



## Mindful Yoga Carer Contractor Position

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 education strategies aimed at empowering YA clients with healthy life skills. Before you get started we will need a few things from you, those being:

- Working With Children Check
- A photo of your drivers licence
- Certificate of completion of the NDIS new worker module
  - This can be completed here :  
<https://training.ndiscommission.gov.au/>
- A copy of your YT Certifications
- NDIS worker screening check - relevant state links to apply for these are seen on the screening page
- Bank account details
- A photo for your profile in our app
- Any insurances you have - links to apply for insurance is on the screening page
- Any other qualifications you have that you have that are relevant like first aid and CPR

### Mindful Yoga Carer Screening

Once you have gathered the required documentation please upload all the required documentation to the Mindful Yoga Carer Screening Page. Please click the link below to access our Mindful Yoga Carer Screening Form Contractor Agreement where you can upload your documentation and sign on to work with us:

- [https://yogability.org.au/procedures/mycarer\\_screening](https://yogability.org.au/procedures/mycarer_screening)



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### Mindful Yoga Carer Fees

200 hr+ Yoga Teachers start at Mindful Yoga Carer lvl 1 on weekdays unless otherwise specified. Non 200hr YT Mindful Yoga Carer trainees and Mindful support workers start at Mindful Yoga Carer lvl 0 on weekdays unless otherwise specified. Mindful Yoga Carers can request level rises every 6 months. Sessions are typically minimum 2 hrs involving 1hr of Yoga, meditation and breathing exercises then 1hr of support work, healthy life skills development and reporting. Sessions can be longer involving community participation.

The below are the fees per hour & per kilometer:

- Mindful Yoga Carer lvl 0 \$38
- Mindful Yoga Carer lvl 1 \$40
- Mindful Yoga Carer lvl 2 \$42
- Mindful Yoga Carer lvl 3 \$44
- Saturdays lvl 1 \$50
- Saturdays lvl 2 \$52
- Saturdays lvl 3 \$54
- Sundays lvl 1 \$60
- Sundays lvl 2 \$62
- Sundays lvl 3 \$64
- Public Holidays \$80
- \$0.70 per kilometer

Eg. Session calculation (2hrs support + 1hr travel x \$40) + (10kms x \$0.70) = \$127 per session

We pay up to a maximum of 0.5hrs travel time to the participant from your home or from a participant to another participant. We also pay travel time up to 0.5hrs home from the last participant of the day. We also pay Kilometers from your home to the participant or from participant to another participant & any kilometers travelled with the participant unless otherwise specified. Additional expenses can also be claimed inline with NDIS guidelines and Mindful Yoga Care guidelines.