



Early Intervention & Therapy Supports

Welcome to Term 1

Welcome back for 2020! We have some new staff joining our team:

- ◇ Coralie Pickering - is an early childhood/primary teacher who will be working Monday—Wednesday based in our Bega Office
- ◇ Fran Uebergang - an early childhood teacher—who will be coordinating the Preschool Sector Capacity building program
- ◇ And we welcome back our Occupational Therapist Martina who has returned from Parental leave and will be working Mondays in Eden.

The beginning of the year is always a time of planning and goal setting for the upcoming year. Over the next few weeks Keyworkers and therapists will be taking time to meet with families to set goals and complete Individual learning Plans for the children and families they work with.

Why is planning important?

Planning is an integral part of what we do at PlayAbility, we know from experience that the time parents spend thinking; talking and making plans can have a positive impact on outcomes for children. Why? Because plans help parents, and those working with them – the ‘team around the child’- to stay alert to the many opportunities for learning, throughout the day. Planning is not a once-off activity but is something you can do regularly so that you are on track with what is important to your family and child. It can be easy to say ‘we have done a plan, now that’s finished, and we can get to work with action’. However, it is much more effective to see planning as an ongoing process that helps to keep everyone’s time and energy focused on the most important things that will make a difference.

There are different aspects of planning that can help you to keep focused on the big picture while working on the small steps towards getting there.

• Vision

Your vision is the way you would like life to be in the future, for your child, your family and yourself. Having a vision helps to ensure that your plans are truly yours and that they take into account the big picture. Your vision will remind you what is most important to you so that you can put your energy and resources where they count the most. It will also guide you when you work with professionals so that you are more confident in your partnership with them and can get the best out of their expertise.

• Goals

Goals are statements of what you are aiming for. When planning, you will develop both long-term goals and short-term goals. These have different purposes.

Long-term goals provide direction over a longer period of time. For example, the goals you set with your NDIS planner will be for a period of twelve months – a long time in the life of a child.

Short-term goals set out the smaller steps you need to take to reach your long-term goals.

Your short-term goals should be achievable in one to two months. When you achieve them, you can set more short-term goals, building up step-by-step until you reach your long-term goal. Short-term goals are very specific and tell everyone involved exactly what you are looking for. They are an important part of deciding what action is needed to get things happening. They can help you and your team to measure progress and decide whether we are all on the right track.

• Outcomes

Outcomes are the results of what you do. When you achieve a goal, that is a great outcome for all the hard work you have done – something to celebrate! Sometimes you may find that you have achieved positive things that you hadn’t really planned for, and these bonus outcomes can be super exciting!

• Evaluation

How do you know if you are on the right track? Evaluation is an important part of the ongoing planning process, ensuring that everyone is working on what is important to you. Together with the professionals you are working with, it is helpful to pause from time to time to look at how things are going. As a team, you can acknowledge what’s going well and, when things are not going so well, problem-solve this constructively together. A few minutes spent evaluating at the end of a session can make all the difference to what happens next.

Please take the time to book a planning session with your Keyworker or therapist. Happy Planning!!!!

Suzie Eruera,

Early Intervention and Therapy Supports Manager





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Policy Review

-Referrals

-Eligibility and Access

If you would like to participate in our policy review please email admin@playability.com.au to receive a copy or ask any of our staff.

NDIS Plan renewal

If you have a NDIS Plan review coming up, get in touch with us early so we can prepare any reports you may need to take along with your child's planning meeting. If you would like additional support preparing for the meeting or at the meeting please speak to your key worker or Suzie.

Our Team

Suzie Hides—Manager/Teacher

Karyn Thoms—Specialist Teacher

Rovan Cox—Speech Pathologist

Kate Hanlon—Speech Pathologist

Annastasia Norris—Specialist Teacher

Phil Power—Allied Health Assistant

Kerrin Braithwaite—Psychologist

Martina Israel—Occupational Therapist



PlayAbility welcome

Brains = Behaviour

to Merimbula!!

Wednesday 19 Feb 2020 @ Merimbula Golf Club 9am-4pm

Allison Davies is a multi-award winning Registered Music Therapist using music to support brain function and reduce anxiety (for you AND your children) and teaching you how it's done!

She is creator of Brains = Behaviours and The Brain Care Café. A Tassie girl and storyteller, she shares her lived experience of autism and sensory processing disorder.

Allison teaches how you can be your child's own therapist by ditching behaviour management and switching to brain care.



This day long workshop is for parents, carers, allied health therapists, school teachers, family day care workers, disability support workers, anyone involved in the support and care of children and teenagers.

More info: ahoy.jenni@bigpond.com

Cost: \$35 pp. Includes lunch (wraps and sandwiches, GF and veg available)

Register: Direct deposit to PlayAbility BSB 641800 ACCOUNT 037105622

For payment details include: Surname Initial BB eg Smith J BB.

(Registrations close midnight 16.2.20)

Homepage: www.allisondavies.com.au Facebook: <https://www.facebook.com/allisondavies.com.au/>

This workshop is supported by a 2019 Mumbulla Foundation Grant

Psychology appointments

Kerrin will be available for Psychology sessions in mid March.

If any EI clients would like to book a session with Kerrin please talk to your key worker, our EI manager Suzie or contact the PlayAbility office 6496 1918.

Feedback

PlayAbility welcomes and values your feedback. It is a vital component of our monitoring and review process and enables our service to evolve and improve.

If you are not happy with any part of your service, you have the right to complain to us. Talk to your key worker, email, text or write a letter to us or complete a feedback form and place it in the feedback box at either our Bega or Eden

centres. Feedback can be anonymous and you are welcome to have an advocate during any part of the process. Please ask any staff member for a copy of the Feedback and Complaints policy or you can find it on