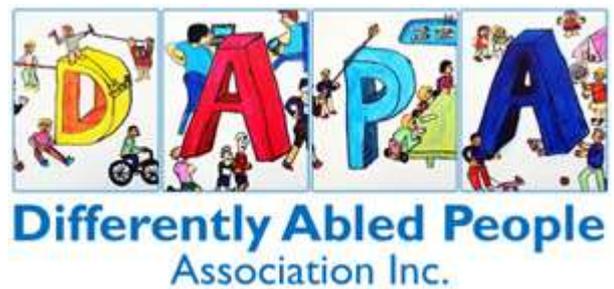


## 協能自生會

Address | Unit 1, 378 Parramatta Road, Homebush NSW 2140  
Website | [www.dap.asn.au](http://www.dap.asn.au)  
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## **DAPA November 2017 Newsletter**

### **NDIS—the next steps**

By now, the NDIS roll-out process covering the whole of NSW is nearly completed. Anyone who has not received a letter from NDIA should make an enquiry now. If there is a difficulty to maintain one's lifestyle that some support can help, talk to your local area coordinator or linker in their area (a list of linkers are available in our **ManyMindsLink** or **MMLink** smartphone application). Our app also contains all the carer support groups and their phone numbers in your area enabling you to make contacts to talk to people. Refer to the website [www.ndis.gov.au](http://www.ndis.gov.au) for eligibility to get some support.

### **Stronger Forever Program**

Our people: Ongoing internal training for DAPA support workers is important. As an NDIS registered service provider, we develop newly-joined participants so they achieve their goals, while they are at DAPA.

Summer brings more outdoor activities with opportunities for sports and community activities. DAPA participants are supported to keep in contact with the community and to keep their minds and bodies healthy.



Development of DAPA: we are looking for new support workers. Watch our newsletters in the coming months.

### **Living Skills Training**

#### **Arts and creativity :**

The human brain is bombarded with sensory inputs since our birth. Through DAPA's programs, Participants learn how to respond to the input of music, sight, feelings and movement. For over two thirds of our lifetime, our brain is actively working. It is known from brain scans, that people with intellectual disability, show reduced connectivity. One of the consequences is that time management is a real problem. Also, more time is required to learn simple things and many are prone to anxiety: perhaps even refusing to learn and remembering things. Education for autistic people must change from (boring) classroom bookwork, to real life environment with interesting stimulation.

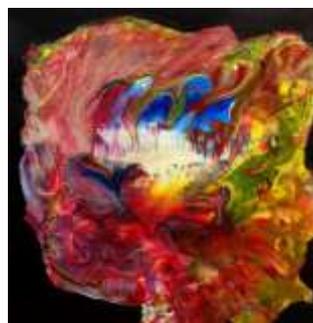
DAPA activities encourage the brain to be active, and scientists have stated that more brain activity helps to keep memory intact and connected. In fact, for some autistic people it may trigger strong activity to develop their potential.

Creative arts are believed beneficial to improving lives of people with intellectual disabilities including autism, and in fact to most people it improves their time management skills. Neuroscientists found that the arts can excite the motor skill parts of the brain.

In the coming year, DAPA will devote more effort in arts development. Arts Director, Jennifer, has updated her skills to learn new techniques (photo at right) with Therese Mackenzie in the Arts Activation Ryde Workshop.



Below, she mixed a few painting techniques as shown here :



Next May, DAPA would hold an art exhibition at Strathfield Library to show all the paintings our participants have created during the year.

## **Participation in the Community:**

### **Ryde Inclusion Action Survey**



DAPA is actively taking part in developing the Ryde Inclusion Action Strategy Planning. On 9<sup>th</sup> November, the planning team came to our office to ask what our members would like to see; where the Council should spend their money to improve accessibility of our city; and in which priority order.

On 16<sup>th</sup> November, our member Mr. Vincent Yu was invited to a Focus Meeting together with a group of local leaders. During the meeting, we proposed many areas in Ryde such as multicultural connection and neighbourhood friendliness, but we also pointed out the bias in conservation and environmental protection as the Focus group consisted of many bush regeneration and wild floral protection groups. Vincent pointed out on the advance of technology could improve living conditions using internet.

## **Canada Bay Inclusion Film Night**

DAPA is also actively taking part in the work of Canada Bay Inclusion Action Planning activities. On 30<sup>th</sup> November, We went to their Inclusion Film night which promotes how people with disabilities were involved in dealing with daily lives. One film described how a lady had multiple anxiety attacks as she drove out of her home; triggering thoughts of what could go wrong at her house : she had to abandon the trip. Another film showed a disability worker at a gallery. As he walked in the gallery, he heard critics were talking about the frog in one particular picture. He passed behind them making a lot of neighing voice and also he trotted passing them. After the critics left, he hung the painting properly showing the frog was in fact the head of a horse!



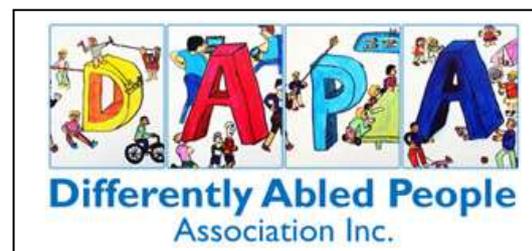
## **Upcoming events for your calendar:**

DAPA is planning a Xmas party for the week leading up to Christmas. Watch for our email invitation in the coming week.

The DAPA office and Day Centre activities will be closed from 23rd Dec 2017 to 5th January 2018.

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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. DAPA is quality accredited and an NDIS-approved service provider for Transport and Day Centre activities.

### **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 with real work to learn typing and to do computer data entry tasks for the **ManyMindsLink (Mobile App)**. We **will pay** Participants 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 techniques** are 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 develop new interests. We encourage arts, music, dance, drama, internet research, sports and we support 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:

- tell other people about this venture
- download our MMLink App, designed to help all disabled people
- become a Friend of DAPA

For further information, Go to our website [www.dap.asn.au](http://www.dap.asn.au) or Scan our QR Code:

