

CPA@home



CPA@home brings CPA expertise into your home so you can work towards your goals through evidence-based programs and resources delivered digitally, and funded through your NDIS plan.

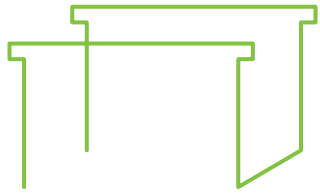
All programs and services are delivered securely through CPA Telepractice, which links clinicians and clients via a web based digital video platform.

Services available through CPA@home include therapy, health and wellbeing, as well as coaching and a series of skills building workshops.

You'll also have access to a broad range of free resources and events like exercise factsheets and weekly challenges, tips and tricks on how to manage therapy at home, and invitations to online events with your trusted CPA experts.

Current CPA products and services available through CPA@home as at 20 April 2020





CPA Therapy

If you haven't started therapy with us yet, let's talk. Our expert, multi-discipline therapy team are all set up to deliver a range of therapy services to you online, right now.

Online Therapy Assessment

Initial assessments for Speech Pathology, Occupational Therapy, and Physiotherapy through interview, observation and task analysis to enable goal setting to begin.

1:1 Therapy Service




- Speech Pathology, Occupational Therapy, and Physiotherapy sessions that focus on skill development through goal directed training, education and coaching.
- Other therapy support includes some assistive technology services, monitoring and re-evaluation of goals, and behaviour support consultation delivery.

 Delivered 1:1

 60 mins/session

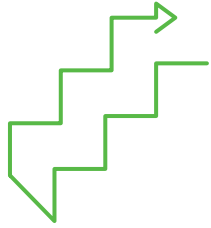
 Delivered 1:1

 30-60 mins/session

NDIS categories:   









NDIS categories:     



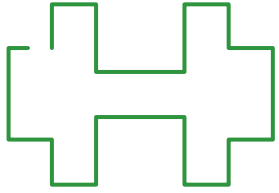


CPA Coaching & Workshops

Want to keep socially connected? Increase independence while still living at home? Or work towards employability? CPA's passionate Life Skills Coaches are well equipped to facilitate online skills development sessions so you can keep on track, even at home.

Youth Coaching	School Leaver Employment Supports (SLES)	Life Skills Coaching
<p>– Individual sessions with a CPA Youth Coach, to support you towards independent living, employability, increased skills and greater confidence.</p>	<p>– If you're in year 12 or have finished high school, our CPA Youth Coaches will conduct a comprehensive discovery process and skills analysis so together, you can create an employment pathway to meet your interests and career goals.</p>	<p>– Individual sessions with a CPA Life Skills Coach, to support you towards independent living, employability, increased skills and greater confidence.</p>
<p> Delivered: 1:1  for up to 120 mins/session</p>	<p> Delivered 1:1  for up to 120 mins/session</p>	<p> Delivered 1:1  for up to 120 mins/session</p>
<p>NDIS categories: 04 09 10</p>	<p>NDIS category: 10</p>	<p>NDIS categories: 04 09 10</p>
Workshops		
<p>– A broad range of weekly, group-based project learning opportunities where you can develop life skills and confidence, at your own pace. Term 2 workshop topics will include animal care, healthy gaming, building money, communication and career skills, as well as the opportunity to create a workshop around your own unique goals.</p>		
<p> Delivered in small groups</p>		<p> for up to 60 mins/session</p>
<p>NDIS categories: 04 09 10 15</p>		





CPA Health & Wellbeing

Want to stay fit and healthy in the comfort of your own home? Our team of ESSA accredited exercise physiologists are ready to deliver a range of online health and wellbeing services to keep you fit and healthy at home.

Exercise Physiology assessment

- Receive a full lifestyle and medical history screen, goal setting session and strength and fitness assessments.

Delivered 1:1
 for 60 mins/session

NDIS categories: **12 15**

Keeping fit at home

- Individual training sessions with our exercise physiologists that you can book in when and as you need them. These sessions include the delivery of an individual exercise sessions as well as lifestyle and nutrition advice and coaching.

Delivered 1:1
 for 60 mins/session

NDIS categories: **12 15**

Home exercise program

- Work with our exercise physiologists to create a personalised exercise program you can follow at home. This service includes a digital copy of your program, as well as opportunities to engage online and provide feedback after each session.

Delivered 1:1
 for 60 mins/session

NDIS categories: **12 15**

Group Exercise Physiology

- Continue to access your group exercise physiology sessions from the comfort of your own home. These sessions allow you to interact with your gym group online and follow your individualised program while maintaining friendships and social connectivity along with way.

Delivered in small groups
 for up to 60 mins/session

NDIS categories: **04 09 12 15**

CPA Sports Online

- CPA's sports team is equipped to facilitate skill development sessions online in the comfort of your own home or backyard. These sessions will include a range of sports related skills and activities to ensure you remain active.

Delivered 1:1
 for up to 60 mins/session

NDIS categories: **04 09 15**

Healthy Kids

- A fun and interactive weekly program delivering structured exercise and education around healthy eating and the benefits of physical activity. All participants receive physical activity and healthy eating resources throughout the team.

Delivered in a small groups
 for 60 mins/session

NDIS categories: **04 09 12 15**

PD Warrior

- A 10 week challenge designed to slow the progression of PD and it's symptoms through evidence based exercise prescription.

Delivered in small groups
 for up to 60 mins/session

NDIS categories: **04 09 12 15**

MS Movement & Mobility

- An interactive group class which applies principles of Pilates and Yoga for people living with Multiple sclerosis.

Delivered in small groups
 for up to 60 mins/session

NDIS categories: **04 09 12 15**

Multi sports online

- Led by our expert sports development coaches, this 10 week sports program includes weekly sports skills development sessions online, designed to keep children moving at home.

Delivered in small groups

NDIS categories: **04 09 12 15**



CPA@home



Contact us now to get started:



1300 888 378



ask@cerebralpalsy.org.au



cerebralpalsy.org.au

NDIS Support Categories

- | | |
|---|---|
| 01 Assistance with daily life | 09 Increased social and community participation |
| 02 Transport | 10 Find and keep a job |
| 03 Consumables | 11 Improved relationships |
| 04 Assistive technology | 12 Improved health and wellbeing |
| 05 Assistance with social and community participation | 13 Improved learning |
| 06 Home modifications | 14 Improved life choices |
| 07 Coordination of supports | 15 Improved daily living |
| 08 Improved living arrangements | |

