

The Ripple

Edition 12

Welcome to your latest edition of The Ripple

Hello again,

As Aspire and the local community enter our second year of the rollout of the NDIS it's worthwhile reflecting on the previous year's challenges and successes.

For some people and their families, the transition from State Government funding to the NDIS was seamless and very little changed. For some people they received even more supports than before which is exciting.

But for some families, the result has been underwhelming and the process quite frustrating. If you are now coming up to your first plan review, now is the time to be gathering evidence to support your needs so that you receive the level of funding required to live a fulfilling life.

Our Customer Service Team is here to assist you in any way particularly around your Plan Review. Please don't hesitate to call our Customer Service Team if you need any assistance with the NDIS.

In this edition, we look at the new NDIS Price Guide changes, Supported Independent Living (formerly known as Supported Accommodation), the Albury Wodonga Business Awards, and a number of upcoming events.

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.



Nigel Stone
CEO

NDIS UPDATE - 2018/2019 NDIS PRICE GUIDE

Important

THE 2018/2019 NDIS Price Guide

Every year the NDIA updates their prices and publishes these in an NDIS Price Guide. The changes commence on 1 July every year.

Changes in the 2018 / 2019 Price Guide have included different rules around Cancellations and Travel charges. A summary of the changes and what this means for you follows.

Cancellations

If a participant makes a short-notice cancellation, which is after 3:00pm the day before the service, the provider may charge up to 90% of the agreed price for the canceled appointment. A fee may be charged against a participant plan up to 12 times per year for personal care and community access supports. Beyond this threshold, the NDIA will require the provider to demonstrate they are taking steps to actively manage cancellations.

For other cancellations, where the participant has provided notice of cancellation prior to 3:00pm the day before the scheduled service, providers may not charge a cancellation fee.

Where participants make short-notice cancellations for therapy services, the therapist can charge a cancellation fee up to 90% of the agreed price for the canceled appointment. Within the period of any Service Booking between a provider and participant, the total of canceled appointments charged by the provider must not exceed six hours.

No fee is payable by the NDIA or the participant, for cancellation by a provider or due to the provider's failure to deliver the agreed supports, unless previously agreed to and documented in the Service Agreement with the participant.

Source - excerpt from the NDIS Price Guide Victoria, New South Wales, Queensland, Tasmania Valid from: 1 July 2018

What does this mean for you?

It means you need to contact us before 3:00pm the day before your service if you need to cancel your service.

Otherwise, you will be charged 90% of the overall cost that would have been charged if you attended the service.

This applies up to 12 times per year for personal care and community access supports and up to 6 hours for therapy services within the period of any service booking.

NDIS UPDATE - 2018/2019 NDIS PRICE GUIDE

Transport

Travel to provide personal care and community access

Providers may not claim travel costs for the time that a support worker spends traveling from home to the workplace (or first participant) and from the workplace (or last participant).

Where a support worker travels from one participant appointment to another, up to 20 minutes of time can be claimed against the next appointment at the hourly rate for the relevant support item.

Where a worker travels from one participant appointment to another in an MMM4 or MMM5 area, up to 45 minutes of time can be claimed against the next appointment at the hourly rate for the relevant support item.

Travel to provide therapy supports

Therapy providers may claim travel costs when traveling to and from appointments:

- For travel to a first participant appointment each day, or for travel from one participant appointment to another, therapy providers can claim up to 20 minutes of time against the appointment they are traveling to, at the hourly rate for the relevant support item. If the appointment is in an MMM4 or MMM5 area, therapy providers can claim up to 45 minutes of travel time against the appointment they are traveling to, at the hourly rate for the relevant support item.
- Therapy providers can also claim for return travel from the final appointment in a day.

Source - excerpt from the NDIS Price Guide Victoria, New South Wales, Queensland, Tasmania Valid from: 1 July 2018

What does this mean for you?

Due to the changes in some of the travel rules, this may mean changes if you have Travel listed within your Schedule of Supports. Please contact us if you have any questions regarding this if you feel this applies to you.

What to do if you require more information?

All changes can be found in the NDIS Price Guide which is on the NDIS website in the Provider section.

If you have any questions regarding the Price Guide, please contact the NDIA on 1800 800 110

If you would like any more information around your Schedule of Supports with Aspire, please contact our Customer Service Team.

T 02 6058 4000

E customerservice@aspiress.com.au

SUPPORTED INDEPENDENT LIVING

What is Supported Independent Living?

Under the NDIS Supported Accommodation is referred to as Supported Independent Living (SIL). SIL delivers onsite disability and daily living services.

Supported Independent Living provides housing within the community for people with disability. It includes the provision of support services.

What does Supported Independent Living do?

If a participant makes a short-notice cancellation, which is after 3:00pm the day before the service, the provider may charge up to 90% of the agreed price for the canceled appointment. A fee may be charged against a participant plan up to 12 times per year for personal care and community access supports. Beyond this threshold, the NDIA will require the provider to demonstrate they are taking steps to actively manage cancellations.

Supported Independent Living can help people with disability to:

- Find independence
- Get involved in the community
- Make choices about their life
- Build skills and learn new things

At Aspire, Supported Independent Living is provided through a shared living environment.

Living in a group home means you get to care for yourself while having support available. A person living in SIL does things like:

- Cleaning and looking after the home
- Shopping, for groceries for the home and for yourself
- Sharing home responsibilities like preparing food
- Being part of the local community, like going to social activities

How do you know if you are eligible for Supported Independent Living?

You may be eligible if you:

- Have a disability under the Disability Act 2006
- Have to change the way you live because it does not meet your needs anymore.

Current vacancy

An accommodation placement with Aspire Support Service has become available in North Albury.

This house has one vacancy and was leased for the purpose of providing services to 18+ year-old NDIS participants eligible for 1:2 SIL funding.

The residence is located only 2km from Lavington square and 2.5km from the center of Albury City, which makes accessing the community a breeze.

Aspire Support Service work with all residents to achieve their goals and further enhance their quality of life. The property is currently occupied with one other resident, who receives personalized support for all daily needs. This property is ready to be occupied by a second resident ASAP.

To enquire or for further information contact your Aspire Customer Service Team, T 02 6058 4000, E customerservice@aspiress.com.au.

COMMUNITY EVENTS

NATIONAL CARER COUNSELLOR PROGRAM



CARER WELLBEING THERAPEUTIC GROUP



Are you caring for a person living with a disability in NSW?

Carers NSW are running a Carer Wellbeing group for carers of people with a disability in NSW.

Talk-link is a six week telephone program for adult carers, facilitated by two trained counsellors.

The therapeutic group will allow carers to:

- *Strengthen resilience with coping strategies
- *Learn healthy communication boundaries
- *Explore loss & grief in the caring role
- *Understand the benefits of self care

WHEN: Thursday 6th September

TIME: 10am - 11am

FREQUENCY: Weekly for six weeks

WHO: Carers of people with a disability in NSW.

WHERE: Telephone Group
Connect via any landline (free) or mobile telephone (mobile rates apply)

Register your interest ASAP (places limited)

For more information or to register
CALL: Carer Line 1800 242 636

SUPPORTS ALL CARERS • AN AUSTRALIA THAT VALUES AND SUPPORTS ALL CARERS • AN AUSTRALIA THAT

www.carersnsw.org.au

contact@carersnsw.org.au

CARER LINE 1800 242 636

PO Box 785 North Sydney NSW 2059

ASPIRE EVENTS AND ACTIVITIES



Early Childhood Intervention

Picky Eaters

Identifying Feeding Difficulties in Early Childhood Workshop

Are you interested in learning about feeding difficulties in young children?

Do you know a fussy eater?

Are meal times challenging?

Workshop details

This workshop will:

- discuss typical feeding development
- discuss common myths associated with eating
- help identify if a child is a picky or problem eater
- provide tips and strategies to help you work with your child to develop positive food associations and eating behaviours.

This workshop is for families, early childhood professionals, allied health professionals and other community members.

The workshop will be presented by Early Childhood Intervention therapists trained in the SOS approach. If you are interested in finding out more about children with feeding difficulties, please come join us.

When: 7:00pm to 9:00pm, Wednesday 29 August 2018

Price: Early Bird Rate \$90.00 (Payment by 22 August 2018)
Standard Rate \$100.00 (Payment after 22 August 2018)

If you have an NDIS plan you may be able to use funding from the Improved Daily Living Support Category (Training for Carers'/Parents). Please check with your planner or ask the NDIS for more details.

Location: Aspire Support Services
220 Borella Road, Albury

Bookings essential

Numbers are limited, so get in early!

Contact Reception at Aspire to reserve your spot.

T 02 6058 4000

E reception@aspiress.com.au

www.aspiress.com.au

Version date 16.7.2018



ASPIRE EVENTS AND ACTIVITIES (CONT')



Early Childhood Intervention

Transition to School Workshop

Is your child heading off to primary school in 2019 or 2020?

Have you got questions about if your child will be 'ready' for school?

Do you know the first steps in picking a school?

Are there things that you think might be a challenge for your family with your child attending school? Things that you think may take some time and support to ensure that your child, their school and your family feel 'school ready'?

Workshop details

At this Transition to School Workshop, educators from Aspire Early Childhood Intervention will discuss the different ways you can assist your child with some school readiness activities. Discussion will also include how your family can be supported in navigating the enrolment process at different local schools.

This workshop is aimed at families of young children with developmental delays, concerns or diagnosed disabilities. It may also be relevant for early childhood professionals, allied health professionals and other community members.

When:	Date to be advised
Price:	Free
Location:	Aspire Support Services 220 Borella Road, Albury

Bookings essential

Numbers will be limited, so get in early!
Contact Reception at Aspire to reserve your spot.

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E reception@aspiress.com.au
www.aspiress.com.au

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ASPIRE EVENTS AND ACTIVITIES (CONT')

Aspire Events

Bookings for all Aspire events are essential. Please RSVP to the Aspire Customer Service Team.
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Attention Deficit Hyperactivity Disorder and/or Oppositional Defiant Disorder and Related Conditions Support Group

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

When: Wednesday 22 August, 12:00pm to 2:00pm

What: Join us for an opportunity to relax and catch up over lunch with other families in the group. Children are welcome. .



Autism/Aspergers Family Network Group

Where: Murray Conservatorium, 502 Dean Street, Albury

When: Thursday 23 August, 10:00am to 12:00pm

What: Continuing our Creative and Performing Arts theme. Join us for a "Come and Try" session of drumming and percussion. A chance for us to consider running a Drum Circle for Carers as well as a program for children and young adults focusing on social and emotional wellbeing; leadership; emotional regulation and relationship building skills. If necessary noise-canceling headphones can be used while still benefitting from the drumming effect..

ASPIRE EVENTS AND ACTIVITIES (CONT')

Aspire Events

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Carers Victoria NDIS Support Group

- Where:** La Maison Café, Lincoln Causeway, Wodonga
- When:** Wednesday 29 August, 12:30pm to 2:30pm
- What:** Open to all. You are invited to join us in discussing and learning more about the NDIS.



Caring Grandparents Group

- Where:** Café Borellas, 117 Borella Road, Albury
- When:** Friday, 31 August, 10:00am to 12:00pm
- What:** Morning tea and an opportunity to meet other grandparents living similar experiences.



Dads Group

- Where:** Regent Cinema, Dean Street, Albury
- When:** Sunday, 12 August. Time to be decided by those attending.
- What:** A session at the movies with other dads who are carers.

ASPIRE EVENTS AND ACTIVITIES (CONT')

Aspire Events

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Down Syndrome Family Network

- Where:** Twin Cities Ten Pin Bowl, 2 Sanyo Drive Wodonga
- When:** Date and time to be decided by the group.
- What:** A family outing of tenpin bowling and catch up .



Family Network Group

- Where:** SS&A Club, 570-582 Olive Street, Albury
- When:** Thursday 30 August, 12:00pm to 2:00pm
- What:** Join us for a relaxing luncheon at the SS&A and the opportunity to catch up with other Carers in the group.



Healthy Mothers Healthy Families Support Group

- Where:** Soden's Hotel, 459 Wilson Street, Albury
- When:** Friday 17 August, 12:00pm to 2:00pm
- What:** A luncheon at Soden's Hotel and a chance to catch up and share information and support relating to Carer and Family health and wellbeing.

ASPIRE EVENTS AND ACTIVITIES (CONT')

Aspire Events

Bookings for all Aspire events are essential. Please RSVP to the Aspire Customer Service Team.
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Home Schooling Family Network Group

- Where:** Murray Conservatorium, 502 Dean Street, Albury
- When:** Thursday 16 August, 10:30am to 12:30pm
- What:** Experience a variety of drumming and percussion techniques, building teamwork, having fun and exploring rhythm. An introduction to drumming and percussion and an opportunity for us to consider additional sessions. If necessary noise-canceling headphones can be used while still benefitting from the drumming effect.



Solo Parent All-ability Support Group

- Where:** Willow and Co, 603 Dean Street, Albury
- When:** Monday 20 August, 10:30am to 12:30pm
- What:** A morning tea, a chat, and the chance to catch up with other solo parents.

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, W www.aspiress.com.au



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Disclaimer

Any information in this communication has been prepared without taking into account your personal circumstances. You should seek specific advice before acting on any material.

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