



## Mindful Yoga Carer (MYCarer) - Position Description

Yogability Australia MYCarer position description

### Job Overview

A MYCarer is a caring individual that has a passion for helping people with disabilities. MYCarers provide Mindful Yoga Care (MYCare) mindful disability support to clients of Yogability Australia (YA). MYCare involves delivering healthy lifestyle disability support sessions to YA participants. The MYCare disability support healthy lifestyle skills sessions can include Yoga & meditation taught as a stress management strategies, basic hygiene skill development & various personal development strategies aimed at empowering YA clients with healthy life skills. These sessions can be delivered in home, in the community or online & can involve various community participation activities with Yogability Australia participants.

More information can be seen here:

- [https://yogability.org.au/ndis\\_providers/carer\\_training](https://yogability.org.au/ndis_providers/carer_training)
- [https://yogability.org.au/ndis\\_providers/mindful\\_yoga\\_care](https://yogability.org.au/ndis_providers/mindful_yoga_care)

### Responsibilities and Duties

MYCarers will be required to deliver the below duties:

- Traveling to participants homes to deliver MYCare disability support sessions that can include Yoga, meditation and healthy lifestyles skills education
- Deliver Healthy lifestyles skills education programs using YA's MYSchool platform
- Participating in community activities with participants
- Travelling with participants in community in your vehicle
- Keeping track of time, travel distance & travel related expenses when with participants invoicing or submitting timesheets weekly for sessions delivered
- Following YA's policies & procedures writing support notes on sessions delivered

### Qualifications & Requirements

To become a Yogability Australia MYCarer you will need the following:

- Minimum 200hr Yoga Teacher Training Certification
- Have completed the NDIS mandatory induction at the below link and sent it to [info@yogability.org.au](mailto:info@yogability.org.au)
  - <https://training.ndiscommission.gov.au/>
- Have read and understand Yogability Australia's policies and procedures
- Have a valid Working With Children Check
- Have a valid driver's licence and car
- Have an Australian Business Number & / or Taxfile number
- Be an Australian resident for tax purposes

[www.yogability.org.au](http://www.yogability.org.au)

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