協能自生會

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Differently Abled People Association Inc.

DAPA March 2018 Newsletter

NDIS–Plan Review Time

Reviewing of plans are continuing which is another busy period for the NDIS Local Area Cordinator (LAC). The review is based on the initial approved plan and how it has been delivered. When there is expenditure for items not fully used, it could mean it is deemed unnecessary and funding could be diminished. For the informal support items, one can ask for it to be included if circumstances have changed, or for an urgent need, to be included. Otherwise the LAC is not likely to increase funding for a person who is desperate in need.

NDIS–Where DAPA can help

DAPA, through our Stronger Forever Program, has been registered to provide the following services under NDIS:

- Development – Life Skill
- Group Centre Activity
- Participate Community
- Personal Activity High and Assist Personal Activities
- Assist Access/Maintain Employment
- Household Tasks

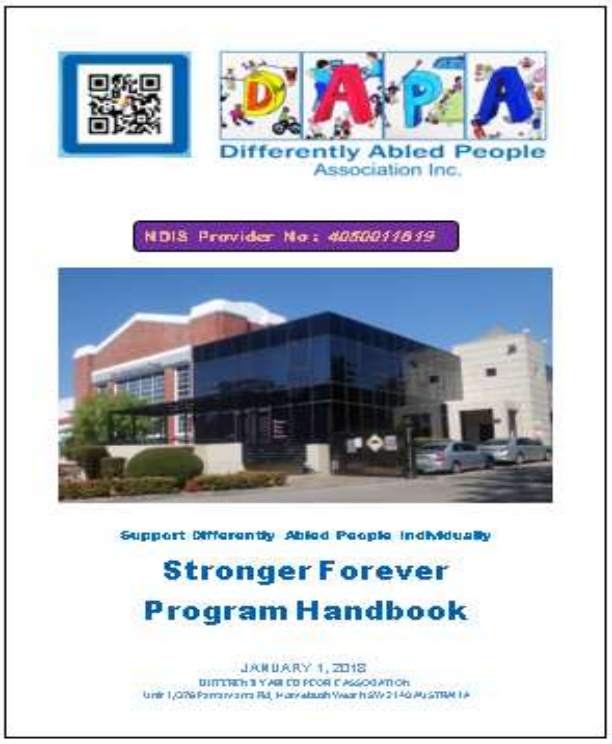
However, DAPA currently only accepts a selective few to maintain the cohesive group of people, enabling to integrate them into their learning independent living skills.

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 continue our training program for Cert III in Individual Support. This will strengthen our support team to care more participants in a static personal relationship.

Our staff and volunteers are working hard to help build better work training programs. This will 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 has been doing sketches of a story about Water Margin on paper. This year he will paint the story on canvas. The following pictures show him copying the sketches. He has now been working very hard to paint them on canvas. He has also been busy painting more works to be exhibited in May this year.

Upcoming events:

Friday 20/4/18: Lunch at 11:30am – 1:00pm Place: New Empress Restaurant (8/2 Marsden Rd, Ermington) Cost: $10 / head (normally $35) Be entertained! Cecilia Lau will attend and demonstrate a Chinese dish, and Savitha Swaroop will demonstrate how to prepare an Indian dish.

Saturday 5/5/18: Art Exhibition launch event 11am. Free refreshments-all welcome. Sun 6/5/18 1-4pm open.

Participation in the Community:

Linkability Expo in Chatswood

We were involved to promote Ability Links movement where we had attracted many people to register their concern with their children in local high schools. Sam did a beautiful piece and we were all happy to get some financial rewards. We hereby thank SSI for inviting us Along for a worthy cause.

Celebration of Harmony Week in Eastwood

We were one of the main attractions representing a minority community to perform on the stage. Both Bowman, Henry and Michael won a lot of applause from the large audience.

Ku-ring-gai Chase Fun Run & Barry Easy Walk

DAPA Strongly support members to do sporting as an inclusive hobby to strengthen they health in body and mind.

Every year Bowman enjoys to Meet with all the buddies from the Knox Grammar Boys High.

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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 or Scan our QR Code: