



WELCOME PACK

PREPARED BY

**YOGABILITY
AUSTRALIA**

ABN: 56621601232

www.yogability.com.au
info@yogability.com.au

Mindful Disability Supports

Select from our range of mindful disability supports & services

MYCare - Mindful Yoga Care



MYCare sessions are yoga supports primarily delivered **one to one** that include development of healthy lifestyle skills usually delivered in 2 to 16 hour blocks including:

- Mindful stretching & meditation
- Stress management strategies
- Hygiene skills - Taught through videos & YogaRoo cards
- Food education - including purchasing healthy ingredients
- Healthy Relationships & personal development
- Community access & participation
- Assistance with self care

Claimable through the NDIS under both **Core & Capacity Building**:

- Increased Social and Community Participation
- Development Of Daily Living And Life Skills
- Assistance to Access Community
- Access Community, Social And Rec Activities

Delivered **online** or in **participants home** & in various places in community such as a local park or Yoga Centre. You can gain access to a Yoga Carer near you through our Yoga Carer Directory through the link below:

More info: https://yogability.com.au/disability_service_providers

Support Coordination

Gain access to our conscious & caring support coordinators that can help with gaining access to various mindful NDIS providers. Support coordination services provided include:

- Level 1: Support Connection
- Level 2: Coordination Of Supports
- Level 3: Specialist Support Coordination

For more information please feel free to contact us at info@yogability.com.au for more information.



MYCare Disability Support Platform - MYSchool

An online mindful disability support delivery system



Gain access to our digital disability support delivery system that empowers participants through mindful content that assist in the development of healthy lifestyle skills.

The MYSchool content is suitable for:

- NDIS Participants
- Disability Support Organisations
- Disability Support workers & Carers

The mindful content includes healthy lifestyle skills content & YogaRoo Cards on:

- Yoga & meditation
- Stress management strategies
- Hygiene skills
- Food education
- Social Skills
- Financial Management



Accessible to NDIS participants through our program via a subscriptions you agree to when signing on to our service.

More info:

https://yogability.com.au/ndis_providers/online_disability_services

Mindful Yoga Camps

Mindful Yoga Camps are Respite Programs or Supported Yoga Retreat programs. Camps can include various activities including:

- Beach days
- Time in nature
- Yoga & meditation
- Healthy food preparation
- Independence development

These can be organised on request & are to various locations around Australia. Available under Core & Capacity Building. Dates & prices are negotiable.



More info: https://yogability.com.au/mycamps_ndis_respite_retreats

Supported Trainings

Gain a new skill & improve employment potential



Want to become a Yoga Teacher or even a Yoga Carer?

Yogability Australia partners with accredited Yoga Teacher Training Providers and Disability Support Related Courses listing them as recommendations for both clients and Mindful Yoga Carers to explore.

Yogability Australia can support NDIS clients through accredited training partners who provide courses & trainings on:

- Yoga Teacher Trainings
- Meditation & Breathwork Trainings
- Disability Support Related Courses



Courses can be completed on Respite or during Mindful Yoga Care sessions. Trainings can be arranged upon request depending on availability.

Sponsorships are available to both NDIS participants & Yoga Carers through the charitable arm of Yogability the Yogability Australia Foundation.

More info: <https://yogability.com.au/trainings>

Yoga Centres Explained

Yogability Australia partners with various Yoga Studios & spaces to facilitate locations where NDIS participants signed on to our service can access Mindful Yoga Care (MYCare) within the Yoga Centres. Yoga Centres can facilitate Mindful Yoga Care delivery assisting with program activities including things like:

- Yoga, meditation & breathing exercises
- YogaRoo reading challenges
- Healthy lifeskills development
- Social, self care & community participation skills development

Yoga Centre attendance can be arranged upon request where a Mindful Yoga Carer can take participants to and from the Yoga Centre activities. More info: <https://yogability.com.au/centres>





ABOUT THIS DOCUMENT

This document is about how we make sure your rights are met.

WHAT ARE YOUR RIGHTS?

If you need help saying what you want, you can get an advocate.

An advocate is an independent person who will speak for you.

If you want an advocate, we can help you find one or advocate for you.

If you are not happy with our service, you can make a complaint.

Your **complaint** will help us improve our services.

You can make your own **choices**.

We will give you all the information you need to make the right choice.

You have the **right** to:

- Have your values and beliefs respected
- Make informed choices
- Be protected from violence, abuse or discrimination

RIGHTS & CHOICES



WHAT ARE OUR RESPONSIBILITIES?

We aim to ensure there is no conflict of interest between you and our workers.

A conflict of interest is when someone does not do their job fairly.

They may provide better services to one participant than other participants.

We have a duty of care to protect you from getting hurt as we help you reach your goals.

We protect your private information.

We create a service agreement that explains all the services you will receive.

This also helps us understand if our services are meeting your goals.

You have the right to complain about our services.

You can submit a complaint by contacting Yogability Australia by completing the below form or by emailing info@yogability.com.au:

- https://yogability.com.au/procedures/complaints_record

A complaint can be made to the NDIS Commission by: Phone: 1800 035 544 (free call from landlines) or TTY 133 677.

YOU HAVE A RIGHT TO COMPLAIN



CONSENT & INFORMATION MANAGEMENT

We collect and maintain your information with your consent.

You have a right to request any information we have on your file.

You can request us to delete or edit any information on your file.

Yogability Australia is a NDIS mandatory reporter & abides by all NDIS legislation.

Please email info@yogability.com.au in order to request access to your information.

You can provide consent to Yogability by reading & filling out our consent form at:

<https://yogability.com.au/procedures/consent>

Some advocacy groups that might be of interest to you can be seen below:

- Multicultural Disability Advocacy Association
 - <https://mdaa.org.au>
 - (02) 9891 6400
- Self Advocacy Sydney Inc
 - <https://www.sasinc.com.au>
 - (02) 9622 3005
- People with Disability Australia (PWDA)
 - <https://pwd.org.au>
 - (02) 9370 3100

ADCOACY GROUPS