

PEBBLE

March 2021

Message from the CEO & Chair

Greetings everyone

Do not know where the time goes to...heading towards Easter as we speak!

Thankfully with the current roll out of the COVID-19 vaccine we are feeling almost 'back to pre-pandemic times'. Obviously we must all continue to be mindful and continue all our infection control techniques which we have all become very practised at during the year. Hard to believe we were just entering the pandemic here in Australia around this time last year.

Our Seaford hub refurbishment is almost complete, with the hub opening for business following Easter. During the week of 6th – 10th April the hub will be open for families, clients, Support Coordinators etc for connecting and orientation – come and look around, meet our SASI staff and try some of the new and exciting programs on offer. We are excited to offer a range of new supports in our 'new look' space, and look forward to welcoming clients both existing and new.

Short term accommodation (STA) is now up and running at our cottage in Newborough, Gippsland and we are experiencing demand for this. STA will also be offered at the new Cranbourne property very soon.

Our co-located space, in partnership with the Salvation Army at 750 Nepean Highway, Mt Martha, is now up and running and will be hosting a morning / afternoon tea to invite

prospective families, Special Development Schools (SDS) and other community members to view the space and discuss their needs.

SASI staff continue to ensure everyone's safety by implementing all the relevant guidelines for infection control including mask wearing, physical distancing, hand washing/sanitiser, daily health checks, temperature checks, designated spaces for everyone and access and egress routes to and from each building occupied.

As you will be aware, the National COVID-19 vaccination roll out is in progress. We have communicated with families and carers and will keep everyone updated with specifics when we are updated.

The Annual SASI Art Competition and Show for 2021 has been rescheduled from April until November. This will be an in-person event with a physical presence at Cube 37 in Frankston, as well as online. We look forward to receiving lots of exciting works from those creatives with a disability in our community.

Stay safe everyone and happy reading...

Cheers

Kath (CEO) & Louise (Chair)



Latest Adventures

Supported Independent Living Homes

Mordialloc House

Residents at Mordialloc house have been having lots of fun. James enjoyed harvest time, Dieter liked his art, and Nicholas loved his summer cool!

*Left: James
Right: Dieter
Below: Nicholas*



Frankston House

Danielle loves going to the shops to buy a bottle of Coke and paying for it herself with her own money.

Afterwards, Danielle and staff stopped for lunch at the café.

Right: Danielle



Springvale House

Malcolm visited Springvale RSL and had a lovely dinner there.

He also bought three Easter raffle tickets.



Above: Malcolm

Cheltenham House

Ben had a great day out, going on a long scenic drive along the Mount Dandenong Tourist Road to SkyHigh Mount Dandenong in the Dandenong Ranges.

He enjoyed a walk around and sitting on the giant's chair.

Right: Ben



Langwarrin House

Angelos, Richard, and Greg all banded together and assisted with the clean up of the tree clippings in the backyard at Langwarrin House. The backyard is looking beautiful!



Left L-R: Angelos, Richard, and Greg



Did you know....

It is physically impossible to lick your own elbow!



Aspendale House



Savier from Aspendale House had a wonderful time learning to bowl. He normally uses the ramp but this time he worked on bowling without a ramp.

Left: Savier

Right: Todd



Aspendale House recently had bathroom renovations completed and now have a beautiful bathroom with a new shower.

The residents are very happy!



Todd went out to Carrum Downs to grab a cuppa and bite to eat. He enjoyed the last day of summer out driving and his favourite beverage. Todd ordered his own coffee and paid by himself and thanked the staff for the service.

Active Choices

Newborough

Dwayne has been busy assisting the local community preparing amazing meals.

He has enjoyed his numerous outings at the Morwell Neighbourhood House and showing them all his amazing cooking skills.

Dwayne earned himself a well deserved break in the garden with the Neighbourhood House dog and enjoyed the time he spent there.

Right: Dwayne



Tech & Gamers Hub @ Moore Street



Above L-R: Adam, Kelly, and Dwayne

We are excited to let you know that our Tech & Gamers Hub @ Moore Street is becoming very popular, with the program now running 5 days per week.

SASI clients are enjoying all aspects of this program, from learning about internet safety, to logging in and learning how the technology world works, plus exciting times with virtual reality experiences.



Left: Brendan

Right: Adam

Below: Dwayne



Newborough

Brendan and Bradley went on an adventure with staff Ben and Tom to the Boolarra-Mirboo North Rail Trail. They saw some beautiful views of the waterfall and had a great time hiking and having a picnic lunch. Both Brendan and Bradley enjoyed their day out adventuring in the local bushland.



Left: Brendan

Right: Brad

Below L-R: Ben, Brendan, and Brad



Events



Having a Say Forever!

Having a Say Conference 2021

15th – 17th June 2021

Theme: *You're My Best Friend*

VALID will be running their Having A Say Conference from 15 to 17 June 2021, so make sure you pop it in your diary!

There will be lots of activities, performances, sessions, and opportunities to catch up online and face to face in Geelong with old and new friends.



Client Services

Dear clients, families and SASI teams

SASI @ Seaford Hub

Following a year of COVID-19 and service impacts, we are very pleased to announce the details of our SASI @ Seaford Hub reopening.

Monday 6th April – Connect & Orientation Week

An important event that starts a new journey - this is your opportunity for you, advocates, carers and your loved ones to walk through and experience our refurbished site and connect with our teams, program leaders, discuss options, chat with Practitioners, Intake + Planning & Support Coordination team, and an overall orientation to this exciting space.

Monday 13th April – Client Attendance

Just to clarify the application process for these programs:

- First step is a Request for Service (RFS) which is readily available on the SASI website
- The RFS is then reviewed by Practice Leaders (PL) / Operations Manager (Ops) to ascertain availability, viability and suitability of client to program offered
- From there, Hub Practitioner and/or Ops will notify our Intake & Planning team (I&P) if there is an opening available for the RFS
- Once the above is accepted and approved, our I&P team will pick up to create Services Agreements (SA's) and follow-up all required documentation
- Services will not commence until all of the above are received back and signed

Thursday 29th April – Official Launch Morning Tea (10.30am to 11.30am)

Thursday 29th April – Everybody Dance Now (6.00pm – 8.30 pm)

Keep an eye out for further information relating to programs and events at this space.

Keke Wellness

Lisa Ireson and I were invited as guests to Keke Wellness to experience a Float Treatment.

Warren was very generous with his time, information and sharing his passion. There are several psychological and medical benefits of

sensory deprivation tanks on conditions such as anxiety disorders, stress, and chronic pain. We found some peace floating in a pod that contains a highly concentrated Epsom salt solution which creates the buoyancy for you to feel weightless. The pod is both sound and light proof which gives your brain the chance to disconnect from the sensory overload of the outside world and enhance your ability to be mindful and introspective. The Epsom salt solution leaves you feeling deeply relaxed, reducing stress and anxiety.



The team here provide a wellness centre with cutting edge treatments, such as Float tanks, Cryo Sauna, Localised Cryo therapy, and Infra-Red sauna and aim to be the leader in this field.

KeKe Wellness is located on the Mornington Peninsula in the beach side town of Rye and they aim to inspire and contribute to health and well-being, by providing the best care to all customers and clients through alternative and new age practice, education and research, using only carefully considered products that suit our high standard and clean living.

We are currently looking at opportunities for SASI clients to experience this while being supported by SASI team members. Clients will need to have Therapeutic Funding lines in their plans. Warren is also committed to offering great deals to parents, carers and SASI staff members.

For further information check out:
[KeKe Wellness – Keke Wellness](#)

Support Coordination

Being able to access the support you need is more important than ever. So, our priority is to make sure that you have the confidence you need to act on your NDIS plan.

Our Support Coordinators will work with you to help you:

- Build your confidence
- Build your capacity
- Manage your NDIS plan

We understand how important it is that you can rely on well-trained and highly qualified Support Coordinators so that you have choice and control over your experiences. As such, this team is growing and we look forward to introducing new

team members soon.

Website

Our website is a terrific resource for families/ carers to keep updated with all SASI services, plus NDIS updates, parents blog section, and informative articles.

For any information regarding our services, please email enquiries@sasi.org.au for assistance.

Stay safe, stay well.

Melissa

Executive Manager Operational Services

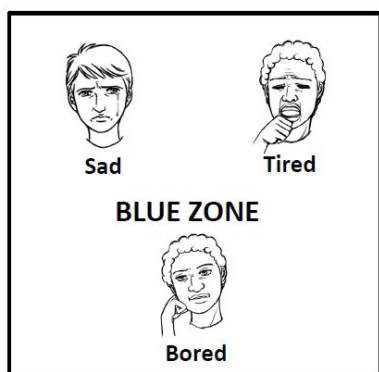
Positive Behaviour Support

We are using the ZONES at SASI and learning to:

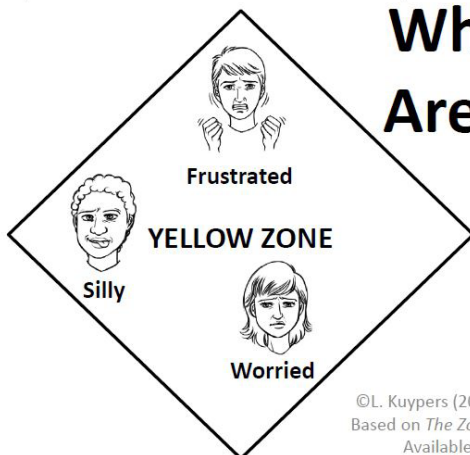
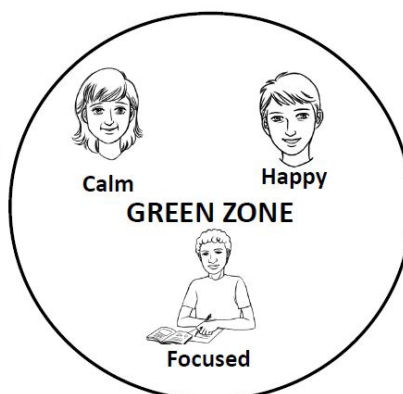
- Identify our feelings and levels of alertness
 - Understand our feelings in context
 - Discover effective regulation tools
 - When and how to use our tools
 - Problem solve positive solutions
 - Understand how our behaviour influences others' thoughts and feelings
- ...And ultimately move towards Independent Regulation

ZONES

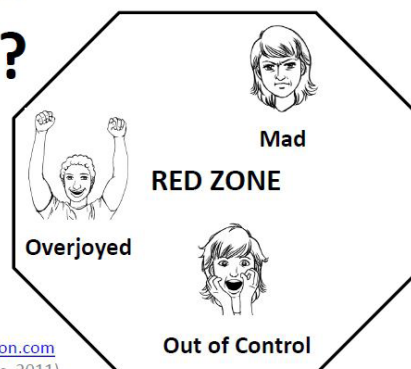
What zone are you in? Colour in the zones here, think and talk about how you are feeling.



The Zones of Regulation can help us think and talk about how we are feeling. All the Zones are OK!



What Zone Are You In?



©L. Kuypers (2020) www.zonesofregulation.com
Based on *The Zones of Regulation* (Kuypers, 2011)
Available at www.socialthinking.com





A good friend is
like a four leaf
clover - hard to
find and lucky to
have
- Irish proverb

COVID-19 Update

Current Status

On 26 March 2021 the Acting Premier of Victoria announced Victoria is lifting many of the COVID-19 restrictions.

The vaccine is currently being rolled out nationally.

How this effects us at SASI

We are now almost back to pre-pandemic times.

The refurbishment of our Active Choices facilities at Seaford is nearly complete, so with the restrictions lifted, we are re-opening after Easter.

We will keep everyone updated with specific details about the rollout of the vaccination.

Accommodation	AC Hubs	Client Services
Aspendale Cheltenham Dandenong Frank St Frankston Langwarrin Mordialloc Springvale	Online Programs Mount Martha Newborough Moe	Support Coordination Positive Behaviour Support Intake & Planning Team
	Coming Soon Seaford Home to Community Cranbourne SRS Camps	Corporate Services People & Culture Team Finance Team

Service Open Coming Soon

COVID-19 Resources

Department of Health
www.health.gov.au

Department of Health & Human Services
www.dhhs.vic.gov.au

Premier of Victoria
www.premier.vic.gov.au

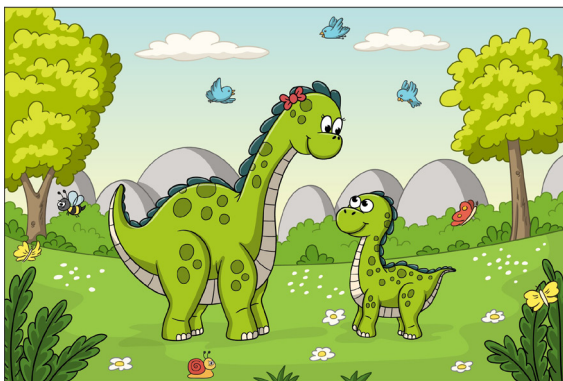
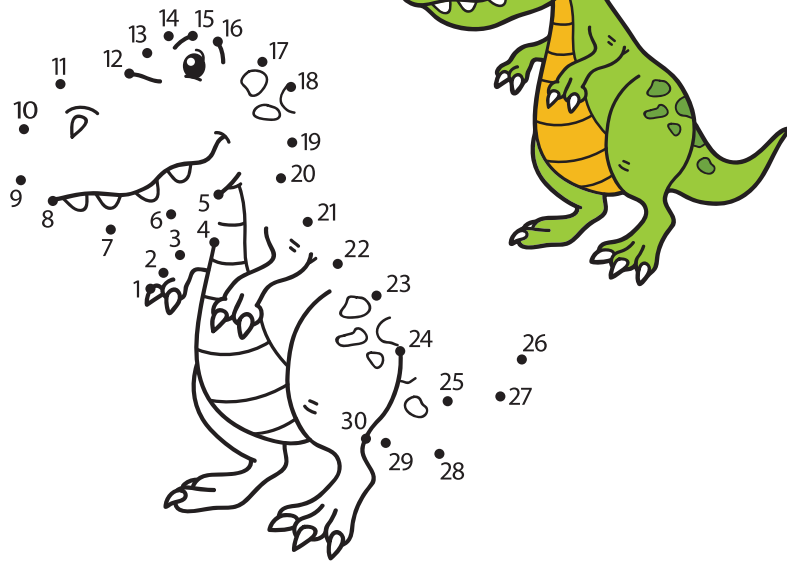
Fun Zone



Dot To Dot Game

Join the dots

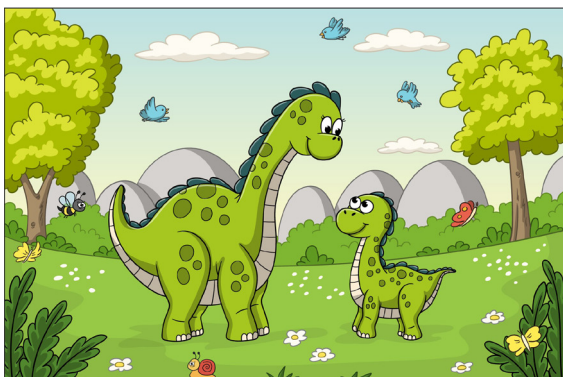
Have fun joining the dots and then colour in your creation!



Spot The Differences

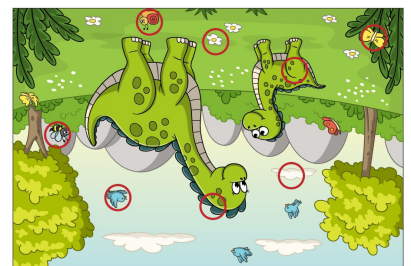
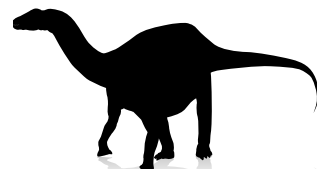
There are 8 differences between the two pictures on the left.

How many can you find? See the answer below.



What do you call a dinosaur with no eyes?

Do you think he saw us!



Spot The Difference Answer

Staff Feature

John

Disability Support Worker

What does your role at SASI involve?

I work at Frankston Group Home, where I provide care and support for 5 very special clients. I love my job and I am passionate about the quality of work I provide to my clients, empowering them, offering them freedom of choice, and providing an excellent level of care and support in all facets of their daily lives, including community access. I also strive to keep all of the clients safe and well during the current Covid-19 pandemic. At Frankston House I'm fortunate to work with a team of dedicated and supportive health care professionals.

If you could have a super power, what would it be?

I would love to be able to Teleport, which is the ability to move between two locations without actually crossing the intervening space. A bit like the "Beam me up Scottie" in Star Trek. With this superpower you could save so much time, as you would not have to waste time in travelling, but merely snap your fingers and you would instantly be transported to where you wanted to be.

What do you have at the top of your bucket list?

My top bucket list item is to fly over to America, once the Covid-19 international travel bans are lifted, and explore the East Coast, Grand Canyon, Las Vegas and Disneyland.

If you were an animal, what would you be and why?

I would be a lion, and be king of the jungle, powerful, fearing nothing. A bit like Mufasa in

the Lion King movie and sit on top of Pride Rock and rule over my kingdom.

What is the one thing no one knows about you (until now!)?

In my previous 25 plus year career with Telstra, originally the Postmaster General's Department (PMG), I worked in many different areas, starting out as a technician, installing & maintaining telephone exchanges, to my final position as an Investigator in Telstra's Corporate Security and Investigations (CSI) area. Yes, a bit like Crime Scene Investigators. Investigating anything (24x7) from theft, assault (to both staff and members of the public), property damage, whistle blower tip offs, security breaches etc. Also working very closely with all of the law enforcement agencies (including ASIO), providing call record data, CCTV images and technical information, as required. Finally, working in the Telstra Tower, a 65 storey building in Melbourne's CBD, providing security and access control (24x7) to staff, contractors and visitors was extremely challenging – but that's another story.



Left L-R:
Danielle
& John

Why do you enjoy working at SASI?

I have been working with SASI for over five years now, and I have enjoyed watching it grow and transform into the great company that it is today. SASI is well recognised in the industry and has quickly become one of the leaders in its field. I am proud to work for SASI, and I fully support its vision and values.

SASI also actively promotes staff growth and training. I recently completed two Certificate IV Courses, one in "Disability" and the other in "Competitive Systems and Practices", both of which will enable me to apply the techniques and skills I learnt during these courses into my daily activities at SASI.



Foodie corner



Snap Crackle Pop!

Who doesn't love chocolate crackles! They are a classic favourite of all ages.

Chocolate Crackles

Makes 28

Ingredients

- 4 cups Rice Bubbles
- 1 cup icing sugar
- 1 cup desicated coconut
- 5 tablespoons cocoa powder
- 250g cophia

Directions

1. Melt the cophia
2. Mix all the ingredients together
3. Spoon mixture into patty cake papers
4. Refrigerate until set

Enjoy!



*Image & recipe courtesy of
www.bestrecipes.com.au*

Have you got a recipe you'd like to share? Email it to us, along with a photo of your masterpiece, and you may see it in Pebble!



When it's time for your autistic child to live independently

by SASI Guest Parent Blogger

Let's face it, you've done the hard yards. Harder than most parents. You've loved, supported, protected and encouraged your autistic child for his/her whole life, however the time has come where you need to seek alternate accommodation for your son or daughter.

It's a difficult decision to make for your family, and there will be varying factors that have led to you making that decision. It may be that you are coming to a stage in your life where you feel that you can no longer support your child in the way s/he needs. Perhaps you are aging or have a medical concern or you want to travel and do things that you've not been able to do before. Perhaps there are behaviour concerns and it is no longer viable to have your child living under the same roof. Whatever the reason, it is not an easy conclusion to come to.

You know you will always be there for your child, in one way or another, it's just that you won't be living in the same house anymore. No matter what, they will always need your support, love and guidance, but now they can live independently with support from other care givers as well.

[Read more](#)

The rest of this article can be found on the [Blog page](#) of our website, along with many other interesting articles written from the perspective of a parent of a child with autism.



Image courtesy of pixabay.com



Contact Details

PO Box 11271
Frankston VIC 3199

T: 03 9773 6044

E: enquiries@sasi.org.au

W: www.sasi.org.au

Want to share your ideas?

Email us at enquiries@sasi.org.au



Your life. Your way. Your choice.

**Supporting children, teenagers,
and adults with autism and other
complex disabilities**

