

The Ripple

January 2018

Welcome to your January edition of The Ripple

I seem to say this every year but this year is going to be busier than ever for everyone at Aspire, and this is certainly a jam-packed Ripple.

January is a time for looking back and planning for the future. With that in mind, the transition to the NDIS is well underway with a number of our customers already moving through the planning process and purchasing services in the new scheme.

Over the next 6 months, we expect that a further 500 customers will make the transition to the NDIS and our Customer Service Team is at the ready to assist in any way.

We also have a number of staff supporting families that have received Support Co-ordination funds as a part of their NDIS package. These funds are used to assist families to find services in the region to purchase through their NDIS funding. If you need support in finding the services you need, we have experienced staff that can help locate appropriate services and support you.

One of the changes that has come with the NDIS is the change in terminology. An example being respite is now called short-term accommodation. The feature article this month looks at why short-term accommodation is important.

We also share some of our upcoming events, an opportunity to be involved in photography sessions and a new initiative from the NSW Government.

If you have any questions about any of the information provided in The Ripple, please feel free to contact us. We are here to support you.



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Do you need some respite?

Caring for someone can be a rewarding experience and, at the same time, can be stressful and leave you feeling tired. As a carer taking regular breaks is important as it can help relieve stress for both you and the person you are caring for.

Previously, these breaks were referred to as respite care, however, with the introduction of the NDIS, respite care is now known as short-term accommodation.

Short-term accommodation provides you with a break from caring to give you time to do everyday activities or simply look after yourself.

Carers often worry about leaving the person they care for, and this is understandable. However, regular breaks can be important for you as a carer and those breaks need only be for a short period of time.

Planning your short-term accommodation

Planning a break in advance can help avoid stress build-up. If you would like a regular service, for example monthly, this can be arranged. Ad-hoc bookings are also welcome and will be managed wherever possible.

What type of short-term accommodation is available?

Aspire offers short-term accommodation services for both children and adults.

Short-term accommodation houses provide families and unpaid carers of a person or persons with a disability with planned, short-term time-limited breaks from their usual caring role. Our houses aim to provide a positive experience for the person with a disability, while their carer has a break.

The Aspire short-term accommodation houses are comfortable, well maintained and well resourced and offer specialised equipment and are located close to transport and other local services.

The children's and adult houses are bright, modern, well equipped five bedroom homes. Aspire has professional, skilled staff who specialise in ensuring that the short terms breaks provide positive experiences for all.

NDIS UPDATE (CONT'')



Why are breaks important?

Taking a break and having some time to yourself can benefit both you and the person you care for.

There are many reasons you should consider taking a break:

- you are feeling stressed, tired or burnt out
- you need some time for yourself
- you are ill
- you need to attend an appointment or event
- there is tension between you and the person you care for

Taking a break can often be difficult at first, especially if you are the main carer. However, it is really important to have a break and to ask for help.

Trying to reduce stress is important. If you are feeling stressed, try taking a break so you can have some time to relax.

Aspire currently has short-term accommodation available at both the children's house and the adult house.

If you would like to be sent a calendar to submit your short-term accommodation for the next quarter or would like to discuss your short-term accommodation options, please contact our Customer Service Team.

T 02 6058 4000 E customerservice@aspiress.com.au

If you have any questions about your NDIS plan and short-term accommodation or require further information feel free to contact our Customer Service Team.

GENERAL INFORMATION

Photography sessions

This year we will be conducting six-monthly photo shoots with our customers. The images will be used in The Ripple and on our website, and other promotional and marketing activities.

If you, or your child(ren) or your person/s, would like to participate in these photo shoots, please contact our customer service team.

T 02 6058 4000 E customerservice@aspiress.com.au

We will then be in touch to provide you with authorisation forms to complete, and further detail about the photo sessions.



Active Kids

ACTIVE KIDS is a new initiative of the NSW Government commencing on 31 January.

ACTIVE KIDS provides a \$100.00 voucher per year for the next 4 years for children enrolled in school and residing in NSW. The program provides assistance with registration and participation costs for sport and fitness activities. This includes:

- sporting pursuits
- swimming lessons
- structured fitness program
- outdoor education programs
- approved active recreation (dance etc.)
- equipment ordinarily provided by the provider on registration for competition

For more information go to the website, <https://sport.nsw.gov.au/sectordevelopment/activekids>, or contact our customer service team. T 02 6058 4000, E customerservice@aspiress.com.au

UPCOMING EVENTS

For detailed information on upcoming Aspire events and activities, go to the online calendar on the Aspire website, www.aspiress.com.au, or contact your friendly customer service team.

T 02 6058 4000, E customerservice@aspiress.com.au.

These activities are partially subsidised by the *TogetherProgram*



Albury Wodonga Down Syndrome Family Network Group

Where: Red Brik Caffé – 3/525 Sanders Road, Lavington 2641

When: Sunday 18 February at 10.00am

What: Join us for a tasty morning tea (catering for dietary needs) and an opportunity to relax and catch up and plan for group activities during the year.



Albury Wodonga Home Schooling Family Network Group

Where: The Sustainable Activity Centre, Gateway Island, Vic.3691

When: Thursday 8 February at 10.00am

What: Award winning Wiradjuri Artist, David Dunn, will provide a 90 minute art class focussing on Australian animals. All art supplies will be provided..



Aspire Family Network Group

Where: The Cube Café, 118 Hovel Street, Wodonga 3690

When: Thursday 22 February at 12.00pm

What: Join us for a relaxing luncheon and a chance to catch up.

UPCOMING EVENTS (CONT')



Attention Deficit Hyperactivity Disorder and/or Oppositional Defiant Disorder and Related Conditions Support Group

Where: WAVES, 8 Mactier Avenue, Wodonga 3690

When: Friday 9 February at 4.00pm onwards.

What: Family swim and get-together. Bring your own dinner or purchase at WAVES. BBQ's available.



Autism/Aspergers Family Network Group

Where: SS&A Club Albury 570/582 Olive Street, Albury 2640

When: Tuesday 6 February at 12.00pm

What: Join us for a relaxing meal together and a chance to plan for the year



Dads Group

Where: Bended Elbow (rooftop bar) 480 Dean Street, Albury NSW 2640

When: Thursday 8 February at 6.00pm for 6.30pm

What: Join us for a relaxing dinner and our first catch up for the year. We will be planning for future events and activities.

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UPCOMING EVENTS



Healthy Mothers, Healthy Families Support Group—Walking Group

Where: This month we will continue to leave from the main carpark at Sumsion Gardens/ Belvoir Park in Wodonga. You are invited to join us for tea/coffee afterwards.

When: Thursday mornings, 1, 8, 15 and 22 February at 9:00am

What: Each week we take the time as a group to go for a walk and talk. It is great for the mind as well as your fitness. New mothers welcome. Bookings essential.



Healthy Mothers, Healthy Families Support Group—Swimming Group

Where: WAVES, 8 Mactier Street, Wodonga 3690

When: Wednesday mornings, 7, 14, 21, 28 February at 9.00am

What: Join us for a leisurely swim and a chat. Pool entry subsidised by the *TogetherProgram*



Sole Parents Network Group

Where: Hog's Breath – 493 Townsend Street, Albury 2640

When: Monday 12 February at 12.00pm

What: You are invited to join us for a planning lunch for the year.

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