



Bindi Enterprises Operations Manager, Liesl Rockchild, with former supported worker, Vinnie, and his brother, actor Aaron Pedersen.

Bindi Enterprises' 40th Anniversary

Bindi Enterprises celebrated its 40th anniversary at a special community event in Alice Springs. Actor Aaron Pedersen, and his brother, Vinnie, a former supported worker at Bindi Enterprises, were guest speakers at the event.

Dale Wakefield, Member for Braitling and Minister for Territory Families, introduced the launch of *Bindi – Valuing Difference*, a beautifully written account of Bindi Enterprises' journey from a small community-based group supporting three young people with disability into the unique organisation it is today.

Written by Joyce Bowden OAM, one of the founders of Bindi Enterprises, and Anne McNamara, the book celebrates the achievements of the people it supports and demonstrates what can be achieved when people with a shared vision work together to provide meaningful pathways for local people with disability.

MC, Andrew Harrison, one of Bindi Enterprises' popular supported employees, officiated the event and there was

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Bindi Enterprises Art Coordinator, Sandra Brown and MC, Andrew Harrison.

a special Bindi Bash performance by some of Bindi's workers.

The only organisation of its kind in Central Australia, Bindi Enterprises helps people gain skills, professional development and financial independence through a range of innovative community programs and services including Bindi Mwerre Anthurre Artists, the

Bindi Contracts Department, the Bindi Workshop, and a mail delivery service in association with Australia Post.

Bindi Enterprises is committed to supporting people to achieve the best in life skills, training, professional and purposeful opportunities that are equal and celebrate ability.



Some of the Bindi Bash performers who entertained the crowd on the day.

A message from our CEO

I hope that we've met your expectations this year. I'm always keen to hear from you, and it was great to see that in our last customer survey, 93% of people said they're satisfied with us.

Thanks for participating in the survey. We are using it to improve our services even further next year.

I hope you enjoy the summer with family and friends. I know that many people will be working hard throughout Christmas and New Year for the people we support. It shows how committed our people are to our customers, day-in and day-out, right through the year.

It's been a massive year for us at Lifestyle Solutions. I'm looking forward to spending time with my family and lots of friends in the next few weeks.

We've been striving in 2018 to improve our services to you and the community. I've talked in our

annual report about how we're doing that. You can find out more on our website about what we've done and what we're planning to do over the next three years.

Get in touch by phoning 1800 634 748 if you'd like to tell me how you're feeling about us and what is working for you.

I wish you happiness and safety in the New Year.

Regards

Andrew Hyland



NDIS Updates

New South Wales

New South Wales' Community Justice Program (CJP) has been providing a high-level of specialised support to people with intellectual disability who have a history of offending.

CJP services continue to transition to the NDIS and Lifestyle Solutions has been working with the NDIA and FACS to support this transition in the best interests of customers and the community.

FACS continue to provide some clinical and financial support for relevant participants who require supported accommodation where their supports are related to community safety requirements.

We continue to work towards the transition of our Child & Family Out Of Home Care services to the Intensive Therapeutic Care Model now required by FACS. As part of this work, it has been identified that accessing NDIA funding is critical in ensuring children in care are receiving the full benefit of available funding to meet their disability needs.

Western Australia

Western Australia commenced transferring to the national NDIS model on 1 April 2018 with the original schedule to be completed by December 2018. Whilst not on schedule, this includes multiple metropolitan sites as well

as the following regional areas: Lower South West, Kimberley, Pilbara and the Wheatbelt.

Lifestyle Solutions has been part of a working group with Western Australia disability service organisations and the NDIA looking at a 'Flexible Individualised Living Funding' mechanism and quoting tool.

This mechanism will allow for models of support that don't fit individualised support and 24 hour supported accommodation to be funded by the NDIA. An example of this is shared living options which are currently being operated by a number of other service providers.

Northern Territory

The NDIS roll-out is in full swing in the Northern Territory with many of our customers finishing their first plan and entering into the review process for their second plan.

We're also working on ways to utilise the opportunities the NDIS presents in remote locations and using creative service models and options.

Queensland

The roll-out of the NDIS in South East Queensland commenced on 1 July 2018 and, with daily intakes occurring, it's now gaining significant momentum and growth.

The NDIS will be rolling out on the Sunshine Coast from 1 January 2019 and this is

currently a focus for our team in that area.

We had a great opportunity to engage with potential support workers at a recent Job Expo in Redland Bay. It's great to see so many people interested in pursuing a career in the industry.

Demand is high for a new location for a short-term accommodation (respite) centre. We look forward to announcing the new location in a future update.

Tasmania

We are now commencing the final phase of the roll-out of NDIS services across Tasmania with completion expected in June 2019.

Our team is currently focussing on short-term accommodation and support coordination and expanding on our specialist services.

Victoria

We're pleased to announce that on 2 January 2019 we will be providing a centre-based activities hub in Victoria for children and young people.

The service is a NDIS funded program designed to support the individual needs of children and young people in our care. It focusses on capacity building, individual support and support coordination.



Lifestyle Solutions wins two Mayoral Awards

Celebrated annually on 3 December for International Day of People with Disability is the Alice Springs Town Council Mayoral Awards. The Mayoral Awards highlight the contributions made by individuals with disability and by individuals for disability communities.

Two people from Lifestyle Solutions, one of our board members and one of our valued customers, were recognised for making a significant difference to society.

Bindi Mwerre Anthurre Artist and Lifestyle Solutions customer, Adrian Robertson, won the Noteworthy Award for his important contribution to the community. Adrian bridges the gap between disability and mainstream art and has been recognised for several achievements this year, including representing Alice Springs as a finalist in the National Aboriginal and Torres Strait Islander Art Awards.

Adrian was also a finalist for Alice Springs' national contemporary art award, the Alice Prize, and held a solo exhibition at Raft Artspace in Alice Springs called *Paint Country*. Adrian's growing public profile and increased access to his work highlight his creative influence and positive contribution to the Alice Springs community.



Adrian Robertson, winner of the Noteworthy Award, Damien Ryan, Alice Springs Mayor and Joyce Bowden, winner of the Champion Award.



Adrian Robertson, Joyce Bowden OAM and Richard Bowden, Joyce's son and one of Bindi's Supported Employees.

Lifestyle Solutions board member, Joyce Bowden OAM, won the Champion Award for her advocacy for the rights and wellbeing of people with disability. Joyce has advocated for disability services in Alice Springs for 40 years and was a founding member of Bindi Enterprises, Lifestyle Solutions' Australian Disability Enterprise and Central Australia's first disability service.

Joyce is a strong voice in the media and community forums who strives for the continued improvement of disability services in Central Australia.

Congratulations to Adrian for his inspiring passion and dedication to his art practice and to Joyce for her commitment to improving the lives of people with disability.

Alice Springs Mayoral Awards finalists and winners.



Brett's new found passion for photography

Lifestyle Solutions' new photography classes are proving to be a huge success for Hobart local, Brett, who has discovered a new passion for photography.



Brett has been a customer of Lifestyle Solutions' disability support services since 2007 and since participating in the photography classes at our Hobart Hub, he's built on his creativity and physical dexterity.

Jamie Turner, Lifestyle Solutions' Day Service Coordinator at the Hobart Hub said Brett has been participating in the photography classes since its inception and has gradually been developing his skills.

"In the past, Brett was always a passive participant, so it's been great to see him get involved and improve on his physical capacity for handling the camera equipment," said Jamie.

Photography class, which is held every Friday, is a new activity where customers can seek out and explore various community venues and take photos of scenery, places, people and items of interest.

Customers travel about, take photos and enjoy lunch together before making their way back to the Hub to edit their best selection and have them framed as a keepsake.

"It's been invaluable for Brett to go through the whole photography process. He's integrating more with his community and started working on a calendar for 2019 with all his best shots," said Jamie.

Lifestyle Solutions' Hobart Hub offers a calm and creative environment for its 30 customers to engage in social, community and recreational activities.



Brett checks out some of his photos of the historic Richmond bridge with Lifestyle Solutions' Support Worker, Karla Willis.

Support can overcome fear

For 21-year-old, Newcastle local, Chris, the ongoing daily support he receives from Lifestyle Solutions has meant that not only can he now live more independently but he has overcome his immense fear of water.

Chris, who requires substantial support, came into Lifestyle Solutions' care over two years ago.

Tina Keating, Facilitator with Lifestyle Solutions said, "When Chris first started supports with us he was very afraid of water. He disliked the water on his face which meant showering, swimming and even drinking water was very difficult for him."

"Chris also found environments such as shopping centres and supermarkets very stressful and had trouble heading out into the local community on his own," said Tina.

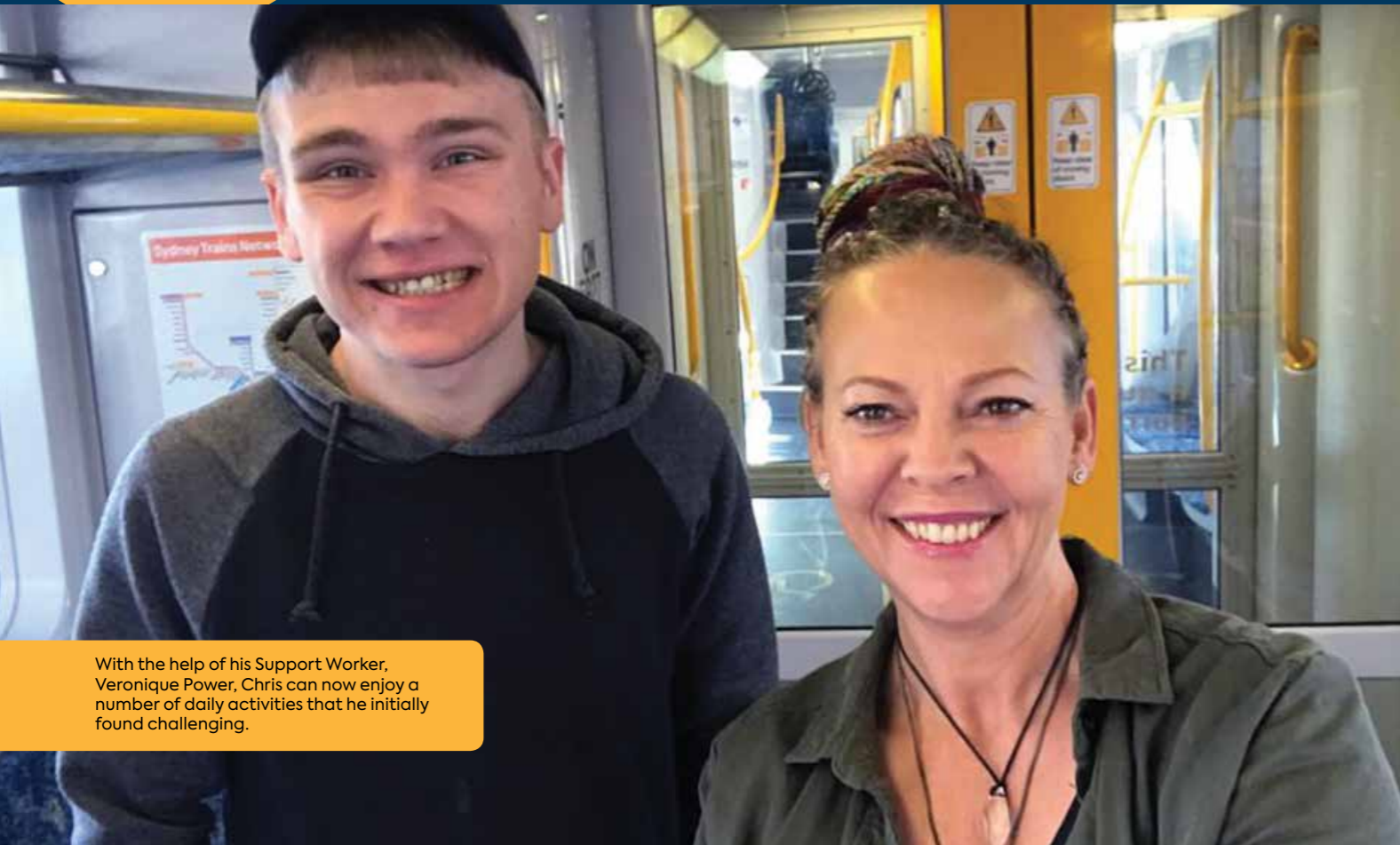
With the ongoing encouragement and

guidance of his support workers, Chris is now enjoying much more independence and quality of life.

"Because of the continuity of his care, Chris is now making some big strides in his personal development. By building strong relationships with his staff, Chris now feels safe and is able to go swimming, shower on his own and even enjoy a drink of water," said Tina.

Chris' dad, Colin, said Chris will now happily go to the supermarket with the assistance of his support workers, pick items from a shopping list and use the self-serve checkout.

"The staff at Lifestyle Solutions have been invaluable to my son and I and they're always happy to assist us whenever we need them. Chris' support workers have been amazing. Chris would not be where he is today, and I would not be where I am, without the support of Lifestyle Solutions," said Colin.



With the help of his Support Worker, Veronique Power, Chris can now enjoy a number of daily activities that he initially found challenging.

James' new positive outlook on life

Since coming onboard with Lifestyle Solutions' disability support services five years ago, West Australian local, James, is now enjoying a more active and stable lifestyle.

Maintaining routines, medical treatments and a healthy lifestyle had previously been a challenge for James but, with ongoing daily support from his staff at Lifestyle Solutions, his health, wellbeing and social skills have greatly improved.

Rajesh, Senior Support Worker at Lifestyle Solutions said, "When James first came into our care he was reluctant to engage in conversations and would isolate himself from others."

"The quality, commitment and consistency of his Support Workers has been key to the significant improvement in the quality of James' life," said Rajesh.

Opper, Support Worker at Lifestyle Solutions said "By actively engaging James in meaningful everyday activities his attitude has become very positive."

With ongoing daily support and encouragement to follow-up on medical treatments, James is now able to enjoy an increased level of independence and actively participates in activities such as fishing, shopping, bowling, golf, going to the gym, movies and swimming.

James now regularly helps his housemates by doing household chores like making his bed, washing dishes and doing laundry and takes pride in his appearance and personal care.

"We're so proud of how far James has come in terms of his personal development. He's re-established his family connections, enjoys spending time with the other participants and staff, and actively participates in conversations, household chores and outdoor activities," said Opper.

James is thriving which is reinforced by feedback from his family and other professionals and his outlook on life has greatly improved.

"The commitment, genuine care and interest shown by staff at Lifestyle Solutions has created a supportive environment where James feels safe and valued, resulting in improved outcomes for his overall health," said Rajesh.



James is now enjoying a new lease on life.

Lifestyle Buddies visit Anna Bay Public School

Anna Bay Public School's Year 1 students love their visits from the *Lifestyle Buddies* at our Port Stephens Community Hub.

Through its Adult Day Program, the Port Stephens Community Hub's dedicated team help our customers develop friendships, skills and confidence to pursue interests and community connections.

Lifestyle Solutions' Community Support Worker, Kelly Riding, facilitated the volunteer program now affectionately known as, *Lifestyle Buddies* and it's proven to be a huge success for the students and our customers.

Once a month, five participants at the Hub volunteer at Anna Bay Public School's Year 1 class, assisting with maths class activities.

Kelly said the program has been successfully running for three years and both the students and volunteers really look forward to the day.

"The benefits for the people we support have been immense and they're now confident enough to develop and present their own programs with the students. We also incorporate travel training into the day where customers can learn about reading timetables, familiarising themselves with local transport routes and using their Opal Card to get to and from the school," said Kelly.

Mrs Allan, Year 1 Teacher at Anna Bay Public School said, "The participants and students have been able to work together and form many positive partnerships. There is a strong focus on developing empathy and tolerance, which are the keystones for successful teamwork and healthy relationships."

The volunteer program has been a great way to foster an inclusive, supportive culture based on respect and understanding.

The Port Stephens Community Hub is looking into expanding their *Lifestyle Buddies* program and hopes to get other local schools on board for next year.



Anna Bay Year 1 students with their *Lifestyle Buddies*.



Lifestyle Solutions
everyone is equal

For more information on how we can help you, or someone in your care, contact us.

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