

DAPA May 2019 Newsletter

NDIS–Disability and Inclusion

From the national disability website www.ndis.gov.au, it describes NDIS the scope of **Information, Linkages and Capacity Building** or ILC program, which is a grant program aimed at improving communications on the NDIS in partnership with communities. Details as below:

What you need to know about the ILC Policy Framework

- ILC is the part of the NDIS that provides information, linkages and referrals to connect people with disability, their families and carers, with broader systems of support.
- ILC will facilitate capacity building supports for people with disability, their families and carers.
- The focus of ILC is not who will gain access to it, but on the supports offered. Anyone will be able to inquire about ILC supports through the NDIA or Local Area Coordinators (LAC), including people with disability who do not have an NDIS plan.
- ILC will also promote collaboration and partnership with local communities and other government services to create greater inclusivity and accessibility of people with disability.
- ILC is part of a bigger picture. Partners in the Community delivering Local Area Coordination services as part of ILC, and individual NDIS plans, all work together to support people with disability.
- ILC is a key component of the NDIS's whole of life insurance based model and will contribute to the sustainability of the NDIS by building the capacity of the community, people with disability, their families and carers.

Success for DAPA with another Grant Program:

This year, DAPA received a grant for Social Inclusion from Ryde Council to support our local inclusion activity. We would be highlighting some activities through our Our Ryde phone App to encourage local communities and businesses to pay more attention to Inclusion for people with Disabilities and other people needing care.

NDIS–Where DAPA can help

DAPA, through our Stronger Forever Program, is a registered provider of NDIS funded supports. We provide day care and training in all aspects of independent living skills. In our recruitment activities we stress the importance of care workers having empathy to assist our members to enable them work towards their employment skills in IT within our program. The goal of this is to assist and prepare them for meaningful employment in the future.

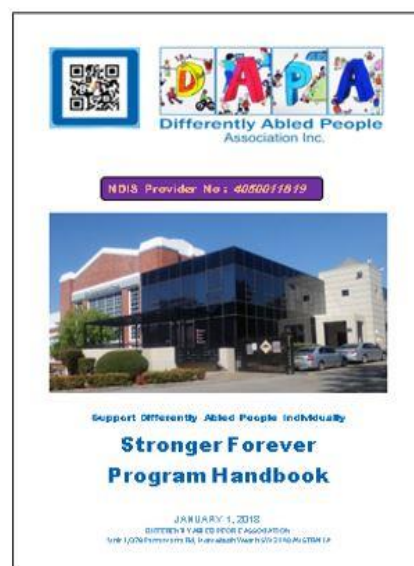
Do you have spare time you want to share and contribute back to the community? Come to share our experience by volunteering. The experience is fulfilling and rewarding in so many ways. If you want to find out more about the NDIS and how to access the Scheme, please look at our website www.dap.asn.au or directly talk to us on 02-97635702. We are happy to help.

Stronger Forever Program

At DAPA we have upgraded the ***Stronger Forever Program Handbook*** in line with provision of NDIS services. It now shows all the services we can provide under different categories such as Core Support, Capacity Building Support and Transportation.

Recently we have had many supporters expressing concern for one of our participants who has been technically homeless since last December.

As we knew that securing safe accommodation in the Sydney area has been challenging we discovered that some providers have waiting lists that are long, including waiting for over ten years. It was even harder for our participant due to his lack of NDIS funding and his income was low. However three months ago, our homeless participant had been escalated to the priority list by Link Housing, one of the community housing providers. We heard that a **notice of inspection** had been sent to our participant for one of their vacant houses. That was very great news and we will continue to support him in his transition into his new home when he is successful.



Living Skills Training

Inclusive Workshop Environment

MMLink smart phone application development was started in 2012 to provide an inclusive office for people with disabilities to be trained in improving their ability to produce meaningful work in a cohesive group environment where people learn to be more tolerant to each other. Support staff learned to watch for any sign of anxiety among the workers along with how to help to correct any mistakes and self-manage their challenges. Repetitive work is limited to a certain time span. All participants are encouraged to take part in living skills. Obsessive habits are monitored with certain rules clearly shown on wall and support is provided to meet expectations. Every week participants are given certain amount of work suited to their individual speed of production rate. Work places need to be kept clean by all participants and this builds skills in working together and being responsible to spaces.

Dal (Daal or Dahl) in Indian cooking

Dal is a generic Hindi term for the split pulse of a pea or a bean such as various kinds of lentil which is widely used in Indian cooking.

The nutrition value of dal has protein, fat and Carbohydrates which contains vitamin B, folate, manganese and thiamine and traces of iron and phosphorus.



Our staff Savitha had cooked dal using Masoor lentils (Red Lentil) which is a popular Indian dish because it is richest in protein compared with other lentils.

One of the common Indian dish is Lentil Dal puree by adding all kinds of spices and then season it(the process is called tarka or tadka). It uses soft lentil stewed with lots of spices or cooked in a pressure cooker.

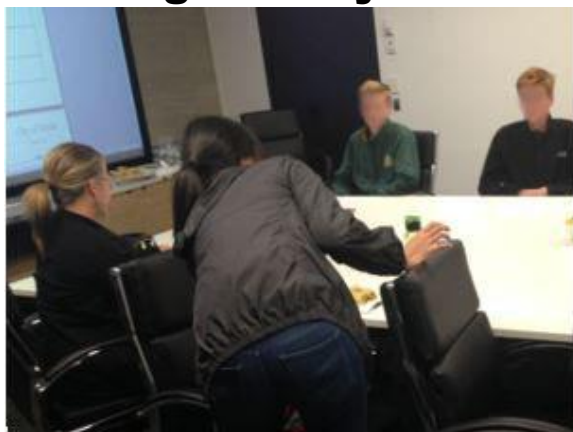
Savitha's Masoor Dal Recipe

1. Pressure cook till 2 to 3 whistles the following ingredients :
 - Masoor Dal (Red Lentil) - 1 cup
 - Turmeric Powder - 2 pinch
 - Coriander Leaves Chopped - little
 - Onion Chopped - 1
 - Tomato Chopped - 2
 - Water - 2.5 cups
2. Season (also known as tam or tadka) on a pan with
 - Oil - 2 or 3 teaspoon
 - Mustard Seeds - 1 teaspoon after oil is hot
 - Asafoetida Powder - little
 - Cumin Seeds - optional
 - Curry Leaves - optional
 - Salt - to taste
3. Add cooked dal from step 1 to the pan and cooked for 2 to 3 minutes.

We may add chopped coriander and/or coconut/Curry Powder.

Participation in the Community:

Meeting with Ryde Youth Council



On 29th May, Savitha, Tristram and Vincent presented DAPA's work to Ryde Youth Council. From Ryde council's website, the formation of Ryde Youth Council is to communicate with the Councils issues relating to young people in the community and to encourage youth participation in local activities and raising views and opinions.

For more information, view the [https://www.ryde.nsw.gov.au/files/assets/public/community/ryc-information-booklet.pdf\(PDF, 3MB\)](https://www.ryde.nsw.gov.au/files/assets/public/community/ryc-information-booklet.pdf(PDF, 3MB)).