



# NEWSLETTER

Term 3 2022

Phone: 02 6496 1918 Email: admin@playability.com.au

Post: PO BOX 501, Eden, NSW, 2551

Website: www.playability.com.au NDIS ID 4050003241

## Welcome to Term 3, 2022

Dear Parents and Carers,

I hope you and your families are all travelling well with all the bugs that are going around and got to enjoy the school holidays. I want to share with you our perspective on the power of play in the work we do supporting children and families.

Play is the natural way children explore and interact with the people and world around them. When we engage children in play and using language, voice and tone, eye contact, facial expressions, and movement, we are supporting responsive relationships essential to learning and wellbeing.

Recent advances in knowledge of early childhood development show that lifelong health is built on supportive relationships and consistent routines that can be supported through play.

The evidence shows that when children feel unsafe for long periods, they can develop physiological responses (like fight, flight and freeze) and coping behaviours at the expense of health and wellbeing, learning and emotional development.

At PlayAbility we acknowledge the pressures families are experiencing. The purpose of both our Early Intervention and Family Support programs are to help parents and caregivers with strategies that encourage positive nurturing relationships, develop consistent routines and have the capacity to do things themselves.

Recognition and understanding of the context of each family and helping them to access a range of supports is often the first step.

Play between children and their peers, siblings, and caregivers builds relationships and shared interest leading to stronger attachments, reduced stress, and increased resilience. It is also fun.

This is because a child's world is naturally free of the realities and expectations of the adult world. Play is an invitation to join them.

For the full article please see below:

[https://46y5eh11fhgw3ve3ytpwxt9r-wpengine.netdna-ssl.com/wp-content/uploads/2020/06/wp15\\_health\\_FINALv2.pdf](https://46y5eh11fhgw3ve3ytpwxt9r-wpengine.netdna-ssl.com/wp-content/uploads/2020/06/wp15_health_FINALv2.pdf)



- Page 2 & 3 Family Support/Playgroups/ Mobile Resources
- Page 4, 5, 6 & 7 Early Intervention & Therapy Supports

### Our Services

- ◆ Early Intervention and Therapy Supports for children aged 0—young adult with an NDIS plan.
- ◆ Advice and referral service for families with questions or concerns about their child's development.
- ◆ Supported playgroups for families with children aged 0-school aged in the Bega Valley.
- ◆ Indigenous family support and supported play sessions, service/support linking and transport assistance.
- ◆ Mobile Toy and Parenting Resource Service.

## AUTISM & MOVEMENT

DID YOU KNOW:

AS MUCH AS CHILDREN WITH AUTISM HAVE A DIFFERENT WAY OF LEARNING, THEY CAN ALSO HAVE A DIFFERENT WAY OF MOVING.

CHILDREN WITH AUTISM ARE OFTEN HYPERMOBILE, MEANING THEIR MUSCLES HAVE TO WORK HARDER TO KEEP THE JOINTS IN PLACE

MOVEMENT CAN APPEAR:

- STIFF OR FLOPPY
- CLUMSY
- UNCOORDINATED
- SLOWER

SOME CHILDREN WITH AUTISM NEED MORE TIME MENTALLY PREPARING FOR AND PLANNING MOVEMENT.

THIS MAY MEAN THEY NEED A LOT OF PRACTICE AT A TASK AND PREFER SOLITARY SPORTS SUCH AS SWIMMING, HORSE RIDING, OR GOLF

PHYSIOTHERAPY CAN HELP WITH DEVELOPING YOUR CHILD'S MOVEMENT SKILLS AND BUILD THEIR CONFIDENCE

WANT MORE INFO? CONTACT JAMIE:

JAMIE@PLAYABILITY.COM.AU

0437 125 717



We wish to acknowledge the Traditional Owners of the land and waters of the Bega Valley and pay our respects to Elders past, present and future.



# Welcome to PlayAbility Family Support



## Who we are:

PlayAbility Family Support is an all-inclusive service. Our aim is to **empower** children and their families to set and **achieve** real and measurable goals in **education, development (wellbeing, social & emotional) and health**. These family-centred goals are achieved through strength-based programs focused on creating a world where children feel connected to their **identity, community and culture**.

## What we do:

- Mobile Toy and Parenting Resource Service
- School transition programs and school collaboration
- Navigating the NDIS and access
- Supported Playgroups (Outdoor reconnect play session)
- Supported Community groups
- Referrals to other services
- Internal referrals to Early Intervention Specialists
- Paperwork and support letters for housing, Centrelink, care and education.
- Home visits
- Connecting families to parenting groups
- Transport assistance
- Attending appointments (Dr, Dentist, EYAT, CIFTS, EACH)
- Development and implementing collaborative Family Planning

**For more information please call our main office on 6496 1918**

Don't forget to check our website. You can access all our timetables or send us a message from your computer, tablet or phone.



## Referrals

For service providers, NDIS plan managers/ coordinators please use the referral form on our website.

[www.playability.com.au/referrals-forms](http://www.playability.com.au/referrals-forms)

We can also link you up with our family support team. Please see above for details about their services or ring our office on 6496 1918 and we can put you in touch with Kylie Eldridge-Spires the Family Support Manager.



# Welcome to PlayAbility Family Support



## PlayAbility Supported Playgroups

Term 3, 2022

### OUR MEETING PLACES



- Eden  
PlayAbility Centre, 3 Crown Lane  
Monday's @ 10-11:30am
- Cobargo  
Cobargo Park  
Tuesday's @ 10-11:30am
- Bega  
PlayAbility Cottage, 35 Parker St  
Wednesday's @ 10-11:30am



Our playgroups provide a safe and inclusive environment to  
**PLAY LEARN GROW SOCIALISE**  
Please bring a water bottle and a piece of fruit to share.

ALL families with children aged 0-6 are welcome, encouraged and accepted!  
For more information, call our office on 64961918.



## PlayAbility Mobile Toy & Parenting Resource Service

Our Mobile Toy Van is like a book library- but for toys and educational resources, the Van travels to various locations across the Bega Valley.

You can borrow a large variety of age appropriate toys, outdoor equipment, books, puzzles, games, and more for children and their families to take home.

### PlayAbility aims to foster connections within our community

This service is equipped with resources and experienced staff to provide information about your child's development, resources, and referrals to other services & community groups.

**If you see us out and about, pop over for a yarn!**

**For more information, call our office on 64961918**

Due to unforeseen circumstances and staff shortages, Playability will be postponing our Bermagui Playgroup on a Thursday.

Please remember our Cobargo Playgroup runs on a Tuesday, 10:00-11:30am and you are more than welcome to attend. We will keep you updated throughout this time, and we hope to see you again in the very near future.

# Early Intervention & Therapy Supports



## PLAYABILITY TERM 3 GROUP ACTIVITIES

### Monday

**CRAFT  
BEGA**

**3:45PM-  
4:45PM**

**Contact  
Phil on  
0438 453  
480**

### Tuesday

**STEM  
EDEN**

**3:45PM-  
4:45PM**

**Contact  
Brooke on  
0428 045  
907**

### Tuesday

**COTTAGE  
CRAFT  
BEGA**

**3:30PM-  
4:30PM**

**Contact  
Lucy on  
0400 294  
329**

### Thursday

**MUSIC  
BEGA**

**3:45PM-  
4:30PM**

**Contact  
Brooke on  
0428 045  
907**

### Thursday

**GMG  
BEGA**

**4:00PM-  
5:00PM**

**Contact  
Jamie on  
0437 125  
717**

Groups will run for 10 weeks and be billed as a program of support. A service agreement will need to be signed agreeing to your NDIS plan being charged each week of the 10 week block. Price will be determined based on the number of participants.

### 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 unhappy with any part of your service, you have the right to make a complaint. 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 our website.

Scan the QR to complete a Feedback, Complaints and Compliments Form Online.



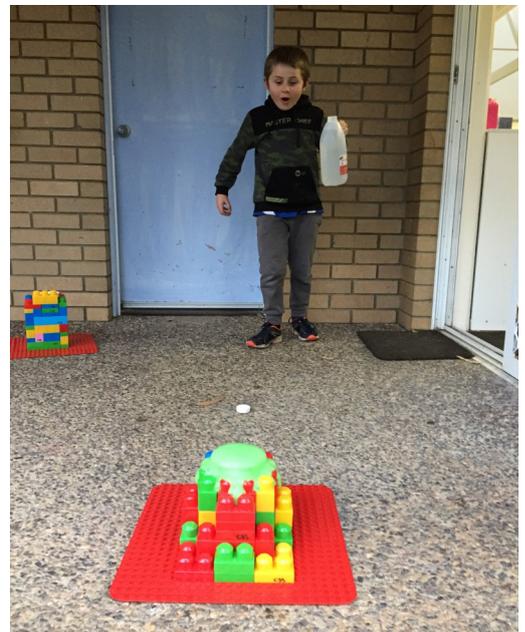
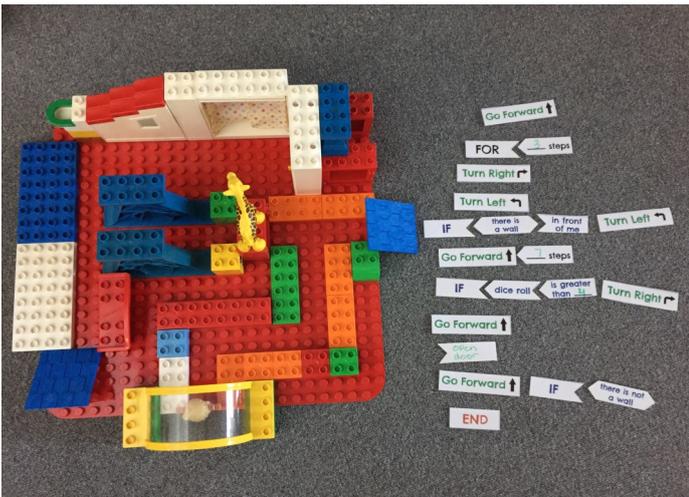
### Our Team

**Suzie Eruera** - Manager/Teacher  
**Pauline Mendes** - Therapy Supports Manager  
**Karin Champagne**—Specialist Teacher  
**Lucy Gollan**—Specialist Teacher  
**Sue Hill**—Specialist Teacher  
**Rowan Cox**—Speech Pathologist  
**Cathy English**—Speech Pathologist  
**Georgie Begg**—Speech Pathologist  
**Jamie Goodman**—Physiotherapist  
**James Dedman**—Physiotherapist  
**Phil Power**—Allied Health Assistant  
**Brooke Hansen**—Allied Health Assistant  
**Sophie Revington**—Therapy Assistant  
**Sonia Evans**—Therapy Assistant



# Early Intervention & Therapy Supports

## TERM 2 Lego Club & Craft Group





## NDIS Changes to Plan reviews and Participant Check-ins

**During the Covid Pandemic, the NDIA introduced a Flexible Plan Review process – the only trouble was they didn't inform those with NDIS plans about the changes.**

What we are all used to is a representative from NDIS-EACH or NDIS-UNITING contacting us about 8 weeks prior to plans ending to schedule a Plan Review meeting, we then gather all the evidence in preparation and meet with a representative face to face (or via phone) at a scheduled time.

### **So what has changed???**

Now a NDIS representative will make contact with a family to “CHECK IN”. During this chat they will discuss wellbeing, see if your NDIS supports are meeting your needs and if your goals are still the same. The problem is that the calls are so informal and casual, that parents do not understand that this is the NDIS reviewing their plan.

Depending on how you respond during this Check-in chat, there are 3 possible outcomes:

#### **1. You will get a new NDIS plan with the same supports:**

- This is a great option if your current plan is meeting your needs and goals are remaining the same;
- As the plan is remaining the same, there is no need for Allied Health reports or assessments;
- There will be no formal planning meeting and
- The plan will be for 2 years duration

#### **2. You will get a new NDIS plan with minor changes to current supports:**

- This is a great choice if your plan is mostly meeting your needs, but there may be some minor changes to goals or needs
- You will need evidence to support the changes being requested, ie, Allied Health reports, assessments, assistive technology quotes
- There will be no formal planning meeting
- The plan will be for 2 years duration (unless you request longer or shorter depending on personal circumstances)



### 3. A full plan review will be scheduled

- A formal planning meeting will be scheduled
- The entire plan will be reviewed
- You will need allied health reports, assessments and assistive technology quotes
- If you use a support coordinator you will need a report from them
- The plan will be for 2 years (unless you request longer or shorter depending on personal circumstances)
- Budget may be increased or decreased depending on how the “reasonable and necessary” criteria is met.

#### What do families need to know about Check in phone calls?

- ◇ Calls can be at any time during a plan
- ◇ Calls are being made on weekends as well as during the week from No CALLER ID numbers
- ◇ The caller from the NDIS will not explain what the purpose of the call is, they will just say they are calling to “check-in”
- ◇ The caller from the NDIS will not outline the 3 possible outcomes of the call (listed above), you will just be informed of their decision by letter
- ◇ You have the right to reschedule the call to a time that allows you to be more prepared
- ◇ You have the right to stop the call, and reschedule it so you can have a support person present
- ◇ If your situation has changed, you need to tell the NDIS this during the call
- ◇ It is really important that not only are your contact details correct on your NDIS file, but also how you like to be contacted (phone, SMS, email, letter) or via a support person.
- ◇ For more information about the Flexible Review process and Check-in calls please talk to your Keyworker or Therapist

# Group Billing FAQ

## How are group activities billed?

Our group activities are billed as a 10 week program of support. The rate will be determined by the number of participants and the current rate of which staff members are running the group.

## Does the money come out all at once?

The groups are charged each week for 10 weeks to your child's NDIS plan.

## Do I need to sign something?

A service agreement will need to be signed at the beginning of the 10 week block.

## Does my child have to have a current NDIS plan?

Yes, your child will need a current NDIS plan with adequate funding to cover the 10 week block to attend.

## What if we can't attend a session?

Please contact the staff member running the group to let them know if you can't attend. Your child's NDIS plan will be charged for any weeks you can't make it as it is a 10 week program.

## What if my child wants to drop out?

Please let one of the staff members know if you wish to drop out of the group with two weeks notice. After the two week notice period you will no longer be charged.

