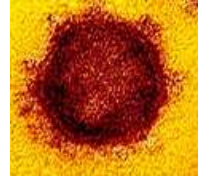


DAPA July-August (COVID-19 special) Newsletter

COVID-19 events:

COVID-19 Continued



The coronavirus was first identified in 1965 and later found various types of human coronavirus including the dangerous NL63 and HKU1. Its seriousness was realized in 2003 in Hong Kong. World Health Organization (WHO) found several Severe Acute Respiratory Syndrome coronaviruses like Sars-Cov, Sars-Cov-1 and Sars-Cov-2 existed in human and animals like bats etc.

In NSW, the government has had regularly updated COVID-19 status and service information like current coronavirus testing sites and available services and restrictions are accessible at <https://www.nsw.gov.au/covid-19>. Please watch www.nsw.gov.au for latest news about corona virus situations in New South Wales.

DAPA COVID-19 Activities

Data Entry work and day services continues to help participants staying away from infections.

Since March 2020, we implemented the procedures On the left and have followed them strictly.

It has been testing time for people with anxiety and ADHD. It has also been a challenging time for the poor and the vulnerable people. Many of us are working selflessly to help those people in need of protection so that they would not need to step out of their homes often. Some of them bought home gym equipment through their NDIS funding.

DAPA Post COVID Plan

Data Entry work and day services continue to help participants stay away from infections.

Since March 2020, we have implemented the procedures above and followed them strictly. Although restrictions have been relaxed by the government gradually according to the infectious situations, yet we have already started planning a post COVID plan since June.

For the last five years, DAPA anticipated the lack of care support workers for our participants. We started to co-operate with an RTO in training several new care workers with Certificate III in our office and subsequently won endorsement from Department of Industry and Department of Education for our workers. Just when

COVID-19 Procedures

DAPA has already started a lockdown environment since 24th March 2020 with three meetings at all levels of our staff, MC's and participants and notifications to their carers as follows:

1. Office disinfection procedures with hand wash
2. Keep a social distance with seating at 4m apart
3. Only pre-arranged visitors are allowed in the office
4. Participants should avoid public places and shopping centres
5. Extending office hours and preparation for supplying all meals to participants
6. Listing all necessary goods and food for group purchasing by our staff for all participants and staff
7. Some of our participants living in group accommodations will work remotely
8. Staff will be trained to work remotely through Microsoft Teams platform.
9. No more than 5 persons in a room

COVID-19 restrictions started in the middle of March, DAPA was lucky to receive a Boosting Local Care Worker (BLCW) federal project which funded our Strategy Planning project starting in April. After a few meetings we selected a specialist, Mr. Luke Silcock of Thought Source consulting, who has had long term experience in IT industry strategies. With a few interviews with our stakeholders, a first Beyond 2020 Kick Off strategy zoom meeting was held successfully on 28th June.



DAPA Hiring Care Worker Trainees

Data Entry work and Day Services have started in Chatswood and we have up to five new participants joining. After the above mentioned Beyond 2020 Zoom Meeting, we have established a trainee scheme with People Plus, an Employment Provider. Currently we are hiring about six Care Worker Trainees to assist our operations in Chatswood and Homebush offices.

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. We have stressed the importance of care workers having empathy with our members in enabling them to develop employment skills in IT areas as part of their involvement in our program.

By working in a commercial office but in an inclusive environment, participants are gradually grasping what work and productivity really mean and how to adapt to work in a regular real office, slowly. For example, one participant may find others are a bit too noisy for him without being told that his own loud music in his ear phone being too noisy. He has gradually learned to work quietly and has got used to the noise around him. This will prepare them for meaningful employment in the future like some of our ex-participants. There are a lot of behaviour problems so that we have contracted specialists to visit us as often as once a week to help our participants.

We are continuing to develop courses and utilities for support services. We have found that learning is easier when the participants have been put in the real environment, particularly in the area of speech and relationship improvement.

Stronger Forever Program

DAPA has upgraded the *Stronger Forever Program Handbook* to be in line with NDIS service delivery. It now shows all the services we can provide under different Categories, such as Core Support, Capacity Building Support and Transportation.



DAPA will now restructure to provide a special inclusive workplace MMLink enterprise to begin working with **Sunnyfield Differently Abled Team** marketing to develop an open employment process for people with intellectual disability in the future. We are now getting Federal Government's Boosting Local Care Worker (BLCW) program funding to assist our strategy planning for that purpose.

MMLink Program

DAPA has started to add more features into MMLink applications:

1. Developed a camera snapshot facility to assist data entry by simply capturing data using mobile phone camera live on the street;
2. Split Service Provider category into Disability, Ageing and Government providers;
3. Implement live remote teaching facility from carer to the member being cared for;
4. Following our localised application "Our Ryde", intend to extend to other suburbs;
5. More daily living tools for member such as capturing things in places you need to remember in a later stage;
6. Adding to item 5 above a new category of repair man and petrol stations with ratings of value for money; and,
7. Add an alarm clock feature with carer monitoring functions.

More to come

Living Skills Training continues with Social Distance

Our Inclusive Workshop & Day Service Timetable

Differently Abled People Association / Many Minds Link Weekly Timetable					
WEEK PERIOD:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00AM	WORKSHOP OPEN Sign In Rowbook and Check necessary person care tasks (hygiene etc)	WORKSHOP OPEN Sign In Rowbook and Check necessary person care tasks (hygiene etc)	WORKSHOP OPEN Sign In Rowbook and Check necessary person care tasks (hygiene etc)	WORKSHOP OPEN Sign In Rowbook and Check necessary person care tasks (hygiene etc)	WORKSHOP OPEN Sign In Rowbook and Check necessary person care tasks (hygiene etc)
	tidy desk and start computer and data entry skills	tidy desk and start computer and data entry skills	tidy desk and start computer and data entry skills	tidy desk and start computer and data entry skills	tidy desk and start computer and data entry skills
9:30AM					
11:00AM	Weekly Meeting Everyone	Living Skill Start Music session	Living Skill Start	Living Skill Start Arts or sometimes require full day arts	Living Skill Start
11:30AM	Discussion/Meeting Cont'd		Cooking		Painting
12:00PM	LUNCH TIME	LUNCH TIME	LUNCH TIME	LUNCH TIME	LUNCH TIME
12:30PM	Newspaper Reading	Music session	WORK FOR LIFE Cleaning Kitchen	WORK FOR LIFE Arts	Free Activity, movies, maths & English work
1:00PM					
1:30PM	Cleaning	Work Cont'd	Work Cont'd	Work Cont'd	
2:00PM	Departure Preparation ' Cleaning Desk	Departure Preparation ' Cleaning Desk	Departure Preparation ' Cleaning Desk	Departure Preparation ' Cleaning Desk	Departure Preparation ' Cleaning Desk
2:30PM					
3:00PM	WORKSHOP CLOSED	WORKSHOP CLOSED	WORKSHOP CLOSED	WORKSHOP CLOSED	WORKSHOP CLOSED

No participant should arrive via public transport or without prior arrangements due to COVID-19

Living Skills:

Show Indian Mung Bean Dish

On 16th July, our staff member Savitha show how Indian Mung Daal was made, while Jennifer looked on and asked questions about each ingredient.

It was a vegetarian dish with tomato, chickpea, potato, Coriander and various herbs, such as Asafoetida, cooked in a pressure cooker.

All staff loved to eat with Chapati she was making in a small pan as shown in the photo.



Daniel's Slow Cooker

Daniel bought his own Slow Cooker and he brought it to DAPA office to learn how to use it in cooking.

On 13th August, he was shown how to precook ingredients and mixed with port into a slow cooker.

The next day, slow cooker was switched on early in the morning for 4 hours before serving for all the participants during Lunch time.



Participation in the Community:

Special Olympics Fun Run on Sunday 15th March 2020 postponed to 8th December.

For the last five years, the event had drawn more athletes and supporters so that over 500 people took part in the last two years. As part of DAPA's Social Inclusion project, we want more people from Ryde area to be involved in this worthy event.

Watching this page for the activity date. Registration for the Fun Run is still open. Please consider DAPA group during the registration process to support us in the event. To register for the event, you can download our MMLink App using your mobile device or go to the website

<https://www.kuringgaichase.com.au>