



April 2023

NEWS & FEATURES

Message from CEO and SASI Board Chair

PAGE 2

Support Services

PAGE 3

Lifestyle & Community

PAGE 4

Latest Adventures

PAGE 5

Recipe of the Month

PAGE 6

Parent Blog

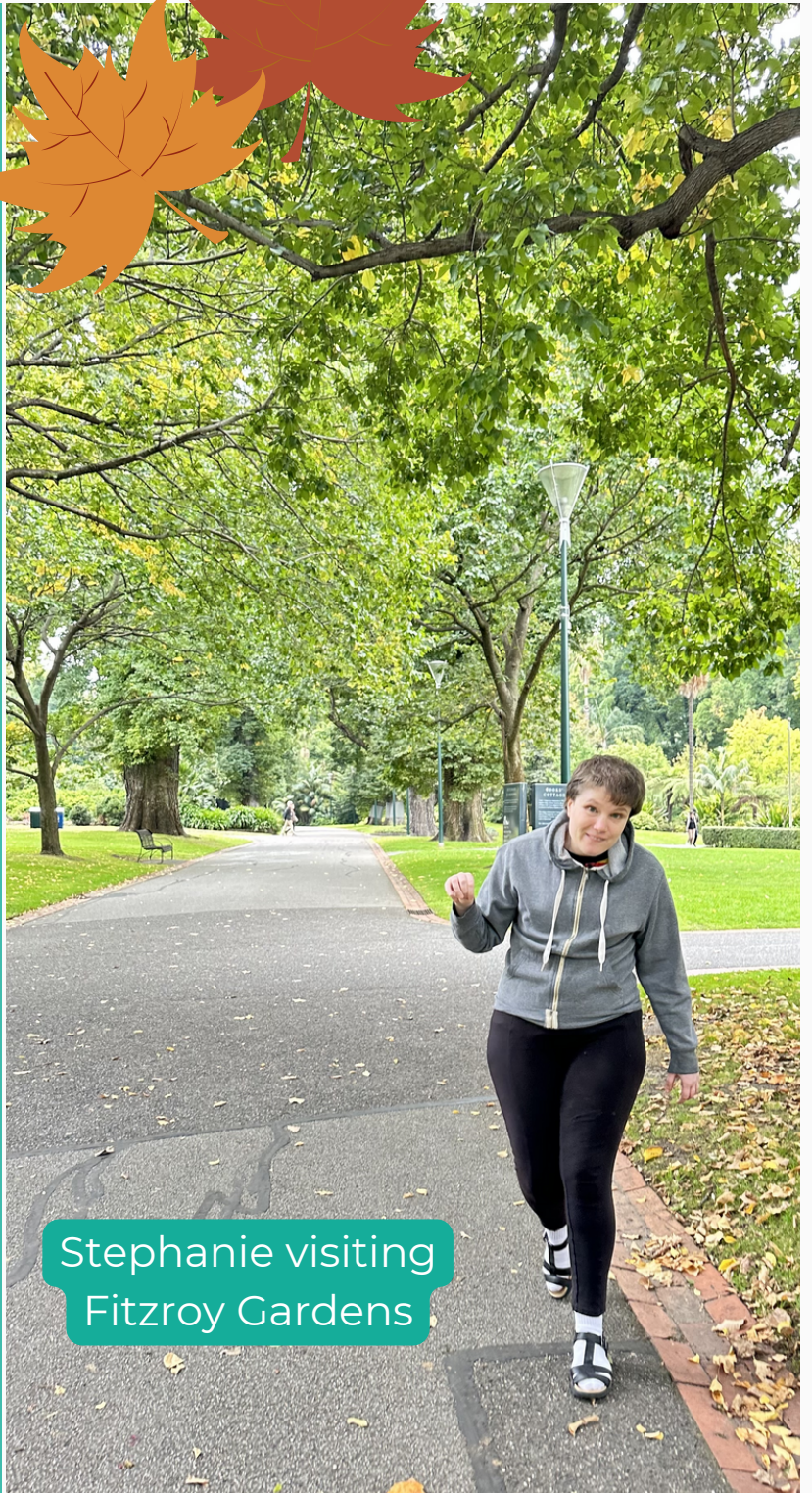
PAGE 7-8

Work with us

PAGE 9

Staff Feature

PAGE 10



Stephanie visiting Fitzroy Gardens

Message from the CEO and Chair

Greetings everyone!

Well it appears we are now moving into the cooler weather now, so it's that time to think about Flu vax's and updating COVID 19 vax's if appropriate....we strongly encourage everyone to follow these up so we all stay healthy over the winter months.

With the cooler weather and people being in closer proximity indoors it's a good idea to remember hand sanitising, masks and keeping distance to protect ourselves and others from COVID and any other nasties around.

As you would be aware, SASI announced after Easter that we are in discussions with Independence Australia Group (IAG) about joining forces in the future. We are grateful to those of you who have provided feedback and sought clarification and it has been good to hear of the interest in being able to broaden our activity and services.



The SASI Board are keen to ensure that SASI is sustainable into the future and has the ability to expand and offer further supports to our autistic community and their carers. With the recent and foreshadowed changes to the NDIS funding models and tight budget situation the opportunity to identify synergies and efficiencies to enable our work to continue is also a keen concern.

SASI's partnership with Vinnies is going well and our hospitality hub is busily making many meals to support the disadvantaged in our Southern Peninsula community.

The School Leaver Employment Support (SLES) group at Seaford Hub is also thriving with an enthusiastic group of young people who are keen to progress their goals which is great to see.....

Happy reading

Cheers,

Kath (CEO) & Rob (Chair)

Support Services

Let's Talk About...Autism Hub

Autism ~~Awareness~~ Understanding Month

Autism advocacy groups have been calling for Autism Awareness month to be changed to understanding or acceptance.

So naturally at SASI we have made the change to Autism Understanding Month.

Autism Understanding Month is such a wonderful opportunity to promote inclusion and diversity.

While celebrating and showcasing all the incredible achievements by autistic individuals. To kick the month off I went and listened to some amazing autism advocates and autistic individuals sharing their stories.



Katherine Peereboom – Has three autistic sons and is the founder of Spectrum Support.

She also developed GVDP (Global Voluntary Disclosure Project). Whereby, first responders are provided with crucial information to support vulnerable people including people with disabilities.

Sonny Adorjan – Co- founder of Woodism

Sonny and his autistic son Woody have created some inspiring artwork together using Woody's incredible sayings – called Woodisms.

Incredible people, doing incredible things!

Let us know what inspired you throughout Autism Understanding Month.

Georgia
Support Services Manager

Lifestyle & Community



Friday Night Movie Club L-R: Ivy (staff), Aisha, Malcolm on the right we have Dieter, Max (staff) and Ben enjoying dinner before the movie

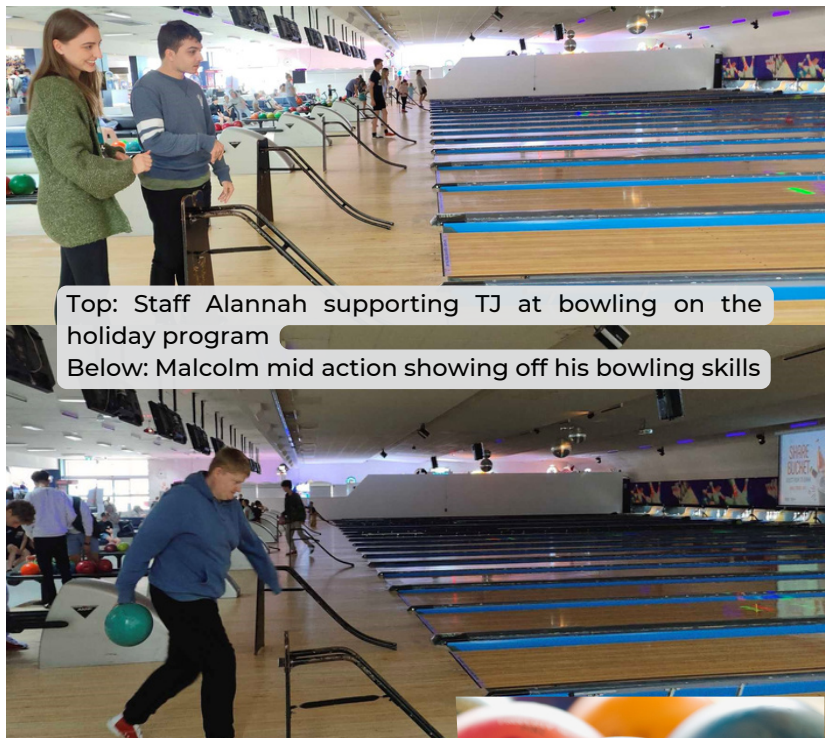
The last couple of months have been busy for Lifestyle and Community Supports. We have a number of regular weekly clients who receive 1:1 Home to Community Supports, these supports occur in a range of different locations including Gippsland. Clients are supported at home as well as accessing their community and working towards their goals.

Holiday Program ran during the recent school holidays for both under 18's and 18+ groups. The groups participated in a range of activities, including; Gravity Zone, Enchanted Adventure Garden, Bowling and a park BBQ, just to name a few.

Friday night Movie Club has been a huge success with the group getting together twice per month to enjoy dinner and a Movie out in the community. It really is a great opportunity to socialise and access the local community with a group.

Term 2 Saturday programs commence this Saturday 29th April and we have some amazing and fun things planned! It's not too late to join!

We also have an upcoming Weekend Getaway planned for the end of May (Fri 26th – Sun 28th). These getaways are always a hit and are fun filled with a range of different activities suited to everyone!



Top: Staff Alannah supporting TJ at bowling on the holiday program

Below: Malcolm mid action showing off his bowling skills

Michelle
Operations Manager

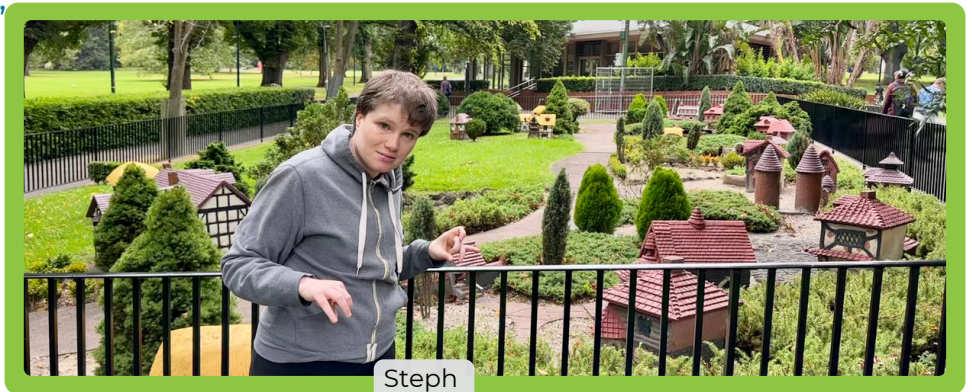
Latest Adventures



With the mild and warm Autumn weather we're seeing everyone out and about and making the most of it. Fitzroy Gardens, Moonlit Sanctuary and Casey Fields are just some of the lovely outings we had lately.



Amy and Trevor



Steph



Trevor



Peter



Amy



JERUSALEM ARTICHOKE SOUP - HARVESTED AT SEAFORD HUB



INGREDIENTS

- 1 garlic clove
- 500 g Jerusalem artichokes
- 100 g leek, white part only
- 300 g parsnip
- 50 g unsalted butter
- 1Lt Vegetable stock
- 1 apple
- 3 sprigs Fresh Lemon thyme, leaves only
- 1 tsp lemon zest, no white pith
- 2 tsp lemon juice
- 20 g cream
- 1-2 tsp ground nutmeg
- 1-2 pinches sea salt, to taste
- 1-2 pinches ground black pepper, to taste

Sarah
Horticulture Program Leader
Seaford

DIRECTIONS

- 1- Scrub or peel artichokes, then roughly chop, Slice leek, and peel and roughly chop parsnip.
- 2-Core and chop the apple into quarters
- 3-Add butter to pot melt on medium heat and fry garlic, artichoke and leek until lightly golden brown
- 4-Add stock, water and apple and cook for 40mins, or until artichokes and parsnip are soft.
- 5-Add lemon thyme, lemon zest, lemon juice, cream and nutmeg and blend until smooth.
- 6-Season to taste with salt and pepper and serve with croustons, apple slices or a drizzle of extra cream

Ellie
Hospitality Program Leader
Seaford



When your home becomes a workplace!! Tips for managing supports in the home

The introduction of the NDIS also brings employees into the home environment.

Carers are already at risk of carer burnout and now we manage staff, their job responsibilities, rosters, service agreements....the list can go on and on. I want to share some processes we put in place that helped us to manage staff in the home.

Some days our life is hectic and I simply don't have time to have a 10 minute conversation with the support worker rostered on for the day. I just want to wash my hair, have a shower or put new clothes on for the day. I would even get my hopes up of a nice warm shower. The worker would arrive and my son would lock them out of the house because he didn't like them
There goes the warm shower....

Or the worker flatly refused to take the cat sailing or in their car! Yes our cat has been sailing, enjoys the McDonalds drive thru (loves a bit of a quarter pounder meal) and enjoys feeding the seagulls at the beach. He's a strange cat but we love him dearly!!

So first things first....the worker and client need to be a good fit. You can either use apps or a hard copy folder for your notes. I use a hard copy folder, I have two children on the NDIS with varying conditions so I have two hard copy folders labelled:



Support Worker Manual

Child's name:

Tip 1: Create a Client Profile

A client profile - this is a profile of the client including age, sex, likes and dislikes and a blurb about the client and family eg pets in the home, school or work that the client attends. This profile can be used for independent support workers or an agency looking for workers that could fit your families needs.

Tip 2: Weekly Routine

This is a basic weekly schedule, for example:

- Monday
 - 8am shower, get dressed and breakfast.
 - 10am leave to work/school/day program
 - 12pm pick up and take to lunch
 - 2pm Physio/speech
 - 3pm home and check carers daily task list

Please note this is an example and can continue for a 24 hour period depending on your situation.

Tip 3: Carers Daily Tasks

The daily tasks is a generic list of things to do if time permits outside the weekly routine. For example I have 3 recipes that can be cooked and frozen for meals ahead. I have dot points such as wash soiled clothing or towels, clean soiled shower, wash and dry bedsheets and re-make the bed. This ensures support workers know their role and have something to do if the day is quiet.

If you need more supports with managing staff your support coordinator can help. If you don't have a support coordinator there is support through carers gateway.

<https://www.carergateway.gov.au/looking-after-yourself>

Parent Blogger



Call Carer Gateway on 1800 422 737
or go to [carergateway.gov.au](https://www.carergateway.gov.au)

For language assistance call TIS on 131 450



#Friendbetter with R U OK? Tips to help you support your mates

Like good friends, some things are just better together. The support of a good mate can help someone feel connected and supported as they navigate life's ups and downs.

This can include exam and study pressure, financial stress, mental ill-health and navigating relationships. We all want to be there for our friends when they're struggling, but sometimes it can be tricky to know what to say and do.

If you feel like something's not quite the same with a friend – there's something going on in their life or you notice a change in what they're doing or saying - trust that gut instinct and take the time to ask them, 'are you OK?'

When someone is struggling it can be hard to speak up and ask for help. By acting as 'eyes and ears' and reaching out to anyone who's going through a tough time we can show them they're supported and encourage them to access help sooner. Learn more about the signs to look out for at <https://www.ruok.org.au/>

At SASI our staff and their welfare are our number one priority.

We are always on the look out for staff who are looking to bring their positive energy, skills and life lessons to our team. For all current opportunities please visit <https://www.sasi.org.au/current-opportunities/> or reach out to HR on human.resources@sasi.org.au

Jess
HR Advisor

[Click to view our latest opportunities](#)



Ben Support Worker

How long have you worked for SASI?

Approximately 6 years.

What does your role at SASI involve?

Working with people with disabilities in a home setting, assisting in food shopping, cooking, cleaning, and all the other things that need to be done on a daily basis, and also a lot of community outings.

If given a chance, who would you like to be for a day?

Tony Stark, a billionaire with a bulletproof flying suit. Easy pick!



What TV Show/Movie is your guilty pleasure (yes, time to admit you love it)?

House of the Dragon is my current guilty pleasure.



Ben

Three words that best describe you?

Down to earth.

What is the one thing you cannot resist?

Holidaying aboard.



What do you do when you are not working?

I spend a lot of time with my young daughters having fun and enjoying life!

Why do you enjoy working at SASI?

I really enjoy the team I work with, they are a great group, and I also enjoy the work/life balance SASI provides for staff.



Mornington Peninsula

DISABILITY EXPO

Linking Community Together

750 NEPEAN HWY MT MARTHA

SATURDAY JUNE 17TH

10AM - 3PM

FREE EVENT

FUN ACTIVITIES

Speakers & Presentations

GAMING & ART

Gardening & Cooking

FREE LUNCH!



FOR MORE INFORMATION

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W: www.sasi.org.au

Want to share your ideas?
Email us on: enquiries@sasi.org.au



Supporting the autistic community and people with
other complex disabilities



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