



GOLD COAST DISABILITY AND YOUTH

FEBRUARY 2023

GCDAY NEWSLETTER

Stay in touch with what is happening at GCDAY

CHECK OUT WHAT'S INSIDE THE ISSUE:

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MESSAGE FROM HAYDEN

Welcome to 2023! We definitely finished off 2022 with a bang! Our Holiday Program was our biggest and best yet. We are already working on providing an epic Term 1 timetable. Keep a look out for it on our Facebook page.

There are some new faces around the office and our GCDAY family is growing! We are eager to power through the year ahead and are hopeful to provide the best service we can.

At the end of March we are rolling out the red carpet for a VIP movie event. I am really looking forward to treating our clients and friends to a great night out - stay tuned!

I hope you all have a great month and I look forward to seeing and speaking to you soon.

Hayden x

Find us on

Facebook: [goldcoastdisabilityandyouth](https://www.facebook.com/goldcoastdisabilityandyouth)

Instagram: [goldcoastdisabilityandyouth](https://www.instagram.com/goldcoastdisabilityandyouth)

Tik Tok: [gcdays](https://www.tiktok.com/@gcdays)



www.gcday.com.au

0493 116 373



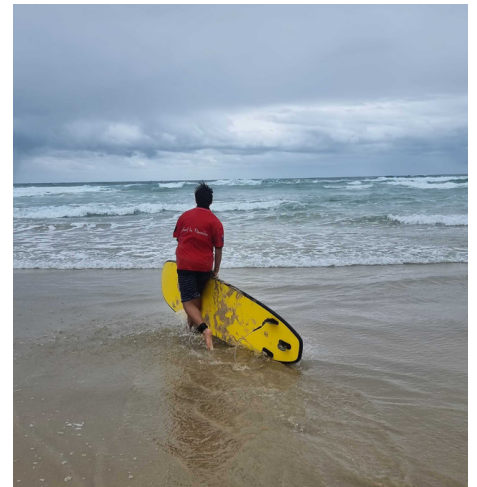


HOLIDAY PROGRAM WRAP UP

That's a wrap!! Our Holiday Program was the biggest and best that we have ever had. There was an activity for everyone!

Our team is already working towards the Term 1 break and we can't wait to share what's in store. Keep an eye out on our Facebook page for the timetable.

If you would like to suggest an activity for our Holiday Program please let our staff know on: **0493 116 373** or **groups@gcday.com.au**





ALLIED HEALTH

Choice

ALLIED HEALTH

We are excited to announce a new option for clients to access Speech Pathology and Group Programs. Choice Allied Health is ready to help with assessments, reports and ongoing treatment for NDIS funded participants, private patients and Medicare patients.



Individual Sessions



Tiny Talkers Group Therapy



Critical Core 6 Week Program

- Adult & Paediatric
- Communication milestones
- Voice
- Swallowing difficulties
- Writing & literacy development
- Social skills
- Progressive neurological presentations

New Location

Suite 4 - 5, 84 Brisbane Rd,
Labrador QLD 4215

 0418 257 816

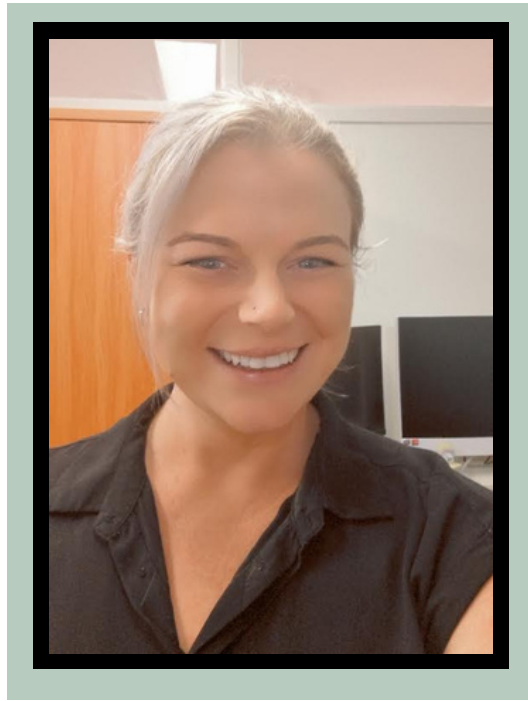
 info@choicehealthqld.com.au

 choicehealthqld.com.au

 [choicealliedhealth](https://www.facebook.com/choicealliedhealth)



MEET THE TEAM



Name: Louise

Position: Administration Officer

Time at GCDAY: 5 Months

Favourite Series: Outlander

Quote to live by: People who mind, don't matter. People who matter, don't mind.

Hobbies: Travelling & camping

Favourite Food: Seafood

What do you love about working at GCDAY: The diversity of our staff and clients.



GROUP PROGRAMS

If you are looking for something to do after school or on the weekend our Group Programs are going to be something you need to check out!

We offer a free trial for all groups! This is so you can come and try the group out and see if the people are a right fit for you.

If you would like to suggest an activity for a Group Program please let our staff know on: **0493 116 373** or **groups@gcday.com.au**

TABLE TOP ROLE PLAYING GUILD TTRPG

A group for NDIS Participants who love to lose themselves in fantasy and adventure. Join us for the ultimate RPG journey to solve Sci-Fi mysteries, battle vampires and travel to different realms.

Wednesday 4pm - 8pm

This group is open to all genders and helps to build social skills and adopt critical thinking.

CONTACT US

0493 116 373

groups@gcday.com.au

www.gcday.com.au

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0493 116 373



GROUP PROGRAM FEATURE:

Our **LGBTIQA+ Group Program** is always full of colour and fun! Our Group Leader, Chrome organises different activities every week and we all love it!! In January the group sat down to create "Vision Boards" to set themselves up for the year. There is such a great vibe in this group - please contact us to arrange a free trial
0493 116 373 or groups@gcday.com.au.





UPCOMING DATES

Thursday 30th March - Red Carpet Movie Event

Stay tuned to our Facebook page for more details.

Friday 7th April - Good Friday

Public Holiday (Our office will be closed)

Saturday 8th April - Easter Saturday

(Our office will be closed)

Sunday 9th April - Easter Sunday

Public Holiday (Our office will be closed)

Monday 10th April - Easter Monday

Public Holiday (Our office will be closed)





GCDAY BLOG

How to prepare for a NDIS Planning Meeting

When requesting an NDIS plan, organisation and preparation in advance is crucial. Though being well-prepared cannot ensure you'll receive the ideal plan, it can definitely help! Preparing for an NDIS plan can be a daunting task. Many participants go into their planning meeting without any guidance or assistance, which can result in a plan that does not adequately support them. The below information can help you to prepare a Participant for an NDIS meeting.

The Meeting

Participants who are eligible for an NDIS plan will have a meeting scheduled for them by the NDIS on a day and time that is agreed upon. An NDIS planner will then be allocated to the meeting. If the Participant has complex disabilities they can request a planner who is experienced and NDIS will endeavour to find a suitable planner working in their local area. Meetings can be scheduled as face-to-face, video call or by phone. We recommend requesting a face-to-face meeting. This ensures that all information is presented as intended and can assist the planner in understanding the Participant's circumstances in order to provide the best support. A support worker is allowed and recommended to attend this meeting to support the Participant.

Goals

During the meeting the Participant will need to outline their intended goals for the next 12 months. These should be a combination of short, medium and long term goals. The goals should be broad, and the Participant should provide examples of how they will achieve these goals. Communication, physical development, social development and emotional growth may be some of the goals, but they will vary for everyone. Everything that is requested should link back to the goals of the Participant. NDIS wants to see that everything that is being asked for will assist the Participant in achieving their goals.

Current Supports

An outline of all the current supports that the Participant is currently receiving will need to be provided. These include both formal and informal supports. Some examples are family members, teachers, medical team, etc.



GCDAY BLOG (continued)

Medical Documents

In order for the Participant to be approved for an NDIS plan, they need to have medical documents that support their disability. If they don't have any documentation, the first step is to get in contact with the Participant's medical team to request a medical report outlining their diagnosis and their need for an NDIS plan. This needs to be done well in advance of the meeting, so they have adequate time to prepare. Some medical professionals will supply a detailed report, while others will provide a progress report from the last consultation. Examples of people that may be required to be contacted include a child's pediatrician, neurologist, ophthalmologist, ENT Dr, GP etc.

Therapist Reports

If the Participant has a therapy team, now would be the ideal time to get in contact with them to discuss their goals and how everyone will work together to achieve these goals. Each therapist should provide a report about the Participant. This report should outline the present methods used to support them, the goals that are being worked towards, the recommended number of therapy sessions and their equipment needs including quotes and assessments. Travel time and progress notes must be considered when requesting therapy hours. Additionally, the expenses incurred from these meetings and reports, so a plan is always needed to include these additional and incidental hours. If the Participant has taken part in intense therapy programs, make sure the program evaluation reports are also ready to submit during the NDIS meeting. This is particularly important if requesting intense therapy hours.

Quotes

As mentioned above, quotes must be provided for all of the equipment/assistive technology the Participant will need. To determine the best equipment, the therapist must conduct an assessment and supply a supporting letter for each piece of equipment. Some examples of equipment are mobility aids, app subscriptions, noise cancelling headphones, etc. The plan should also account for the need to test some equipment. Consider any extra support the Participant could require and ask for a quote from a provider. Ensure all quotes are included as supporting documentation. If in-home support hours for community participation is required, a quote must be requested from the provider for the necessary time.



GCDAY BLOG (continued)

This in-home care should not be labelled as 'respite', as this is not a desirable term to NDIS and could result in the funding request being declined. The NDIS is only here to offer support to the NDIS applicant, not to offer support to the family members of the applicant.

Daily Tasks

It is beneficial to outline what an average day looks like for the Participant, in order to support them to receive the funds they need. Consider all the additional help the Participant requires that another person the same age would not require. For example, if a child is 2 and can't dress themselves that is to be expected for their age but if they are 12 and can't dress themselves that is not typical for their age. Ensure the whole day and night, including any overnight support such as repositioning, monitoring etc is included. Work out how long each of these tasks take, so a calculation on how much time is spent on each task in a 24 hour period.

Timetable

If possible, it is a good idea to provide NDIS with a timetable of the amount of hours the Participant spends doing therapy. This is especially useful for school age children. It doesn't need to be an elaborate schedule, but in the event that NDIS questions how all of the therapy fits in there will be evidence to back it up.

Carers Impact Statement

A carers impact statement is a personal statement outlining the role as a carer and the impact that role has on them. Writing about the impact of caring for a Participant has on the carer can be emotional and sometimes difficult. While being a parent/carer can be very rewarding, it can also have its challenges, especially when they are caring for a loved one with a disability. The carers impact statement will help to make the position clearer to someone outside of the family who doesn't know the carer or the Participant.

Please keep in mind...

Unfortunately, even after providing all the correct supporting medical documents and the carers impact statement, there is still no guarantee that the Participant will receive the best NDIS plan, but it will hopefully allow them to be prepared and have the confidence to try.