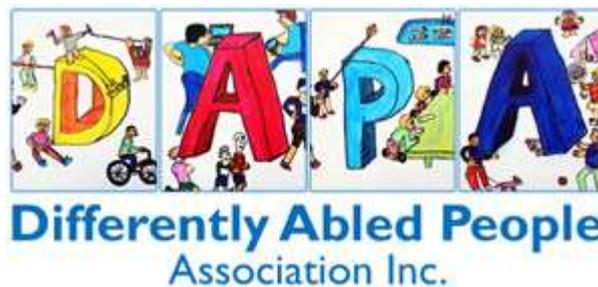


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Address | Unit 1, 378 Parramatta Road, Homebush NSW 2140
Website | www.dap.asn.au
Phone | (02) 9763 5702
Email | info@dap.asn.au



DAPA January 2018 Newsletter

NDIS–MYPLACE Participant Portal

When you have your NDIS funding approved, you need to know how to see your plan and your budget for the amount of funding you can spend accordingly. That is why you need to use the internet to access the Participant Portal. First, setup MyGov access, then link the NDIS (www.ndis.gov.au) using a computer, smartphone or iPad.

If you do not know your username and password or how to sign in, you should ring your LAC or your Support Coordinator to show you how to do this. Not all parents would like to use the internet, so, during your initial NDIS interview, you should request a Support Coordinator.

NDIS–A Parent’s Feedback

NDIS has been in operation for a year now. Here’s a personal story: I have to prepare my son’s review for his plan which is due soon. Looking back a year ago, the goals have been set too high. Considering my son is a year older and his physical and mental conditions are a little worse. I do not know how I will be coping without any extra support, no matter how little, being provided by NDIS. Yes, there is more stress at present to worry about how the review will proceed. Can I get a bit more help due to his worsening condition? In the year, I have read more news about research and scientific breakthrough in certain area about mental and aging health. Can I get extra help to improve his health and his living conditions?

My son’s behaviour has been a problem for many years. As he is getting older, his behaviour has become more complex necessitating extra carers. So this year, he has been located not too far from my home, in case the support worker needs extra help. Considering he also needs more peers around him, I will spend a couple of hours teaching him and some of his peers in painting and games. At the end of day, I am usually so tired like before. However thinking that I am now not only helping my son but also some of his peers a lot, I can rest a bit easier. I hope where my son is could be a more permanent place with better care for him and his friends.

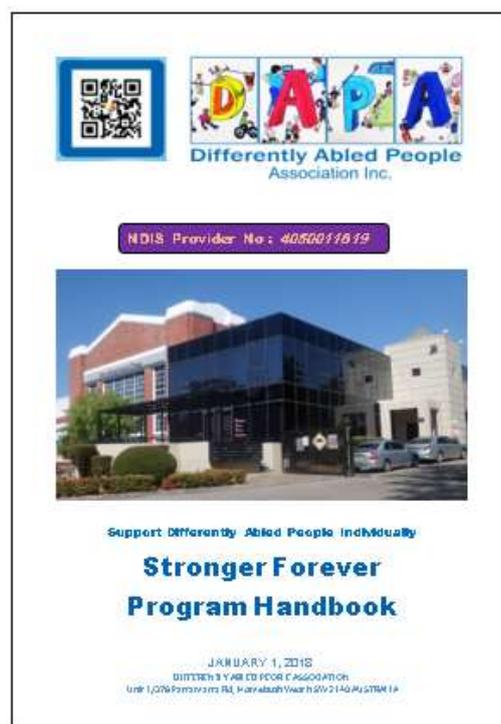
At DAPA, we are looking for a better NDIS future for every person with a disability and their parents, like me.

Stronger Forever Program

DAPA has upgraded the Stronger Forever Program Handbook in line with NDIS services. It now shows all the services we can provide Under different categories such as Core Support, Capacity Building Support and Transportation.

Starting this year, we will increase our training program for Cert III in Individual Support by two new trainees. This will strengthen our support team to care for more participants.

Our staff and volunteers are working hard to help building better work training programs to create a better future for our participants and for the future of all people with disabilities.



Living Skills Training

Water Margin Project :

Since February 2017, Bowman did sketches of a story about Water Margin on paper. This year he would paint the story on canvas. The following pictures showed him copying the sketches. He has now been working very hard to paint them on canvases. He also been busy painting more works to be exhibited in May this year.



Participation in the Community:

Community Garden

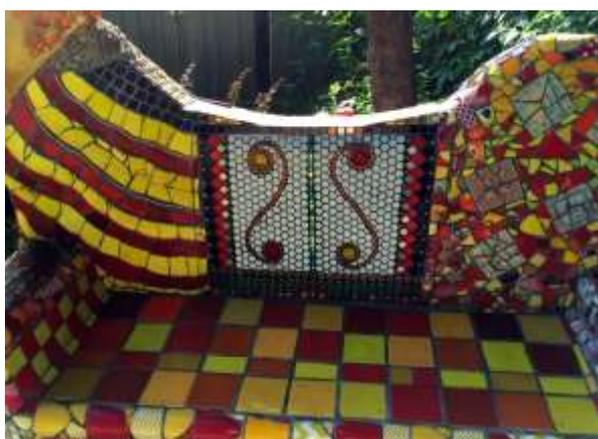
DAPA attended a community garden project on 18th January. We were asked for ideas to grow herbs and vegetables in four garden beds. The idea: to create Mosaic patterns. The council wished to inject some funds to make the garden more attractive.



This project is interesting.

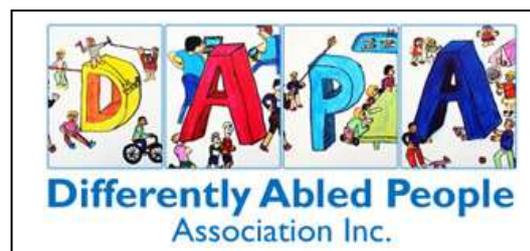
It may grow some produce for our cooking sessions every week. The difficulty is whether our participants will spend one morning each week, to see it through. There are many volunteers to help out every morning: some local senior residents with their young families.

We have sent some of mosaic ideas to them for consideration (see below):



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V7

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 or Scan our QR Code:

