

Registered NDIS Provider



**mpower** inc.  
since 1975

A community inspired and empowered by people of all ages and abilities.

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- enhancing abilities
- supporting families
- strengthening communities

Reg. A0010905X



## COMMUNITY ACCESS

Mpower offers recreational and social opportunities for people with a disability through programs such as:

### **Active Oceans**

A water based recreation program offering, fishing, sailing, rowing and swimming. Programs can be designed and arranged to suit the needs of any group or individual. Skills developed from Active Oceans activities help foster a sense of achievement and confidence that may lead to participation in similar mainstream activities in their community.

### **Mpower's KIDZ in the Community Program**

Participants have the opportunity to experience fun activities, socialise and try something new. KIDZ in the Community Program runs every school holidays during the year and for 3 weeks during January.

### **Mpower's Weekend Getaways**

Weekend Getaways Mpower House or another destination of your choice. Participants are matched in ages, friendship groups or particular interests. The group decides on the activities for the weekend.

### **Mpower's Youth Group**

A social group for children with disability Youth Group provides the opportunity to form friendships, have fun and socialise through a range of recreational activities. Activities of the Youth Group are chosen by the participants. Group ages: 6 to 12 years or 13 to 17 years

### **Mpower's High Flyers**

A social group for children with high functioning autism. High Flyers provides the opportunity to have fun and socialise, form new friendships and social networks through a range of recreational activities. Group ages: 6 to 12 years or 13 to 17 years.

### **Mpower's High Flyers Girls Group**

A craft and social group for girls who are high functioning and would like to build friendships with female peers. Group ages: 8 to 12 years.

# children & adults

DISABILITY SERVICES



## Personal Support

Offers individual support designed and delivered to meet needs, goals and aspirations of the participant. Support may include Personal Care, assistance for Community Access eg: horseriding, gym, swimming, caring for pets.

## about **mpower**

Since 1975 Mpower has been supporting families and individual's in south west Victoria to have real and meaningful connections to their community.

### Our Vision

'A community inspired and empowered by people of all ages and abilities'

Mpower will at all times focus on our vision and direct all activities towards its achievement. This vision highlights the vast group of people it serves, and the fundamental belief that every person has a right to services that will enable them to lead a fulfilling life.

- **Enhancing abilities**
- **Supporting families**
- **Strengthening communities**

## our **values**

Our values underpin our organisation and provide a framework for our practice.

**Respect** – Value the diversity and contribution of all individuals.

**Empowerment** – Provide personal and family directed services which recognise and develop individuals strengths.

**Quality** – Embrace professionalism, excellence and integrity in everything we do.

**New Learning** – Encourage and support personal growth and innovative thinking.

# carers and parents



## **Early Childhood Intervention Services**

The multi-disciplinary Early Childhood Intervention team provide a range of flexible, family-centred and child focused services to support children with developmental delay, Autism Spectrum Disorder or a diagnosed disability, and their families. To achieve the best outcomes possible we will embed our services and therapies into the natural and familiar environments of your child and family. This includes home, kinder, childcare and other community settings.

## **Therapeutic Supports**

Support to children who have a disability or developmental delay by providing a range of individual and group based programs.

Our Therapy Team may provide Speech Pathology, Occupational Therapy and Behavioural Supports to children.

## **Transition to School**

Providing information, practical and emotional support and training to families, kindergartens and schools. The Mpower Early Childhood Intervention Team aims to make the transition to mainstream school as smooth as possible for children with additional needs.

## **SPOT Groups (Speech Pathology and Occupational Therapy)**

Combined Speech Pathology and Occupational Therapy groups build skills in communication, gross and fine motor, social interaction and engagement within a fun structured group environment.

## **Personal Support**

Offers individual support designed and delivered to meet needs, goals and aspirations of the participant. Support may include Personal Care, assistance for Community Access eg: horseriding, gym, swimming, caring for pets.

# early years

## Behaviour Support

Acknowledging and strengthening the skills and capacity of parents to support behaviour change is key to our approach. Mpower works with parents to develop positive Behaviour Support Plans with strategies that can be used at home or in a variety of settings based on a consistent approach.

## Centre-based play program

Centre-based play programs to help parents understand play-based learning, build their awareness of children's developmental milestones, support and encourage positive parenting strategies and help families to be actively involved in their child's learning.



## Support for Carers

The Support for Carers Program provides respite, other services and supports for all Victorian carers (including Young carers - carers under 25 years), who are caring for someone who:

- Is older with care needs
- Has a mental illness
- Has a chronic illness
- Has a disability
- Has dementia (including younger-onset dementia)

The program focuses on person-centered care and supports through:

- one-off or short-term support for carers including goods and equipment, that can add to other services or fill service gaps
- supporting people's wellbeing - quality of life, physical and mental wellbeing, social activity and or social connections. For example, carers can get respite with social, health and other support.

## Strengthening Parent Support Program

Offers individual and group support to parents and carers of infants, children and young people 0-18 years old.

## Integrated Family Services

Aims to enhance children and adolescent safety, stability and development by focusing on building the capacity of parents, carers and families to meet those needs.

## Totally Awesome Parents

A support group for parents with intellectual disabilities and/or learning difficulties. Through weekly meetings, the group respects its members in all aspects of parenting and supports new learning through social and community gatherings.

# the community



**Community Transport** – Community Transport aims to assist those who are in need of accessing transport. Volunteer drivers provide a door to door transport service. This program relies on the invaluable contribution of volunteers who provide this service to the community.

**Toy Library** – Provides information for parents and lends play materials and educational toys and equipment to facilitate the growth and development of infants and children. Borrowing is available for people of all ages.

**Volunteers** – A highly valued and essential part of the Mpower workforce, particularly through our Community Transport Program. All volunteers undergo an interview, referee check and safety and security screening.

# NDIS plan management

Since 2015, our experienced Plan Management Team understand that navigating your own NDIS funding may be difficult and overwhelming. At Mpower we get to know you and your needs so we can provide you with a service most suited to you and your unique situation. As your Plan Manager Mpower will prioritise claims and payments taking the pressure off you while ensuring you have all the information to give you choice and control, 24 hours 7 days a week.

To support you in having the most accurate and up to date information Mpower uses a client platform called MYP. This platform allows you to effortlessly engage with our team to efficiently manage your plan budgets, see all payments to providers and claims for service. Our platform is tailored to your needs allowing you to approve payment to your chosen providers, manage and monitor your budget, see all claims and payments made from your NDIS plan while providing you with real time updates of your plan budget.

Our platform combined with our Plan Management team will ensure you receive a personalised service that meets your individual need.