

## **DAPA August 2018 Newsletter**

### **NDIS–Transition to Mental Disability Support**

Many mental patients have suffered disadvantage and/or withdrawn from their daily living and social activities. Sometimes they are prevented or discriminated from employment where support can be a remedy for them to be productive. It is this psychosocial disability that government's Disability Inclusion Act should also address. Now NDIS has realised that some of the support may be permanent rather than simply a short term health issue. Mental recovery often requires a long term support-based environment that NDIS can supply whereas medication, as a sole treatment, may not provide.

NDIS will consider a participant's recovery plan to achieve a goal where he or she can live a normal life with the provision of NDIS support. People under the care of a psychiatrist and other professionals can ask if together with NDIS a patient can be better assisted to achieve a recovery plan.

To **access NDIS**, one may call NDIS on 1800 800 110. The operator will ask a few questions before sending out an accessibility request form. Before making the call, it is advisable to discuss with a medical professional that you are preparing to access NDIS that contact by an assessor will be made before you will be given an NDIS reference number and Supporting Evidence Form for the health professional to fill in. It is advisable to contact a local area coordinator (LAC) who can advise how to submit the application.

### **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
- Support Coordination

However, DAPA currently only accepts a selective few for our services to maintain a cohesive group to integrate people into learning independent living skills. We are working closely with others to deliver the best care environment for all of our participants.

## 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. Here we congratulate Hong Lin for completing her Cert III for Individual Support and her certificate from Department of Education will be received shortly. This year we will employ three more trainees who can study this certificate course.

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

A couple of weeks ago, a father rang us from Adelaide to thank us that his son had now started to work full time so happy in the Department of Finance in Canberra after being trained with us for over 2 years.

## Living Skills Training

### **How to serve Indian Daal or Dal:**

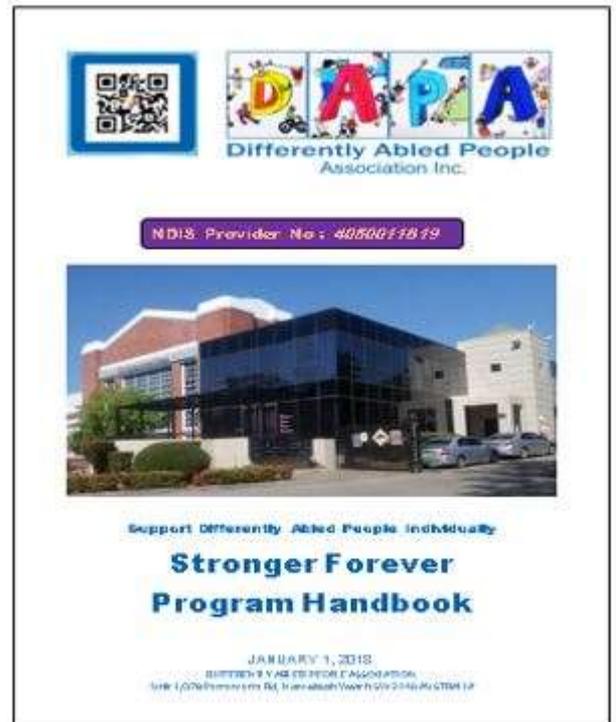
Ingredients : 1 Cup Masoor Dal

- 2 pinches of Turmeric Powder
- a few Coriander leaves chopped
- 1 onion chopped
- 2 tomatoes chopped

suitable amount of water depending on how thick one likes

Other herbs or vegetables like beans, carrot, Fenugreek or spinach leaves

- Method: 1. All ingredients washed and finely chopped and placed in a pressure cooker cooking for about 20 minutes.
2. Add 2 to 3 table spoon of oil to a hot pan and add 1 teaspoon of mustard seeds to the hot oil till it splatters.
  3. Add a little asafoetida powder, cumin seeds, curry leaves with slow flame.
  4. Add salt and cooked for 2 to 3 minutes.
  5. Served with plain boiled rice (can add chopped coriander.





We also enjoyed ready-made samosa from the supermarket either fried in oil or baked in 200°C oven.



Because spicy food does appeal to some, we had also a lot of fresh vegetables with bean curd stir fried with rice noodle.

## Upcoming event for carers

**Learn how to cook like professional chefs in a restaurant  
on 10<sup>th</sup> October at North Ryde Golf Club**

**Also spaces available: Learn Cooking at Tafe**

**BE AMBITIOUS**

**BE ENGAGED**



**CAFÉ SKILLS – SIMPLE  
DISHES FOR THE CAFÉ  
INDUSTRY**

This course provides essential skills that can be used when working in a café or restaurant.

Classes run on Mondays from 8:30am – 3:00pm for 8 weeks

First Class starts 15<sup>th</sup> October 2018 – 7<sup>th</sup> December 2018

## **Special Vacation Session Open for Children**

*Open one week only from 2nd October 2018*

*A limited seats for people with intellectual disability aged from 6 to 24*

*Any time from 9am to 2pm weekdays*

**Cost** - \$ 25 per hour or \$ 125 per day for Non-NDIS participants

For NDIS participants, claim under 04\_165\_0136\_6\_1 or equivalent

## **Participation in the Community:**

### **Performance at Auburn Community Garden**



On Thursday 16<sup>th</sup>, we were invited to perform at the opening of Auburn Friendship Garden. We presented a section of Beijing Opera, a Rap song and Bowman's "It's My Life" in front of volunteers and council workers. It was a proud project with the mayor coming to open the celebration.

## **JOB VACANCIES**

**School leavers or enthusiastic young persons with autism or an intellectual disability, come to join our exciting fast-growing team.**



Now DAPA is expanding to a new office in Chatswood (near the station) and we are recruiting more participants to learn IT skills: ready to be employed with us on a Supported Wage System.

If you are a person with intellectual disability and are leaving school or have left school and are wanting to work in the IT industry, please contact Vincent Yu on 0417418180 or email [info@dap.asn.au](mailto:info@dap.asn.au) for an interview.

## 協能自生會

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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:

