

# Supporting best outcomes for teens and young adults



Our holistic approach allows us to deliver high-quality services and support in six key life areas:

-  Physical and health
-  Mind and spirit
-  Family, friends and fun
-  Access to your world
-  Skills for life
-  Contribution, employment and study

Focussing on individual needs, we offer one-to-one services or a variety of group programs. Many of our clients opt for a combination of both, providing access to a full range of therapeutic, life skill and personal development opportunities.

Cerebral Palsy Alliance works with each individual to create a unique program that delivers maximum benefits.



## Tailor made programs as unique as you

A recognised global leader in therapy and social inclusion, CPA supports teenagers and young adults with autism, muscular dystrophy, genetic syndromes, acquired brain injury, cerebral palsy and early onset progressive neurological conditions.

Mind. Body. Best. is an approach informed by the Cerebral Palsy Alliance Research Institute and ensures that through the multidisciplinary approach of having a team of therapy experts and lifestyle support specialists, needs are addressed holistically.

## Support to gain independence

The time when a young person begins to seek independence and then transition into adulthood is a critical period for them and their family.

From physical and mental fitness to navigating friendships and preparing for independence, young people are faced with complex and often stressful challenges. Our specialist team are here to support you. We specialise in designing individual supports and group programs that are appropriate for youth and young adults.

## Support in every area

By choosing CPA you will have access to our professional and experienced team which includes youth coaches, mentors, physiotherapists, occupational therapists, speech pathologists, psychologists, exercise physiologists, sports coaches and educators.

Everyone's journey is different. Individual needs and dreams are important, and we are determined to help all those we assist realise them.

**Mind. Body. Best.**



## School Leaver Employment Supports (SLES)

A range of individual and group programs designed specifically to suit the needs of school leavers as they prepare for independence and transition to the next phase in their life, which may be university or paid employment. If you don't have a clear map of where you are going and what you want to do that's ok – our team will help you work all that out.

With us you can use your SLES package for any combination of the following services:

**Education and employment:** Learn about the job market, organise work experience and prepare for the workforce.

- Career Labs
- Ready for work mentoring
- Transition to higher education support

**Living skills:** Learn, develop and practice the skills for independence.

- Life Labs
- Independent living skills, getaways

**Social and recreational:** Try new activities and enjoy good times with like-minded people, while building skills for life.

- Social Labs
- PEERS social skills
- Special interest programs, e.g. art, photography

## PEERS social skills program

Everyone deserves to have friends. Some need more help to do this than others. PEERS® (Program for the Education and Enrichment of Relational Skills) is an evidence based social skills intervention program for motivated teens and young adults who are interested in learning ways to help them make and keep friends.

This popular program sees participants benefit from interactive weekly classes, which provide the opportunity to practice new skills, during each session and then again at home or in a familiar environment.

## Survivor – independent living skills camp

A taste of what life will be like when you move out of home. Survivor camps give young people with a disability the opportunity to experience the reality of living independently from their families.

You'll live with a group in a shared house for 4 days and 3 nights, be responsible for rent, utility bills, groceries, transport, therapy and recreational activities.

Are you up to the challenge?



# Physical & Health

## Movement

All therapy sites across NSW and the ACT  
Individual and/or Group

13-25yrs

**NDIS plan:** Improved daily living skills  
Whether you need to stretch, strengthen, balance or reach, you'll maintain your movement skills and develop new ones. Discover the most effective ways to use your whole body to its best abilities.  
*Suitable for teens and young adults with cerebral palsy, autism and other neurological conditions.*

## School holiday programs

Various  
Group

13-18yrs

**NDIS plan:** Improved daily living skills; Increased social & community participation  
Many of our group programs are run in school holidays. Learn and practice new skills in a fun way, as well as making or reconnecting with friends. Session lengths vary - from one day to intensive five+ days. Check the website for programs in your area.  
*Suitable for teens and young adults with cerebral palsy and autism.*

## Communication

All therapy sites across NSW and the ACT  
Individual and/or Group

13-25yrs

**NDIS plan:** Improved daily living skills  
Everyone has something to say. You will find your voice with the newest and best ways to communicate with family and friends, face-to-face or through technology.  
*Suitable for teens and young adults with cerebral palsy and autism.*

## Dental Clinic

Allambie Heights  
Individual

All

**NDIS plan:** None (Free)  
A free dental service for people with a disability.  
*Suitable for teens and young adults with cerebral palsy.*

## Fitness and hydrotherapy

NSW: Allambie Heights, Ryde, Prairiewood. ACT: Scullin.  
Individual and/or Group

13-25yrs

**NDIS plan:** Improved health & wellbeing; Improved daily living skills; School Leaver Employment Supports.  
Stay fit and well with expert advice and training. Build your health and fitness for functional tasks, as well as maintaining a healthy lifestyle. Come along to a gym program, Sweat Lab or hydrotherapy session. You'll even be able to use your local venue, with individualised support.  
*Suitable for teens and young adults with cerebral palsy, autism and other neurological conditions.*

## Sports

All therapy sites across NSW and the ACT  
Individual and/or Group

13-25yrs

**NDIS plan:** Improved health & wellbeing; Increased social & community participation  
Come and try new sports, including boccia, soccer, netball, swimming, skiing and more. Or, do a different sport in your local community with the extra support you need.  
*Suitable for teens and young adults with cerebral palsy, autism and other neurological conditions.*



# Family, Friends & Fun

## Social and recreational activities

Sydney metropolitan and Hunter  
Individual and/or Group

13-25yrs

**NDIS plan:** Increased social & community participation; Assistance with social & community participation.  
Enjoy good times and laughs with like-minded people and activities to make you put your hands in the air and say 'Yes, I can do it!' Includes holiday programs, camps, after school programs and social gatherings. Or, choose your own adventure.  
*Suitable for teens and young adults with cerebral palsy, autism and other neurological conditions.*

## Special interest and skills development programs

Sydney metropolitan and Hunter  
Individual and/or Group

13-25yrs

**NDIS plan:** Increased social & community participation; Assistance with social & community participation.  
Try a new hobby such as photography, arts, dance, film-making, music, personal styling, social media or gaming. Term-time and school holiday group programs are available. Going it alone? Find the one-on-one support to follow your interests wherever they are.  
*Suitable for teens and young adults with cerebral palsy, autism and other neurological conditions.*



# Access Your World

## Technology, aids and equipment

All therapy sites across NSW and the ACT

Individual

13-25yrs

**NDIS plan:** Improved daily living skills; Assistive technology

Be more independent at home, school and socially, with expert advice on technologies and products for all activities of daily life.

*Suitable for teens and young adults with cerebral palsy, autism and other neurological conditions.*

## Vehicle modifications

All therapy sites across NSW and the ACT

Individual

13-25yrs

**NDIS plan:** Improved daily living skills

Travel safely and comfortably with expert advice on vehicle modifications to suit your family's needs. If you want to learn to drive, help you find the services to make that happen.

*Suitable for teens and young adults with cerebral palsy, autism and other neurological conditions.*

## Environmental modifications

All therapy sites across NSW and the ACT

Individual

13-25yrs

**NDIS plan:** Improved daily living skills

Be part of every activity with friends and family. The right modifications will help you access your home, school, neighbourhood, work or even holiday destination.

*Suitable for teens and young adults with cerebral palsy, autism and other neurological conditions.*

## Support coordination

All therapy sites across NSW and the ACT

Individual

13-25yrs

**NDIS plan:** Coordination of support

We'll help you navigate through the service system and understand the choices that will best suit you. Get the most from your NDIS package with support from our experienced staff.

*Suitable for teens and young adults with cerebral palsy, autism and other neurological conditions.*

## Mobility, seating and walking aids

All therapy sites across NSW and the ACT

Individual

13-25yrs

**NDIS plan:** Improved daily living skills; Assistive technology

Move around in comfort and safety with advice on the best mobility options to suit your lifestyle. That may be a mix of manual or power wheelchairs, or aids to help you walk. Customised seating and accessories for wheelchairs and other equipment are also available.

*Suitable for teens and young adults with cerebral palsy, autism and other neurological conditions.*

## Community Living

Sydney metropolitan and Hunter

Individual

18+yrs

**NDIS plan:** Home

A new place to call home with just the right amount of support you need. Choose from a range of home styles, including apartment living and share houses of two to five people. NOTE: Places are limited.

*Suitable for teens and young adults with cerebral palsy, autism and other neurological conditions.*

# Skills For Life

## Living skills

Sydney metropolitan  
and Hunter  
Individual and/or Group

13-25yrs

**NDIS plan:** Improved daily living skills; Increased social & community participation; Assistance with social & community participation; School Leaver Employment Supports

Learn, develop and practice the skills to help improve your independence at home and in the community. The range of programs include independent living skills camps, cooking challenges, travel independence and Life Labs. Show others what you're capable of doing by yourself!

*Suitable for teens and young adults with cerebral palsy, autism and other neurological conditions.*

## Social skills

Sydney metropolitan  
Individual and/or Group

13-25yrs

**NDIS plan:** Improved daily living skills; Increased social & community participation; Assistance with social & community participation; School Leaver Employment Supports

Learn new skills to make and keep friends, and develop relationships. Programs include: PEERS, an evidence-based social intervention for young adults to learn and practice social skills; Leisure Labs and other social events which are groups that support you to make friends and have fun.

*Suitable for teens and young adults with cerebral palsy, autism and other neurological conditions.*

## Technology skills

Sydney metropolitan  
and Hunter  
Individual and/or Group

13-25yrs

**NDIS plan:** Improved daily living skills; Increased social & community participation; Assistance with social & community participation; School Leaver Employment Supports

Whether you use technology for communication, social media, gaming or learning, there is a program for you to develop and practice your tech skills. These include Technology for Independence programs, special programs within Community Access Services, or one-on-one support.

*Suitable for teens and young adults with cerebral palsy, autism and other neurological conditions.*

# Mind & Spirit

## Mental fitness

NSW: Allambie Heights,  
Croudace Bay, Ryde,  
Penshurst, Prairiewood  
Individual

13-25yrs

**NDIS plan:** Improved daily living skills; Increased social & community participation

Achieve the best state of emotional health and resilience. Expert assistance is available to you and your support networks for a range of learning, emotional and behavioural needs.

*Suitable for teens and young adults with cerebral palsy, autism and other neurological conditions.*

## Mentoring

Sydney metropolitan, Hunter  
Individual and/or Group

13-25yrs

**NDIS plan:** Increased social & community participation; School Leaver Employment Supports

Build your confidence to take on the world. Learn, share and experience new ideas with mentors who will excite, challenge and support you to realise your dreams. You will discover your strengths, your personal brand and your potential. Mentoring programs include Peer to Peer, Ignition and Ready for Work.

*Suitable for teens and young adults with cerebral palsy, autism and other neurological conditions.*

## Youth coaching

Sydney metropolitan  
Individual

13-25yrs

**NDIS plan:** Increased social & community participation; School Leaver Employment Supports

Set goals, identify your needs and pathways for education, self-development and career. You will be empowered to achieve your goals and be supported with learning, coaching and practice – at home, in the community or at a CPA site.

*Suitable for teens and young adults with cerebral palsy, autism and other neurological conditions.*



# Contribution & Study

## Employability skills

Sydney metropolitan  
Individual and/or Group

16-25yrs

**NDIS plan:** Finding & keeping a job; School Leaver Employment Supports; Assistance with social and community participation

Understand and practice what you need to do to research the job market, organise work experience opportunities and prepare for the workforce. Build your value to make your mark in the world of work or volunteering. Programs include Career Labs and Ready for Work Mentoring and one-to-one coaching with a youth coach.

*Suitable for teens and young adults with cerebral palsy, autism and other neurological conditions.*

## Packforce

Sydney metropolitan  
Group

18+yrs

**NDIS plan:** Employment

Packforce is a packaging and assembly, mail house and fulfilment business that provides a supported workplace. Earn an income and learn new skills at one of two enterprises in Frenchs Forest and Wetherill Park. Packforce is a Supported Employment Enterprise. [packforce.com.au](http://packforce.com.au)

Participants looking for a holistic approach can choose to be supported individually through their transition to work with one-to-one youth coaching sessions.

*Suitable for teens and young adults with cerebral palsy, autism and other neurological conditions.*

## Certificate courses

Sydney metropolitan  
Group

16+yrs

**NDIS plan:** Free or fee for service for people with a disability

Gain a nationally recognised qualification (government funding available) or do a specialist course (fee for service) to support the achievement of your work or life goal. Find out more at Training Alliance, a Registered Training Organisation. [trainingalliance.edu.au](http://trainingalliance.edu.au)

*Suitable for teens and young adults with cerebral palsy, autism and other neurological conditions.*

## Duke of Edinburgh Award

Sydney metropolitan  
Individual

14-25yrs

**NDIS plan:** Assistance with social & community participation; Increased social & community participation.

An internationally recognised development program for young people to participate in a range of opportunities to gain new skills, have new experiences and make a difference to their community.

*Suitable for teens and young adults with cerebral palsy, autism and other neurological conditions.*

Call us today 1300 888 378

## SYDNEY

<b>Allambie Heights*</b>	187 Allambie Rd, Allambie Heights, NSW 2100. (02) 9975 8000
<b>Frenchs Forest</b>	Packforce, Unit 4, 2 Aquatic Drive, Frenchs Forest, NSW 2086. (02) 9975 7555
<b>Kingswood*</b>	Western Sydney University, Building G, Second Ave, Kingswood, NSW 2751. (02) 4736 8722
<b>Liverpool</b>	Community Access Centre, 14A Mill Rd, Liverpool, NSW 2170. (02) 9601 2866
<b>Marsfield</b>	Community Access Centre, 74 Agincourt Rd, Marsfield, NSW 2122. (02) 9805 0625
<b>Parramatta</b>	Youth Services, Suite 1, Level 1, 17-21 Macquarie St, Parramatta, NSW 2124. (02) 9635 4600
<b>Penshurst*</b>	469 Forest Rd, Penshurst, NSW 2222. (02) 9586 1077
<b>Prairiewood*</b>	224-244 Restwell Rd, Prairiewood, NSW 2176. (02) 8777 1777
<b>Ryde*</b>	3A Smalls Rd, Ryde, NSW 2680. (02) 8878 3500
<b>St Ives</b>	Community Access Centre, 6 Stanley St, St Ives NSW 2075. (02) 9449 3048
<b>Wetherill Park</b>	Packforce, 22-24 Mcllwraith St, Wetherill Park, NSW 2164. (02) 9756 4666

Note: Therapy sites marked with \*

## NSW HUNTER & CENTRAL COAST

<b>Croudice Bay</b>	61 Parklea Ave, Croudice Bay, NSW 2280. (02) 4979 4333
<b>East Maitland</b>	18-20 Day St, East Maitland, NSW 2323. (02) 4939 4100
<b>Tuggerah</b>	6 Teamster Close, Tuggerah NSW 2259. (02) 4356 6300

## NSW REGIONAL

<b>Alstonville</b>	96 Main St, Alstonville, NSW 2477. (02) 6628 5976
<b>Armidale</b>	124a O'Dell St, Armidale, NSW 2350. (02) 6772 0978
<b>Dubbo</b>	140 Gipps St, Dubbo, NSW 2830. (02) 6882 1077
<b>Nowra</b>	51 Plunkett St, Nowra, NSW 2541. (02) 4423 6244
<b>Orange</b>	95 Prince St, Orange, NSW 2800. (02) 6360 1455
<b>Port Macquarie</b>	77 Lake Rd, Port Macquarie, NSW 2444. (02) 5526 3800
<b>Wagga Wagga</b>	38 Murray St, Wagga Wagga, NSW 2650. (02) 6921 9743

## ACT

<b>Scullin (main site)</b>	5 Ross Smith Crescent, Scullin, ACT 2614. (02) 6199 0600
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 1300 888 378

 [cerebralpalsy.org.au](http://cerebralpalsy.org.au)

 [ask@cerebralpalsy.org.au](mailto:ask@cerebralpalsy.org.au)

  
**Cerebral Palsy**  
ALLIANCE