

The Ripple

Edition 23

Welcome to your latest edition of The Ripple

Hello everyone,

In the coming weeks, Aspire will be writing to all customers with a note that highlights some of the recent changes in the NDIS Price Guide for 2019/20. Some of the changes include increases to prices but also the rules around cancellations and travel charges.

A new addition in the Price Guide is a special NDIS pricing arrangement called Temporary Transformation Payment (TTP). TTP is an additional payment that providers receive to assist them with continuing to transform their businesses in the move towards a more competitive marketplace. To be eligible for the TTP providers are required to publish their service prices, list their business contact details in the Provider Finder directory on the NDIS website and participate annually in an Agency-approved market benchmarking survey by 31st December 2019.

The National Disability Insurance Agency (NDIA) has advised that participant's packages will be indexed to ensure that the TTP does not impact on your overall balances. In short, you should receive additional funds if a provider claims TTP from your package.

Why is a price rise important to everyone not just providers?

Since the commencement of the NDIS both providers and independent reviews have highlighted that many of the prices set by the NDIA are too low. If prices remain low or are not profitable then providers will stop offering those services to customers. This then reduces the number of choices for customers and they may not be able to purchase a service within their region. Organisations need adequate pricing to ensure that they are viable and sustainable in the long term so that they can continue to offer the services that people and families require.

Once you receive Aspire's letter of advice in the coming weeks please contact our Customer Service Team if you require any further information or clarification.

Kind regards,



Nigel Stone
CEO

Operations Update



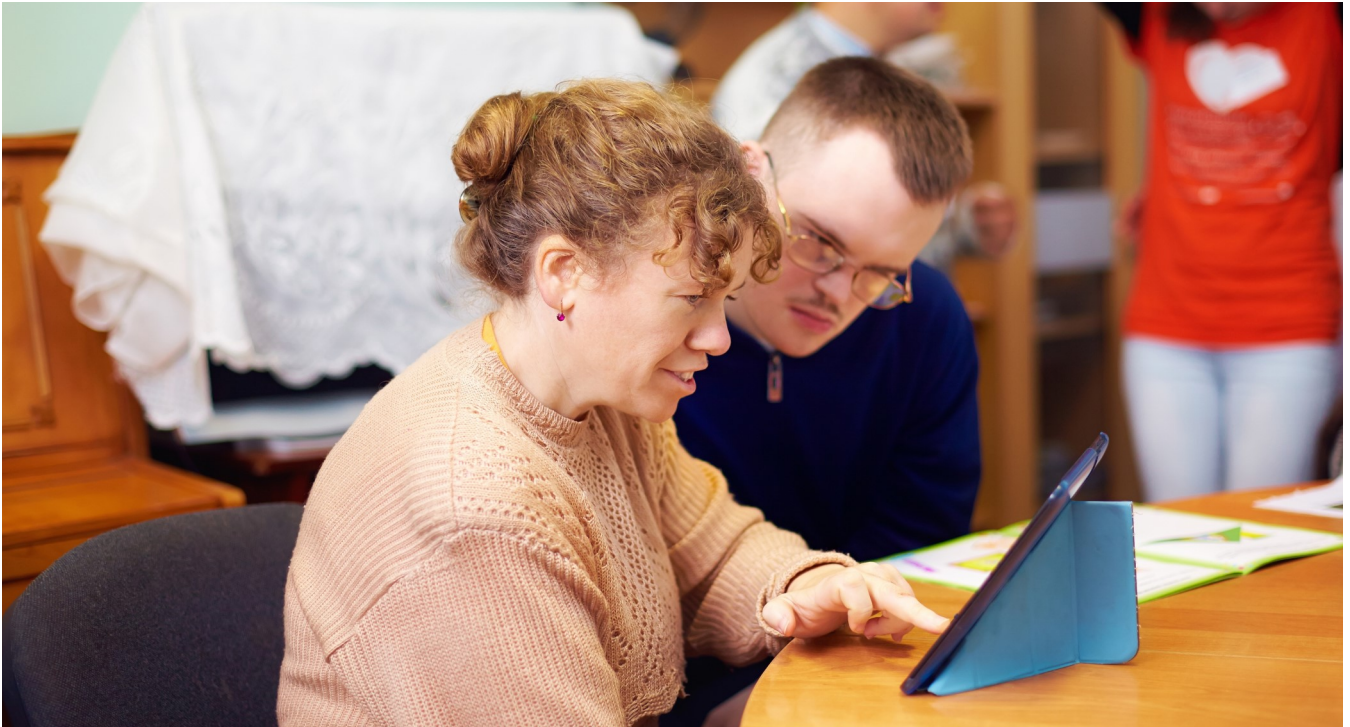
Short Term Accommodation

On Monday 22 July our Children's Short Term Accommodation (STA) Facility in Robbins Drive, East Albury closed for the purpose of STA. Aspire will continue to provide STA services to both adult and children NDIS customers, however, these services will operate only from our current Adult STA Facility located at Layton Lane, East Albury.

The STA Facility will operate in alternate weeks of adult services and children services and under no circumstances, will an adult and child be placed in this facility at the same time period. This will require a clear and planned allocation of the service process, which is currently being established by our Team Leaders. This process will include a service calendar, which identifies the availability of services for either adults or children. Once the alternate week rotation system is in place we will have themed weeks so you will be able to book into a specific week if you prefer certain themes.

If you have any questions please contact Customer Services Team on 02 6058 4000 or customerservice@aspiress.com.au

NDIS Update



Preparing for your plan review

The NDIS website provides information and tips for preparing for your plan review meetings and what to expect.

Below is an excerpt from the website.

You may need to provide assessments or reports from some of your service providers for your plan review meeting. This is to show how your supports and services are helping you achieve your goals. These reports can also make recommendations for supports and services you might need in the future.

Tips for preparing for your plan review

In the lead up to your plan review think about:

- What worked well in your plan
- What didn't work well
- Have you achieved your goals or made progress towards achieving them
- Which goals you need to continue to work on and which goals you need to change
- Who can help you achieve your goals
- Will you need NDIS support in the future
- Would you like to change how all or some of your plan funding is managed.

For more information about plan reviews please visit:

<https://www.ndis.gov.au/participants/reviewing-your-plan-and-goals/preparing-your-plan-review>

Aspire Community Events



Aspire Support Services is proud to present

A Morning with Karni Liddell - Former Paralympian & NDIS QLD Ambassador

Karni Liddell is one of Australia's most successful, well-respected and highly awarded Paralympic swimmers of our time. One of few TED speakers to receive a standing ovation, and described by AMP as "one of the top ten speakers", Karni instantly captivates audiences with moving stories from her journey to success. Along the way, she challenges listeners to let go of excuses in order to pursue success. Karni effortlessly relates her story to the highs and lows of business and life in a way that is relevant to audiences at every level.

A passionate role model, who is dedicated to expelling the stereotypes surrounding people with disabilities and the Paralympics, Karni says, 'Accidents and disability don't discriminate; they choose beautiful people every day!'

The morning will conclude with a discussion on areas of opportunity and growth within disability services.

Watch Karni's TEDx Talk at www.youtube.com/watch?v=GFTeBdp__Rg

Date: Wednesday 14 August 2019
Time: 10 am arrival and morning tea
Venue: Commercial Club Albury, Waratah Room, 618 Dean St, Albury
Cost: No charge - this is a free community event
Bookings: www.eventbrite.com.au - bookings are essential for catering purposes.
Contact: Aspire Customer Service Team on 02 6058 4000 or customerservice@aspiress.com.au

Arrangements were made through Celebrity Speakers www.celebrityspeakers.com.au

Aspire Community Events



Aspire Support Services in conjunction with Intereach are proud to present
Girls and Women with Autism Spectrum Disorders Workshop

Sally Rigley, Developmental and Educational Psychologist from The ASD Clinic and TreeHaus Williamstown will be presenting a workshop on Girls and Women with Autism Spectrum Disorders. Sally has a Masters Degree in Educational and Developmental Psychology specialising in Autism Spectrum Disorders and worked as a specialised therapist for 8 years assisting children and adults with ASD. For the past 15 years, Sally has been working in private practice assessing adults and children with ASD, assisting parents of children with ASD as well as providing counselling for people with ASD.

The workshop will cover:

- A brief description of Autism Spectrum Disorders.
- Why females with an Autism Spectrum Disorder are so difficult to diagnose and how they differ from males.
- How females on the spectrum can present within the school environment.
- How anxiety affects females on the spectrum both at home and at school.
- Strategies for girls on the spectrum both within the home and school environment.

Date: Friday 6 September 2019
Registration: 9:30am
Workshop: 10am - 3pm (luncheon included)
Venue: Commercial Club Albury, 618 Dean Street, Albury
Cost: Parents/Carers - \$25.00, Professionals - \$60.00
Bookings: Contact our Customer Service Team on 02 6058 4000
or customerservice@aspiress.com.au
Enquiries: Contact Sue Pringle, Family Support Coordinator
at sue.pringle@aspiress.com.au



Please include any personal/dietary requirements when booking.

Aspire Support Group Events

Events for August 2019

Group: Albury Wodonga Down Syndrome Family Network Group

What: You are invited to join us for a family outing.

Where: Twin Cities Ten Pin Bowl, 2 Sanyo Drive, Wodonga

When: Saturday 10 August, 12.00pm – 2.00pm

Group: Albury Wodonga Home Schooling Family Network Group

What: You are invited to join us for a family group session at Bandiana Army Museum.

Where: Anderson Road, South Bandiana

When: Thursday 22 August, 10.00am

Group: Aspire Family Network Group

What: You are invited to join us for a luncheon with shared friendship and support. Supported by Intereach.

Where: The Red Room, Commercial Club, Albury

When: Thursday 29 August, 12.00pm

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

What: You are invited to join us for morning tea and the opportunity to meet and share in discussion with other families living with ADHD.

Where: Café Borellas, 117 Borella Road, East Albury

When: Thursday 22 August, 10.00am – 12.00pm

Group: Autism Asperger's Family Network Group

What: Our guest speaker is Craig White, Program Manager, Riverina Murray Carer Respite and Carelink Centre.

Where: La Maison Café, 40 Lincoln Causeway, Gateway Island

When: Wednesday 28 August, 10.30pm – 12.30pm

Group: Carers Victoria NDIS Support Group

What: Our topic for this session is gaining a better understanding of reports required for the NDIS. Bronwyn Stanley will be our guest this month. We are welcoming back Bronwyn who has a wealth of NDIS knowledge. Bronwyn undertook the original group training that we did when she was with Carers Victoria and now runs her own Support Co-ordination business as well as working as the Business Manager for Disability Services Consulting.

Where: La Maison Café, 40 Lincoln Causeway, Gateway Island

When: Wednesday 21 August, 12.30pm – 2.30pm

Group: Caring Grandparents Network

What: You are invited to join us for shared support, information and friendship.

Where: Café Borellas, 117 Borella Road, East Albury

When: Friday 23 August, 10.00am

Aspire Support Group Events

Group: Dads Group

What: This month join us for a shared dinner.

Where: Newmarket Hotel, 200 Borella Road, East Albury

When: Thursday 22 August, 6.30pm

Group: Healthy Mothers Healthy Families Support Group – Albury Wodonga

What: You are invited to join us for a walk along the Murray River and morning tea.

Where: Riverdeck Café, 48 Noreuil Parade, South Albury

When: Tuesday 20 August, 9.30am

Expressions of interest appreciated for a chance to relax at a shared movie at Regent Cinemas. Please contact the Customer Service Team and indicate the best/time if you are interested.

Group: Solo Parent All-ability Support Group

What: This month we are attending the Melbourne Mothers Weekend.

Where: Mantra on Russell, Melbourne

When: Friday 16 August to Sunday 18 August

Expressions of Interest (EOI) - Melbourne Mothers Weekend 2019

This year, the Mothers Weekend is planned for **Friday 16 August to Sunday 18 August**, staying at the Mantra on Russell, in the centre of Melbourne in two-bedroom apartments. If you require respite in order to attend and need assistance with organising this, please let us know when you register your interest. Please confirm your interest as soon as possible with your Customer Service Team on 02 6058 4000 or customerservice@aspiress.com.au

Save the Date - ADHD & Demand Avoidance Seminar

Rebecca Perkins, Founder of My Special Child and Christina Keeble, Founder of Neuro-Divergent Mum will be presenting a seminar with information and strategies for ADHD, Demand Avoidance (PDA) and Oppositional Behaviour in Albury on **Friday 8 November 2019**. The seminar will focus on a range of topics such as learning and educational strategies, emotional regulation and home strategies. More details will be provided closer to the date.

Bookings essential

Contact your Customer Service Team on 02 6058 4000 or customerservice@aspiress.com.au

For detailed information on upcoming Aspire events and activities, go to the online Calendar, www.aspiress.com.au/calendar-of-events/

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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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