**

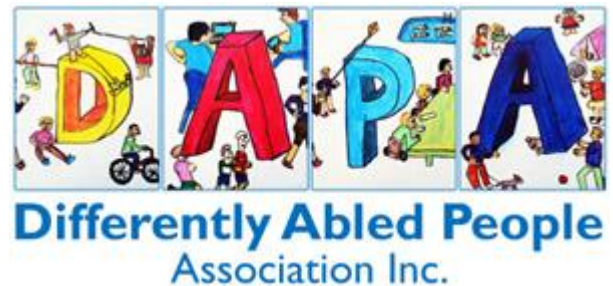
### **Participation in the Community: Wedding in an Indian Temple**

On 29<sup>th</sup> July, Vincent went to the wedding of Krishna, Akila's son, at Sri Venkateswara Temple in Helensburgh. Vincent was at the grand temple and enjoyed meeting a lot of attendees in the temple. The scent of burning incense and candlelight filled the air, and prayers from the priest wished peace with everyone. The ceremony lasted two hours and Vincent was told that in some weddings prayers could last for one to two days. At the end Vincent's hands touched all the blessed objects that priest passed around the temple. Vincent also enjoyed the wedding reception feast after the ceremony, held adjacent to the temple.



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

