

“MY CHOICE”

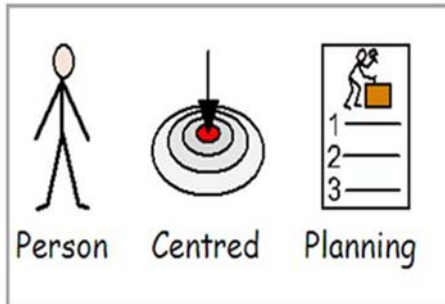
ACTIVITY PROGRAMS

2014-2015

Name:

Date:





Person Centredness is a life planning model that gives people with disabilities the casting vote in decisions about their own life and activities.

Minimbah uses this model to develop our daily programs of learning and leisure activities. This helps to ensure that clients are engaged in activities

- that they enjoy
- that are important to and for them

and that they receive the physical care that they need.



Minimbah

10 Vincentia Street, Marsfield 2122 Post: PO Box 1653, North Ryde 2113

Phone: 9887 2299 | Fax: 9878 4564

www.minimbah.org.au

ABN: 11 850 625 970

ACTIVITY PROGRAMMING AT MINIMBAH

Minimbah clients have the opportunity to participate in a wide range of community and centre-based activities.

Each client has an individual program, based on their selection of activities from this booklet, the goals established in their person-centred plan, their physical care needs and their day to day wishes. Minimbah is also willing to consider activity requests beyond the scope outlined here: we will explore ways in which we can make each person's dream possible.

Staff work closely with clients and their families and carers to identify preferred activities and the client's individual program is developed on this basis. The program for the coming month is provided to the client, for consideration and discussion and to help with day to day planning.

The costs of most activities are covered by individual funding arrangements and daily fees. Clients are responsible for the direct costs of community activities and special workshops conducted by external organisations. These are invoiced monthly in arrears. Costs are lower if the client brings their Companion Card and other concession cards on every day of attendance.

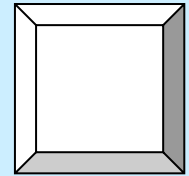
Minimbah provides full assistance with personal care, in accordance with support directions given to us for each client and updated from time to time by therapists and carers.

The scope of choices available to each client is to some extent determined by the type and level of their funding from ADHC. In particular this influences the level of staffing available to them to support individual activities. Clients and their representatives may wish to make an additional financial contribution or to appeal their funding level to ADHC, if they consider their funding inadequate to their needs.

The Minimbah Activities Coordinator, Tina Diprose can assist with further information about our programs.

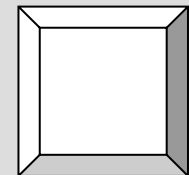
Physical Fitness

MASSAGE



All Minimbah clients are eligible for a 30 minute massage each month, included in standard fees.

ON THE MOVE

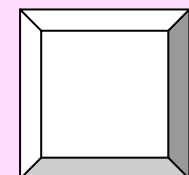


- Ball games
- Garden walks
- Walking in Minimbah
- Bike riding
- Therapist recommended mobility programs

See “Get into Action” for similar programs for people using wheelchairs and other mobility aids.

INDEPENDENT MOBILITY REQUIRED

GET INTO ACTION



- Ball games
- Walking with mobility aids
- Repositioning as recommended by therapists
- Therapist recommended mobility programs

See “On the Move” for similar programs for people with independent mobility.

FOR PEOPLE USING WHEELCHAIRS AND OTHER MOBILITY AIDS

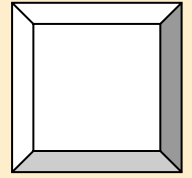
GET FIT

- Trampolining
- Walk and Talk
- Bushwalking
- Aqua Golf

Full day community activities, some admission charges may apply.

See “Team Minimbah” for competitive sports opportunities.

INDEPENDENT MOBILITY REQUIRED

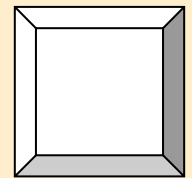


TEAM MINIMBAH

- Bocchia
- Competitive Ten Pin Bowling
- Reach for the Stars Carnival

Community activities, some charges may apply.

COMPETITIVE SELECTION

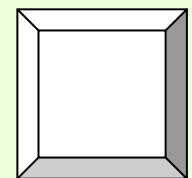


PROFESSIONAL PROGRAMS

- Motivate You
- Latin Dancing / Zumba
- Hydrotherapy

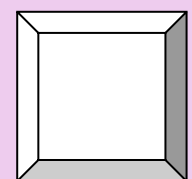
These are professionally conducted external programs. Fees apply, as set by the provider and depending on level of staff support required.

PROGRAM SPECIFIC ASSESSMENT REQUIREMENTS



INDIVIDUAL THERAPY APPOINTMENTS

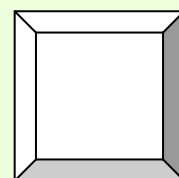
Minimbah staff will participate in and assist with individual therapy appointments conducted by arrangement at Minimbah.



Music and the Arts

MUSIC AND SINGING

- Sing a long
- Disco
- New sounds
- Big band

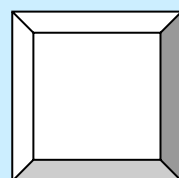


See also “Easy Listening” in Leisure and Recreation and “Music Therapy” in specialist services.

UNRESTRICTED

CULTURE AND THE ARTS

- Powerhouse Museum
- Maritime Museum
- Art Gallery
- Special Events



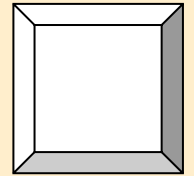
Full day community activities, some admission charges may apply.

See “Wheelchair Adventures” for similar activities for people using mobility aids.

INDEPENDENT MOBILITY REQUIRED

ART AND CRAFT

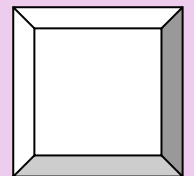
- Painting
- Murals
- Scrapbooking
- Woodwork
- Craft
- Jewellery making
- Photo albums



INDEPENDENT HAND MOVEMENT REQUIRED

PROFESSIONAL PROGRAMS

- Latin Dancing / Zumba
- Drumming workshop
- Music therapy

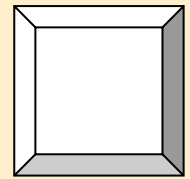


These are professionally conducted external programs. Fees apply, as set by the provider and depending on level of staff support required.

PROGRAM SPECIFIC ASSESSMENT REQUIREMENTS

Outdoor Adventures

WHEELCHAIR ADVENTURES

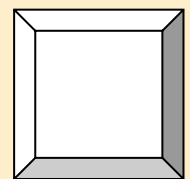


- Bushwalks
- Travel adventures and ferry expeditions
- Scenic drives
- Beaches, rivers and mountains
- City scenes

Full day community activities, some charges may apply.

FOR PEOPLE USING WHEELCHAIRS AND OTHER MOBILITY AIDS

OUTDOOR LEISURE



- Picnic in the park
- Sensory gardens and rooms
- Wildlife parks and zoos
- Travel adventures
- Passenger skills

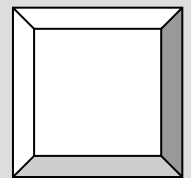
Full day community activities, some admission charges may apply.

UNRESTRICTED

Cooking and Eating

ALL THINGS FOOD

- Meal planning
- Off to the shops
- Food preparation
- Eating!
- Clean up

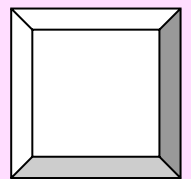


See “Eating Out” and “Leisure and Recreation” for similar programs for people without independent hand movement.

INDEPENDENT HAND MOVEMENT REQUIRED

EATING OUT

- Coffee shop
- Bistro lunch
- Eating al fresco!
- Fish and chips at the beach



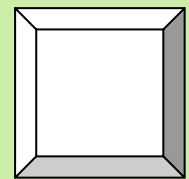
Generally full day activities, meal costs apply.

UNRESTRICTED

Structured Learning

LIFE SKILLS AND LEISURE

- Basic literacy and numeracy
- Location, time and weather
- Current events
- Personal presentation
- Work skills
- Passenger and travel skills

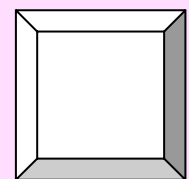


See “Professional Programs” for qualifications level opportunities.

FOR PEOPLE ASSESSED AS LIKELY TO BENEFIT

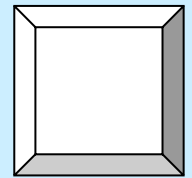
EXPLORING THE LOCAL COMMUNITY

- Shops
- Parks
- Libraries and community facilities
- Transport
- Entertainment venues



UNRESTRICTED

INFORMATION TECHNOLOGY AND COMMUNICATIONS SKILLS

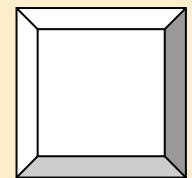


- Introduction to computers
- Mobile phones
- iPads

See “Leisure and Recreation” for similar programs for entertainment.

FOR PEOPLE ASSESSED AS LIKELY TO BENEFIT

PROFESSIONAL PROGRAMS

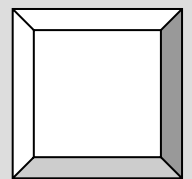


- TAFE qualifications
- Macquarie Community College courses

These are external programs. Fees apply, as set by the provider and depending on level of staff support required.

PROGRAM SPECIFIC ASSESSMENT REQUIREMENTS

YOUR CHOICE



- Supported volunteering
- Community group membership
- Activity requests
- Overnight camps
- Makaton and alternative communication

These are external programs. Fees may apply, as set by the provider and depending on level of staff support required.

PROGRAM SPECIFIC ASSESSMENT REQUIREMENTS

Leisure and Recreation

THAT'S ENTERTAINMENT! at Minimbah

- Easy listening
- Movies at Minimbah
- Games and puzzles
- Coffee at Minimbah
- Grooming and makeup
- Social interaction
- Sensory experiences
- Assisted art and craft
- Cooking demonstration
- iPads for entertainment
- Wii and Xbox
- BBQ

FOR ALL CLIENTS

THAT'S ENTERTAINMENT! OUT AND ABOUT

- Movies
- Social ten pin bowling
- Library
- Concerts and special events
- Coffee shop

Community activities, some fees may apply.

FOR ALL CLIENTS

Daily Routines

MEAL TIMES

- Cutting or heating food
- Meal time supervision and prompts
- Direct feeding for people without hand movement
- Peg feeding in accordance with directions

Food should be supplied in the consistency required by the client. Please consider convenience when supplying meals for picnics and similar activities. You will be advised when a meal is not required (eating out, BBQ at Minimbah).

MEDICATION

- Staff will dispense medication supplied in Webster packs in accordance with directions
- Occasional medication eg antibiotics must be supplied in original packaging
- Restrictive practice approvals may be required for some medication

PERSONAL CARE

- Prompts and / or supervision in the bathroom
- Assisted toileting
- Hoists or bed changes as required

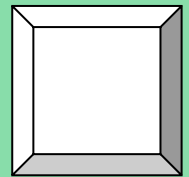
Scheduled as per advice from families, carers and therapists.

COMMUNICATION BOOKS

Each client has a communication book, to facilitate communication between Minimbah and their families / carers. These are used daily.

Your Choice

NOT IN THE BOOK?



Let us know and we will try to assist:

.....

.....

MISSION

Minimbah's person-centred family oriented day programs assist people with intellectual disabilities and related support needs to reach their potential, and for them and their families and carers to share more fully in the life of the community.



Minimbah

MINIMBAH CHALLENGE INC.
ABN: 11 050 625 970 | CFN: 21669



COMMITMENTS

Clients

We offer you learning, challenge, fun and friendship, with help to join in.

Families

Our programs and activities are flexibly designed to support you as a carer, as well as to meet the needs of your family members.

Professional Carers

We will work with you as partners in care to support our mutual clients.

Donors

For Minimbah clients, intellectual disability means a constant struggle to share in the simple pleasures of life. Your donation can help turn the struggle to success.