



## Mindful Yoga Carer Contractor Description

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 you drivers licence
- Certificate of completion of the NDIS new worker module
  - This can be completed here :
  - <https://training.ndiscommission.gov.au/>
  - ○ Create a NDIS Commision account here:
  - <https://training.ndiscommission.gov.au/login/signup.php>
- 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 disability support 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

Please click the link below to access our Mindful Yoga Carer Screening Form where after you have applied you can upload your documentation to work with us:

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



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## Mindful Yoga Carer Fees

200hr+ 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. Carers can request level rises every 12 months. Sessions are typically minimum 2 hrs involving 1hr of Yoga, meditation and breathing exercises then 1hr of social support & support work, healthy life skills development and reporting. Sessions can be longer involving community participation. These are the per hour fees including superannuation allowance and per kilometer fee reimbursement:

- Weekdays
  - Level 0 - \$40 per hour
  - Level 1 - \$44 per hour
  - Level 2 - \$46 per hour
  - Level 3 - \$48 per hour
- Saturdays: \$60 per hour
- Sundays: \$70 per hour
- Public Holidays \$85 per hour
- \$0.70 per kilometer

Eg. Session calculation (2hrs support + 1hr travel x \$44) + (10kms x \$0.70) = \$139 per session including super.

A maximum of 0.5hrs (30mins) travel time can be invoiced at the hourly rate for travelling from your home to a participant or from a participant to another participant and up to a maximum of 0.5hrs (30mins) travel from the last participant of a given day back to your home, unless otherwise specified (Time needs to be recorded to 2 decimal places based on options in reporting system). Kilometres travelled to, from, and whilst with a participant unless otherwise agreed in writing can be invoiced by the contractor at \$0.70 per km, capped at 100kms per session unless otherwise agreed in writing. Additional expenses can also be claimed inline with NDIS guidelines and Mindful Yoga Care guidelines.