



# WELCOME PACK

PREPARED BY

**YOGABILITY  
AUSTRALIA**

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# Mindful Disability Support

Select from our range of mindful disability supports & services

## MYCare - Mindful Yoga Care



Mindful disability support sessions delivered in **groups** or **one to one** on healthy lifestyle skills delivered in 2 to 8 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

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.

## 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 Sophina Neang at [sophina@yogability.org.au](mailto:sophina@yogability.org.au).



## 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 videos & MYCards - Mindful Yoga Cards on:

- Yoga & meditation
- Stress management strategies
- Hygiene skills
- Food education
- Healthy Relationships Explanation

Available through the NDIS for participants & through yearly subscriptions for the general population.

[Click here to access more information.](#)



## Weekend NDIS Activities

Mindful Yoga Camps are weekend overnight respite retreats & school holiday programs.

Retreats include various activities including:

- Beach days
- Theme park attendance
- Yoga & meditation
- Healthy food preparation

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





# 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.

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

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

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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 staff.

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 call us on 0407780869:

- [https://yogability.org.au/procedures/complaints\\_record](https://yogability.org.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 call 0407780869 in order to request access to your information.

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

<https://yogability.org.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