CHALLENGE
Accepted
CPACHALLENGER
Servicing Central Coast and Hunter Regions as of July 2019. Registrations NOW OPEN!
Are you ready to become a CPA Challenger?

Our integrated life skills framework helps young people with a disability thrive.

If you’re ready to reach your potential then CPA Challenger is for you. As a CPA Challenger, we’ll help you focus on what’s most important to you – whatever your goal is!

Discover CPA Challenger
Pssst...I’m interactive! Click on the menu tiles above to navigate through the eGuide.
Create your journey

Whatever your goals, our tailored programs prepare you with the skills you need to soar. In a fun and safe environment, we’ll help you navigate life’s path, as you make lifelong friends along the way.
Meet Ben. He’s one of our CPA Challengers. He’s 18 years old and is on the autism spectrum. What Ben wants most is to work, but he’s not sure what his dream job is yet. To support his goal, we worked with Ben to identify his strengths and ambitions, so we can guide him along the path to his desired destination – and to land the dream job that’s perfect for him.

The options are limitless for what you want to achieve. For many people, work brings a positive purpose to every day. But perhaps your goal is managing your own money, busking on the weekend, or maybe it’s finding your tribe!

You are in the driver’s seat and choose what you want to do. Our tailored programs will support you to identify your talents, build personal and professional skills, and you’ll also receive one-on-one coaching.

Here’s how Ben took on the challenge of landing his dream job. What’s your goal?

**LAND THE DREAM JOB?**

**Challenge Accepted**

**BEN’S JOURNEY BEGINS HERE**

- Understanding ambition and dream job
  - Ben is assigned a youth coach who assesses his skills and aptitude, and together they set goals for the future.
  - Based on these goals, Ben’s youth coach talks to him about aspirations and helps him to explore career possibilities.
- Building independence and physical and social skills
  - Ben decides to register in programs that help him develop the confidence, independence and skills he needs to land a job that meets his goals.
  - CPA Physio
  - Survivor Camp
  - Xtreme Teen Camp
  - CPA Assistive Tech
  - PEERS®
- Seeking Employment
  - With support from his coach, Ben charts a plan for seeking open employment. Ben and his coach also talk about other options like more vocational training, volunteering and work experience.
- Preparation for landing dream job
  - Ben’s dream employer invites him in for an interview. Excited and nervous, Ben works with his trusted CPA coach on personal development and workplace training skills.
- Preparation for landing dream job
  - Ben is thrilled to land his dream job!
  - He continues to work with his trusted CPA coach on personal development and workplace training skills.

**Youth Coaching**

**LifeLab: Career**

**CPA Assistive Tech**

**PEERS®**

**Survivor Camp**

**Xtreme Teen Camp**

**LANDS DREAM JOB**
We’re excited to launch our youth services to Central Coast and Hunter Regions.
Youth services

Youth Coaching
CPA provides individual life skills coaching, mentoring and development for young people with a disability to build skills and independence to live the best life possible. The value a personal youth coach and mentor provides can be priceless to a young person thinking about their future.

Youth Labs
Youth Labs are weekly programs that help school leavers and young adults grow in confidence and learn new skills. CPA offer a choice of exciting Youth Labs that can support you in being more social, developing your career or provide an opportunity to work on your life skills and special interests.

We offer the flexibility to join as many or as few that suit you. CPA Youth Labs will always support you working on your goals at your own pace.

PEERS®
PEERS (Program for the Education and Enrichment of Relational Skills) is a social skills program for motivated teenagers and young adults who are interested in learning ways to help them make and keep friends, and develop positive relationships.

This internationally recognised program was developed at University of California (UCLA) by Dr. Elizabeth Laugeson, PEERS Clinic Founding Director. CPA youth coaches have been trained and accredited to deliver this program.

During each weekly group session, individuals are taught important social skills and are given the opportunity to practise these skills during socialisation activities. Additionally, a chosen caregiver is trained as their social coach to support continued practice of their new skills at home.

Youth Camps
Youth camps are a great way for individuals to supercharge their path to independence. Our camps aim to provide young people with a disability the opportunity to experience the reality of living independently from their families. Teens and young adults who attend these programs come away with new skills, a great mindset and a lifetime of memories.
Limited special offer!

Yes, you read that correctly – we’re offering fully funded places valued up to $4,000 as a limited special offer!

To celebrate the beginning of our new programs in Central Coast and Hunter Regions, our partners ING, Accenture and Ansvar, are helping us reach as many young people as possible.

With only a limited number of funded places available, now is your time sign up, plan out your life goals and shine brighter than before by becoming a CPA Challenger.
Funded places (valued up to $4,000) if you live in the Central Coast or Hunter Region

We’re thrilled to be starting our programs in the Central Coast and Hunter region. To celebrate this new beginning we have partnered with ING, Accenture and Ansvar to provide a limited number of funded places.

You could be one of the lucky people to benefit from this exclusive offer and jump into one of our life changing programs. There are limited spots so make sure you apply today.

*All program applications are pre-screened to determine suitability for participation.
Wherever you are on your journey, and whatever your age – CPA has the know-how to help you on the path to your best possible future.
For over 70 years, CPA has been supporting kids and adults with cerebral palsy.

With this extensive history, we’ve been able to develop unrivalled experience and extraordinary insight into other physical and neurological conditions too.

**In fact today, about 60% of our clients come to us for support with conditions like autism, stroke, Parkinson’s and MS.**

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**What our clients say about us**

*Lewis had a great time at CPA. He is a lot more independent now and he really wants to do things by himself. Lewis enjoyed the friendships he made and the chance to just be like a regular 18-year-old.*

Dan
Father of CPA Client

*Before using CPA I thought I’d have to have a live-in carer. Now I’ve realised I can do more for myself and just have someone pop in for things I need help with.*

Lia
CPA Youth Client since 2018
Our expertise

At CPA we know life is full of challenges, and our goal is to see you turn any challenge into an opportunity. With a team of trusted and experienced professionals, we deliver services that support you to soar in all areas of life.

Coaching and Experiences
Our youth coaches are experts at creating new experiences and opportunities to challenge you. Whether it’s a trip overseas, meeting new friends, getting a job or uncovering your life’s ambitions – CPA’s youth coaches are here to make sure you find and reach your dreams.

Everyday Living
So you can live life your way, we provide individualised supports seven days a week or for one off occasions (minimum three hours per day) - whatever suits you. Your safety and wellbeing are always our highest priority, so whether you’d like a companion for social or recreation activities, home support to manage bills or buy groceries or personal care support – we’ll match you with someone you trust and feel safe around.

Supported Employment
Employment is so important for our happiness. It builds confidence and self-esteem. We established Packforce, an Australian Disability Enterprise, to provide fulfilling work opportunities for people living with disability. We provide training to maximise your employment possibilities, and offer Equal Employment Opportunities to encourage people with non-English speaking backgrounds, school leavers and Aboriginal or Torres Strait Islanders to apply.

Health and Wellbeing
Optimum health and wellbeing is key to achieving your mind, body, best. Our fully accredited exercise physiologists and personal trainers will tailor a program that’s right for you to improve strength, flexibility, endurance – whatever it is you need to maintain fitness and enjoy life to the max.

Therapy
Our multi-discipline therapy service includes physiotherapy, occupational therapy, speech pathology and exercise physiology that can be provided individually, in a group program or intensive classes. Using assistive technology and equipment, our team works with you to find the right therapy for you.

Short Term Accommodation
Just like our longer-term accommodation, our short-term accommodation is purpose-built and designed for you to have a fresh and fun experience outside of home. With new experiences and the chance to make friends, it will fast become your home away from home.

Supported Accommodation
Accommodation at CPA is purpose-built or modified so that it’s a safe, friendly and enjoyable environment for you. We are passionate about making a house a home, which includes matching you with a like-minded housemate. We have over 70 sites, all located with easy access to shops and services so you can get active in the community.
Welcome to Central Coast and Hunter Regions for CPA. We love working with people from these beautiful regions.
Youth services will be delivered from 3 different locations:

- **Your local CPA centre**
  6 Teamster Close, Tuggerah NSW
  02 4356 6300

- **ING**
  3 Reliance Drive, Tuggerah NSW

- **Tuggerah Community Hall**
  9 Anzac Road, Tuggerah NSW
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Where is CPA Challenger available near me? How do I get a funded place? Which Youth services are available? Why CPA? What is CPA Challenger?
Are you up for the challenge?

Applications for funded places are now open. Limited spots available.

Apply now for our programs commencing July 2019.

- Call us on **1300 888 378**
- Email us at **ask@cerebralpalsy.org.au**
- Visit **cerebralpalsy.org.au/youth-centralcoast**