

The Independent

By St Michael's Association Inc



Highlights

Christmas 2023
Celebrations

Hello to 2024!

Health & Wellbeing
Improvements

Advertisement

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Liberal Member for Bass

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Passionate about Northern Tasmania



From the CEO

Mike Thomas

As we enjoy the last of the warm sunny days of summer, it's hard to believe how quickly the summer season of warmth, well-being, and community has flown here at St Michael's.

Reflecting on the past few months, our journey from the festive cheer of Christmas and New Years to the fast-approaching Easter season, has seen a series of wonderful events and significant achievements, further highlighting our commitment to building independence, and healthier and happier lives for our participants through community engagement.

Christmas at St Michael's was a spectacle of lights, laughter, and the kind of festive spirit that could outshine the most elaborately decorated Christmas tree. From the heartfelt gatherings in Newstead, with our community coming together under a sky holding off its rains to grant us a beautiful evening of Christmas carols, to the Christmas feast in Devonport, we were spoilt for choice for fun activities and sensational food.

Also, how could we forget the visits from Santa and the Grinch? Their surprise appearances were a testament to the magic of the season, proving that joy can indeed be found in the most unexpected of places.

New Year brought with it a fresh wave of energy and aspirations. It's been incredible to witness the health and wellbeing improvements amongst our participants.

Their dedication to achieving personal milestones, whether it be in weight loss, fitness, or simply embracing a healthier lifestyle, is truly inspiring. The warm weather has encouraged many to explore new activities and cherish the great outdoors.

Australia Day was yet another highlight, where the traditional BBQ and patriotic celebrations brought smiles and a sense of unity to our community. It's these shared experiences that strengthen the bonds between our participants and our dedicated team of support workers.

The recent hot weather, while challenging, has also been a catalyst for many to increase their visits to the beach, to pools and shady picnic grounds for fabulous outings, while ensuring everyone stayed safe, well hydrated and cool.

With Easter fast approaching, we're filled with anticipation for what the season will bring. I am sure we will see a wonderful Easter egg hunt or three around the various centres.

As CEO, I am incredibly proud of the dedicated team that I am fortunate to lead. The laughter, achievements, and the sheer determination to make every moment count for our participants, help makes St Michael's so special.



CELEBRATING 9 YEARS AT ST MICHAEL'S

Meg Wilkinson - Team Coordinator IHS



Lyn, Jo, Allana and Glenn have been friends for many years now and spend a lot of time together, whether it be having each other over for a coffee or going bowling together.

This gathering before Christmas was extra special, as they were celebrating 9 years of living onsite at St Michael's in Launceston. They threw a little party to celebrate living in their independent units and having a safe place to call home. They all feel lucky to have each other as friends and to still be such good friends for this long!

Christmas Celebrations

Farewell to 2023



DEVONPORT

Our Devonport campus celebrated the festive season with a Christmas Feast! With over 20 guests everyone had a wonderful time, shared lots of laughs and had an amazing feed.

Our Christmas buffet consisted of turkey, ham, salads and platters. Santa even made an appearance and even assisted with the Pav!!

It is a marvelous way to celebrate a brilliant year and bring on 2024. Thank you to those who made it all possible.

NEWSTEAD

What a special evening in Newstead we had celebrating Christmas with our community on the lawns of St Michael's in Newstead.

The weather held out just long enough for a beautiful evening of singing and festive spirit, with so much talent and enthusiasm on display.

St Michael's participants and families attended the annual Christmas dinner party, a merry and bright occasion! With surprise visits from both Santa and the Grinch., everyone enjoyed a meal with lucky door prizes, presentations and photo opportunities, before having a boogie to finish the evening under the disco ball.

Our balloon display was a hit with participants and staff, who posed for pictures and selfies to mark the occasion. A big thank you to Cheryl Griffiths for donating the equipment and time to construct it!

A huge thank you to our star performers Steve G, New Horizons Choir and Serenata; and a shout out to our special guests Santa Claus and The Grinch.

Special mentions to some of our wonderful staff who put the event together; Emma, Bec, Alex, Tammy, Kerry, Tina, Amanda, Heath and Waqas. Your hard work and generous sprinkling of Christmas Magic made for a spectacular and memorable evening!




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RECOGNISING OUTCOMES

Deirdre Gordon - Team Coordinator, Residential

Many Participant outcomes are related to long term approaches by all team members, however we'd like to acknowledge a few individual efforts from our Support Staff resulting in significant improvements/enhancements:

- Antony saying thank you, with little to no verbals for 2 years, after constant repetitive approaches with Aaron.
- Not one for physical work, Nick barrowing his soil to raised vegetable patch at home with strategies from Roy.
- Cupboard sorting/decluttering with Stephen and Andrew supported by Charlotte and Georgina.
- Improved domestic routine for Ben through trial and error with Satya.



Day Programs

Newstead

As an early Christmas gift, Mick joyfully assumed the role of Day Program Team Coordinator a week before Christmas, setting the stage for a memorable season at St. Michael's. The Christmas party, a beacon of merriment for our participants, marked a resounding success. Santa, the honored guest, ensured every individual on the "nice" list received a visit.

The ensuing two-week Christmas break provided a refreshing interlude for both support workers and participants. The Day Program gardens flourished, yielding an impressive harvest that left everyone astonished. The bountiful produce found its way to the Merrington kitchen, where talented staff and participants orchestrated culinary magic, turning fresh, organic vegetables into delectable treats for our Wednesday and Friday meals.

A big thanks to Emma for her unwavering commitment to the Newstead Day Program. She championed the acquisition of essential equipment, including electronic technology, relaxing furniture, and a welcoming sensory room. As we step into the New Year, it's a time of recalibration, ensuring our program activities align seamlessly with the goals and desires of our valued participants. Here's to a promising year ahead.



Independent Services

Amanda Mallett - Team Coordinator

The reopening of Independent Services after the Christmas New Year break saw some of our participants having extended breaks. Some had holidays planned whilst others choose to spend time with their families and friends.

Whilst our regular swimming venue was closed for the school holidays our swimmers choose to take the opportunity to access the community visiting different venues in and around Launceston. The most popular was the rides on the Tiger bus where there was plenty of social opportunities followed by a trip to the local café for cold drinks.

Our garden continued to grow whilst we were on holidays producing vegetables that participants were able to use in their cooking program. Zucchini were plentiful and participants in the cooking program were excited to use a spiraliser to make Zucchini noodles.

It is with sadness that we said goodbye to one of our beautiful participants in January. Elaine was a very valued person known for her kindness, humour, and caring nature. Elaine was always willing to help others in any way she could, even making craft items for her friends. Elaine will be missed by all her friends at Independent Services.

Day Programs

East Devonport

We've hit the ground running in East Devonport in 2024 and welcomed many new participants for the first time; it is wonderful to see so many new faces and friendships being developed.

As it is the height of cricket season staff and participants have been enjoying playing cricket most afternoons which has quickly turned into a fantastic way to encourage physical activity, support participants' social development and even cognitive development as score taking has been shared amongst everyone.



We continue to focus on program areas that take advantage of the summer weather meaning our fishing program and weekly coffee club remain as popular as ever. Recently our participants spent the afternoon playing minigolf at the Waterfront in Devonport as part of the popular Reclink program.

We've been happy to see an increasing participation with our cooking and fishing programs since late 2023. The fishing program has seen increased participation levels, and has been fantastic in helping our participants get out and about in the warmer weather doing an activity they love!

We continue to support developing independence and skills in the kitchen. The cooking program is supporting participants' independent living skills, maintaining and developing budgeting skills, and supporting social development in a team environment.

In addition to enjoying some Sunsmart fun, we will continue to support participants' personal and social development, sense of belonging in the community and importantly, progress towards their goals throughout the remainder of summer and the year beyond.

Supported Accommodation

KENNETH COURT

Deirdre Gordon - Team Coordinator Residential

Kenneth household participants continue their daily routines and getting across all community activities, both regular and new. Not much stops Andrew, Stephen & Nick leading busy lives whilst maintaining their humour and relationships in the Kenneth home.

Late last year we mentioned Nick thinking about extra physical exercise and for summer, and he has commenced swimming. Nick has also taken up some gardening to help add to his physical activity across the week.

Nick along with Stephen are stepping up their responsibilities at home, with set cleaning chores to keep the house running smoothly. Contributing to these chores is adding to their self-esteem, and we have observed their pride when doing their housework.



Stephen wipes up the washed plates, cutlery and cooking equipment every night after dinner. Stephen loves the responsibility and beams the whole time! Nick has taken on more cleaning tasks within his bedroom and ensuite. We noticed the men were becoming quite sedentary in the afternoons, so adding to their chores has been a positive challenge. It doesn't sound like much, but every little bit of independence seems to increase each of our residents' self-worth.

Donations

Tax Tip

"EVEN A \$2 DONATION CAN BE USED AS A TAX DEDUCTION!"

Yes, I would like to make a tax deductible gift to St Michaels Association Inc.

☐ \$5 ☐ \$25 ☐ \$50 ☐ \$75 ☐ \$100 ☐ \$1000 ☐ \$2500 ☐ \$5000 ☐ Other.....

☐ One time ☐ Ongoing ☐ Monthly x ____ months ☐ Quarterly x ____ years ☐ Annual x ____ years

Payment options:

Cash in person at St Michael's Association office (22 Hobblers Bridge Road), EFTPOS via phone (6331 7651), electronically (BSB 017042 Account Number: 002398139), Cheque/Money order made payable to St Michaels Association Inc. or Credit Card

☐ Visa ☐ Mastercard Card Number

Expiry Date:

Card Holder:Signature.....

☐ Yes, please contact me to discuss other ways I may be able to help St Michaels Association

Details

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Address.....Suburb.....

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Email:.....

COMO CRESCENT

Deirdre Gordon - Team Coordinator Residential

We have new routines and responsibilities for all participants at Como which includes rotating different tasks so that everyone has something to do each day of the week.

Besides maintaining living skills, we are also working on generalising their skills- cooking a steak on the grill will be different to learning on a barbecue.

Brandon and Ben made it to the Longford show late last year. Ben met Elmo and Cookie Monster at a meet and greet session.



Ben collects soft toys and this was a much-loved opportunity, whilst Brandon tagged along and went to see motorbikes at the show.

Zac and Brandon entered the Burnie10 walk and while accommodation support staff can't take credit for their support on the day - we were just so proud of their efforts and seeing their beaming faces after the walk!



LYNE HOUSE- RESPITE

Jodie Beveridge - Senior Support Worker

Lyne Respite has continued to stay busy, and the participants have continued to enjoy community activities and have also been working hard on skill building.

David has become the master of Pizza making of a Friday evening. David was actively supported to find a recipe online and then to add the ingredients needed to the shopping list. David has thoroughly enjoyed making the dough, rolling it out and then adding his favorite toppings. Well done David!

Antony continues to excel with making his hot drinks of a morning and is requiring fewer verbal prompts to achieve this. He can now find his own mug without staff assistance and will open the kitchen drawer and get out a teaspoon with minimal prompts.

Antony is also always happy to help with washing and drying the dishes.

New participant John has settled into Respite well and is loving getting out and about in the community. John especially enjoyed the Longford show and packing a picnic and heading to the beach. He loves being outdoors and seeing the smile on his face when he is enjoying, and activity is very heart warming.

Bradie-Lee has been able to extend her time in the standing lifter and can now be engaged to be upright for over 30 minutes. Well done Bradie-Lee!

Building and maintaining friendships among the houses continues to be a very important part of skill development at Lyne respite.

PENQUITE ROAD

Rabeea Akbar - Support Worker

The holiday season held a special charm for Lisa, who cherished precious moments with her family on Christmas Day, surrounded by love and warmth. The Christmas gifts she received from her family added an extra sprinkle of joy for her.

The energy at Penquite is high as we happily welcomed back Gabby and Alice after the Christmas break with their families. Their return brought renewed enthusiasm and set the stage for a summer filled with exciting activities and shared experiences.

Penquite participants have been making the most of the pleasant weather, venturing outdoors for barbecue lunches, scenic walks along the waterfront, and visits to local parks. The camaraderie between Penquite, Lyne, and Chugg residents has continued to flourish, with regular outings fostering lasting bonds. A recent highlight was a barbecue picnic at Trevallyn Dam, where residents came together for a day of laughter and good food.

During the summer, Alice has been nurturing a thriving veggie patch, creating a flourishing corner within the household. In addition to her dedication to gardening, she generously prepares drinks for her housemates during dinner and makes a veggie platter and lunches for herself the following day. She finds joy in these activities as they promote her independence.

Lisa continues to impress with her precision and care in folding clothes, washing, and wiping dishes, all of which play a significant role in her personal development. Beyond her household contributions, Lisa's vocabulary has expanded, fostering increased communication with staff and housemates. Her artistic touch extends to the house garden, where she picks flowers to brighten up the dining table.

Gabbie has been enjoying moments of togetherness with fellow residents, whether gathered around the TV or engaging in her favourite pastimes such as playing the piano, listening to music on the radio, and challenging herself with intricate puzzles that nurture her cognitive abilities. These activities also enrich the sensory experience for her.

As we navigate the summer months, we continue to celebrate the unique talents and contributions of each individual within our Penquite family. We look forward to more shared experiences and growth in the coming weeks.



BAKER HOUSE

Udara Gunasekara - Disability Support Worker

Paul is having fun keeping up his Invermay communal garden. Along with his parents, he enjoys going to Beauty Point frequently. In addition, he enjoys visiting other participants in Merton, Smith, and Wise residences.

His regular weekend trips to the auto museum and local community are enhancing his social abilities. Paul also enjoys taking walks around the STMA campus and grocery shopping with the staff, both of which are good for his health.

Paul continues to assist in cleaning his unit, making the bed, doing his laundry and preparing food- all greatly contributing to his overall goals.



Gary had an amazing month travelling to his favorite location. He has an interest in cars, he liked going to the Invermay auto show, and appears to be having a great time when interacting with his support workers during the day.

He enjoys going on trips to the Gorge Lookout, and the Tiger Bus gives him a chance to mingle with locals.

Gary always enjoys helping to prepare and cook meals, and he has been able to accomplish his aim of making a hot beverage without assistance. He also enjoys taking Redline Bus to visit his parents to Oatlands on a regular basis.



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SMITH HOUSE

Chidi Egbudom - Support Worker

Aron is keenly taking advantage of the warm weather and has been very active in social engagements. Aron accessed the community and participated in some outdoor activities of his choice including swimming at the Aquatic Centre recently.

Aron is very good at social interactions and enjoys a good sense of humour.

He is getting along very well with his support workers at Smith and has been very positive in responding to prompts. Aron's willingness to initiate social interactions with his support workers has also garnered some momentum over recent periods.

Aron's level of independence has improved significantly following his active involvement in his support via a person-centred approach. This is a great deal for Aron in achieving his goal of being independent. Thanks to Aron's team of support workers that work diligently towards ensuring that Aron's goals are met.



HAWTHORN STREET

Richard Nicholls - Support Worker

Hawthorn street has been a hive of activity over the past months. Participants have been achieving goals in their independent living skills and their social engagements.

Firstly, Sarah H attended the 39th Burnie 10 running festival entering the 5km event. Earlier in the year Sarah had completed the Launceston 10, walking the whole 10km. Sarah has also achieved remarkable success in her 10-pin bowling - congratulations Sarah!

Patrick has been working hard at Woolworths which he has stated that he takes extraordinary pride in doing. Patrick has also been doing a fantastic job in the garden, weeding and mowing the lawn.

Matthew has formed a great routine in kitchen hygiene, cooking, and cleaning. Matthew is looking forward to the new driving range at the country club casino to be finished as he is a keen golfer.

Sarah C has been hard at work with Blue Gum and is highly motivated with this career of yard maintenance. Sarah has also been playing her darts competition on Wednesday nights and many practice sessions at home.

DESMOND WOOD

Ujwal Magar - Support Worker

Jacob is enjoying a high-quality life at St Michael's supported independent living. Jacob has his own stuff and is comfortable living in the independent unit with no interference.

Jacob assists with household activities such as bringing his dirty clothes to the washing machine, picking trash cans, and placing it in the rubbish bins. Jacob loves going grocery shopping at Coles and having the opportunity to choose his favourite foods.

Jacob enjoys taking afternoon walks around the building and visiting his previous living quarters and friends.

Jacob has a list of news stories, his favourite game shows, and his favourite bands, and he spends his precious free time relaxing and watching videos.

Jacob spends weekends with friends Ben and Brandon, going out for lunch, driving, and barbecuing at Bracknell during warmer weather.

WISE HOUSE

Danielle Brown - Support Worker

In the last couple of months both ladies have been working towards their goals by being more independent. They have been working on keeping their unit clean by doing household tasks. They have been vacuuming, mopping, taking rubbish out and doing their laundry.

They also have been getting out in the community by going for walks around Seaport and Punchbowl. They have been going out to cafes for hot drinks and working on their cooking/ baking skills.

Both ladies have been socialising with friends while they have been out in the community and day programs. They have been working together on the weekly menu and shopping list to be able to go out to do their shopping together.

Robyn has been attending day programs during the week, and regularly going out in the community including to the airport to look at the planes, as this fascinates her. On an individual level she has been maintaining positive relationships with her friends and family. A recent addition to Robyn's interest is her new phone which she upgraded, this enhances her independence, choice and control.

Vickie continues to be working towards her goals. She has been getting involved with her picture art and game on the tablet. Her artwork involves diamond art and puzzles. She likes visiting her Mum every Friday while staying there for a few hours or over the weekend - helping maintain relationships with her family & friends.



MERTON HOUSE

It has been an interesting time at Merton house – Jeremy is enjoying his stay and engaging a lot in his daily routine, engaging in different activities like church, shopping, walking, cooking, and swimming.

Mitch has transitioned well and is now a much-loved house member by all. Mitch is developing a habit of completing his personal care, going for walk, cleaning his bedroom and bathroom, and washing laundry independently.

Adam has been interacting with staff by playing card or board games, or watching television.

Along with helping participants retain and improve their cognitive abilities, this is also a great way for them to make and keep friends in a laid-back environment.

CHUGG HOUSE

Tammy Bowerman - Support Worker

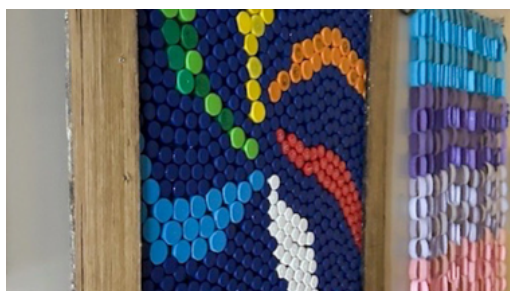
In addition to her many talents and activities, we're delighted to share that Lita finds solace and joy in the realm of music. One of her favorite pastimes is immersing herself in the soothing melodies of her favorite tunes, particularly during the tranquil afternoons. Among her cherished moments is the time spent listening to her beloved music during the afternoon Oprah sessions.

Let's applaud Lita's passion for music, as it adds another layer of richness to her vibrant personality and diverse interests.

Lita is making waves both in the pool and in our community. With a passion for swimming, they've been effortlessly gliding through their goals, showcasing dedication and enthusiasm in every stroke.

But it doesn't stop there. Beyond the pool, she's an active participant in community events, eagerly joining barbecues and enjoying quality time with friends. Her willingness to lend a hand doesn't go unnoticed either, as she happily assists with household chores, setting a shining example of teamwork and responsibility.

Her commitment to both personal achievements and community involvement is truly inspiring. Let's celebrate Lita's achievements and the positive impact she continues to make in our community.



Bottle Tops Needed for Craft Ideas



We would greatly appreciate any donations of bottle tops and caps for some inspiration and activities in Launceston.

If you are able to help, please contact either Mick or Alyce at the Merrington Centre in Newstead to arrange drop off or collection.

Any assistance would be greatly appreciated, thank you!

Emma – Operations Manager
Day, Respite and Transition Services
6331 7651

In Home Support

Bec Theobald - Operations Manager

Throughout 2023 our participants celebrated significant achievements in line with their NDIS goals and with their skills of independence, which we're pleased to observe has continued in to 2024. The warm fine weather means our participants are spending plenty of time outdoor with their supports, working hard on fitness goals and focusing on leading healthy independent lives with the support and encouragement of our team.

As with any New Year we're encouraged to reflect not just on what we have achieved throughout the past 12 months, but also on what we are thankful for.

My gratitude first and foremost goes to our support workers. I am consistently blown away by the genuine rapport and positive relationships that our staff and participants form. We couldn't do what we do without our support workers. They are the face of our organisation and our feet on the ground, and I am proud to say that I see I see our staff being consistent positive representation of what disability support can and should be.

My second gratitude is to our participants. There are so many providers out there, and we are honoured to be chosen by our participants to play a part in supporting them towards their goals and help them maintain the highest level of

independence and quality of life they can. There is a joy that comes from working in a field where your hard work and commitment are immediately recognisable, and our participants' successes become our successes, which we love to celebrate alongside them.

My third gratitude is to our families and extended networks who have trusted us to integrate ourselves into the lives of their loved ones, to deliver our services, and to support us in the way we do that. This is an under-recognised part of the disability support puzzle – and your trust and backing means the world to us as a provider.

I would also like to extend a huge thank you to the IHTS Leadership Team. Meg, Kerry and Paul are the lifeboats of in-home supports; their level of dedication and enthusiasm for their job and their participants is unrivalled, and I am so blessed to have such a dynamic and skilled team. They not only welcomed me with open arms in 2023, but also continue to support the development of the IHS program to keep getting bigger and better! Amanda should not go unrecognised either – she is our admin angel, the quiet achiever behind the scenes keeping us all smiling every day and everything running smoothly.



Recipes

CLASSIC POTATO SALAD



Ingredients:

- 600g Nicola potatoes, unpeeled
- 2 middle bacon rashers, rind removed and chopped
- 1 medium brown onion, finely chopped
- 2 hard boiled eggs, chopped
- 1/2 cup whole egg mayonaise
- 1 tablespoon cider vinegar
- 2 gherkins, finely chopped
- 3 green onions, thinly sliced

Step 1

Cook potatoes in a large saucepan of boiling, salted water for 15 minutes or until tender. Drain. Cool. Peel and chop.

Step 2

Meanwhile, heat a large nonstick frying pan over high heat. Add bacon and brown onion. Cook for 2 to 3 minutes or until onion has softened. Transfer to a large bowl.

Step 3

Add potato and egg. Combine mayonnaise and vinegar in a bowl.

Add to potato mixture. Season with salt and pepper. Toss to combine.

Step 4

Serve topped with gherkins and green onion. Serve.



SLOW ROASTED LAMB, GREEK STYLE

Ingredients:

- 2kg leg or shoulder of lamb (deboned)
- 1 teaspoon olive oil
- 2 teaspoons sea salt flakes
- 4 garlic cloves
- 12 fresh oregano sprigs
- 375ml chicken stock
- 125ml dry white wine
- 2 red onions, cut into quarters
- 12 baby potatoes, cut in half
- 2 lemons, cut into quarters
- 175g black olives

Step 1

Pre-heat oven to 180C. Drizzle lamb with oil and sprinkle with salt, garlic and oregano sprigs.

Step 2

Drizzle the chicken stock and wine around the lamb and cover with foil.

Step 3

Cook in preheated oven for 1 hour. Remove from the oven and spoon pan juices over the lamb. Arrange the onion, potato, lemon and olives around the lamb. Cover with foil and roast for a further hour.

Step 4

Remove the foil and roast for a further 30 minutes or until lamb is golden brown and very tender. Remove from oven. Cover with foil and set aside for 15 minutes to rest.

Step 5

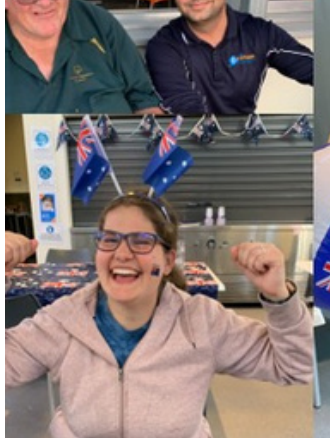
Thickly slice the lamb and arrange on serving plates with onion, potato and olives and drizzle with pan juices. Serve immediately.

Highlights



Australia Day

St Michael's participants, staff and families celebrated with a traditional Australia Day BBQ thanks to the Social Club in Newstead! As you can see from the collage below a patriotic time was had by all!



Request a Pic



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Health & Wellbeing

Supporting Participants in their Fitness Goals

CREATING A CULTURE OF WELLBEING & CELEBRATING ACHIEVEMENTS

The warmer weather has inspired an uptick in physical activity from St Michael's participants across a range of fitness and self-improvement goals.

Newstead Campus residents Glenn and Julieanne have achieved excellent improvements in weight loss and fitness levels, inspiring sustainable habits in diet and lifestyle changes. George loves a challenging long walk with his Support Staff and has recently crossed the Tamar Wetlands track and Lilydale Falls off his adventure list. Jack walked the North Esk Trail on a warm afternoon after a long day of skating.

Many participants enjoy the proximity of the Newstead Zap fitness, adding a bonus return walk to their workouts. PCYSAM at Door of Good Hope offers complimentary sessions to St Michael's participants.

Support Staff continue to encourage healthier eating habits among participants, whether planning and prepping healthier meals or suggesting alternatives for popular takeaway options.

Celebrating participants' fitness goals is paramount to motivation, and we love to share photos and updates on our social media channels.



Daily Fitness Strategies

Walking to/from local destinations or parking further from the intended destination

Encouraging participants to visit their chosen gym

Finding new walks & trails to explore locally & beyond

Celebrating weight-loss milestones & fitness achievements



St Michael's Services

All NDIA Registered Supports

Support Coordination - Support Coordination is designed to minimise the complexity of negotiating with service providers, government agencies and accommodation providers.

Community Access - The program incorporates support to enable a participant to independently engage in community, social and recreational activities during the week and operates from 9 am to 3pm Monday to Friday from our City, Newstead and Devonport Campuses

Merton House - Support incorporates assistance with and/or supervising tasks of daily life in a shared living environment, which is either temporary or ongoing, with a focus on developing the skills of each individual to live as autonomously as possible. This program operates from our accommodation facility from 3pm to 9am Monday to Friday and 24 hours Saturday and Sunday.

In-Home Support - Supports provide assistance with and/or supervising personal tasks of daily life to develop skills of the participant to live as autonomously as possible. This program operates seven days a week.

Lyne Building - Short term respite services include integrated support for self-care, accommodation, food and activities for short periods. This program operates 5 nights per week. This is a short term respite program which provides 24 hour support.

Youthbreak - This program is a respite program provided to young people from the ages of 15-25 and operates out of the Lyne Building from 3pm Friday to 3pm Sunday. Conditions apply for eligibility.

Individual Support - This is specific to the needs of the individual and may include enabling a participant to independently engage in community, social and recreational activities, personal care, educational assistance, living and life skills. Support can be provided 24/7 365 days a year and can be delivered in home or at STMA.

Supported Independent Living and Group Homes - There are a number of facilities located on site and in the broader community. Services provide incorporate assistance in meeting daily life requirements and to develop the skills of an individual with standard support needs to live autonomously as possible. These programs operate 7 days a week and conditions apply for eligibility.

Social Club - Social Club is being held in the hall at STMA at various times throughout the year. These evenings are arranged around a time of year or special event. This is a time for clients to get together for a meal, socialise and engage with each other.

Independent Living Units - The 53 Independent Living Units are currently fully occupied with a tenant/landlord agreement in place. The units provide independent living in a safe, supported environment. The units are more suited to clients with higher skills, requiring minimal assistance and can incorporate assistance with self-care activities (see In-Home Tenancy Support). Please note there is a specific criteria that is required to be eligible for this service.

St Michaels Training (RTO 60067)

St Michaels Training provides accredited training for Tasmanians with a disability and individuals working in the disability sector. Offering the following qualifications:

- CHC33021 Certificate III in Individual Support
- CHC43121 Certificate IV in Disability Support
- TLI11321 Certificate I in Supply Chain Operations

Skill sets offered include:

- CHCSS00133 Induction to Disability Support
- CHCSS00130 Individual Support - Disability
- CHCSS00070 Assist Clients with Medication Skill Set
- HLTAID009 Provide cardiopulmonary resuscitation
- HLTAID011 Provide first aid
- Report Writing
- Leadership
- Mental Health

Contact Details

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