

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.

Current CPA products and services available through CPA@home as at 1 June 2020



CPA@home

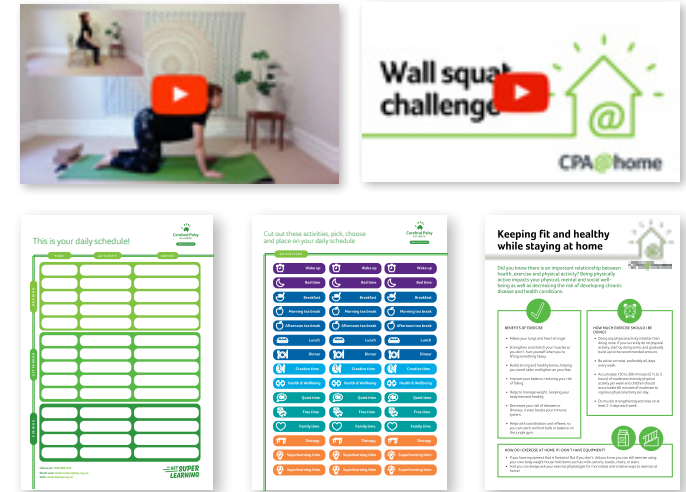
All programs and services are delivered securely through CPA Telepractice, which links clinicians and clients via a web based digital video platform.

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.

NDIS Support Categories

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

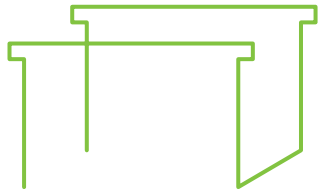


Free resources

Continue to learn and develop with access to a growing library of free online resources. These include schedule templates, health, fitness and nutrition fact sheets, webinars with CPA experts, and weekly challenges that can involve the whole family.

[LEARN MORE >](#)





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.

[LEARN MORE >](#)

Online Therapy Assessment

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

Delivered 1:1
 for 60 mins/session

NDIS categories: **11 12 15**

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
 for 30-60 mins/session

NDIS categories: **03 05 11 12 15**

More Than Words® – The Hanen Program®

- Communication skills program designed for parents to help their child improve communication skills through everyday interactions and play.

Delivered in small groups of 3
 for 2.5 hours/session

NDIS categories: **15**

Conductive Education

- A model of learning for children with cerebral palsy, which provides fun, playful opportunities to increase life skills and independence

Delivered in small groups of 3
 for 60 mins/session

NDIS categories: **15**

Jumping Joeys (1-4 years)

- Gross motor groups designed to encourage the development of gross motor skills, increase confidence in performing existing skills, and provide an opportunity to engage with peers.

Delivered in small groups of 3
 for 60 mins/session

NDIS categories: **15**

CPA All Stars (5-12 years)

- Gross motor groups designed to encourage the development of gross motor skills, increase confidence in performing existing skills, and provide an opportunity to engage with peers.

Delivered in small groups of 3
 for up to 60 mins/session

NDIS categories: **15**

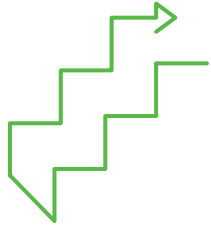
Lego® group

- Designed for children to learn to communicate, express feelings, relate to others and develop problem-solving skills.

Delivered in small groups of 2
 for 90 mins/session

NDIS categories: **15**













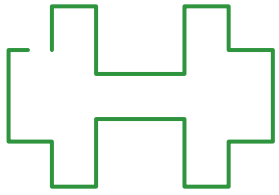
CPA Coaching & Workshops

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.

[LEARN MORE >](#)

| Youth Coaching | School Leaver Employment Supports (SLES) | Life Skills Coaching |
|--|--|--|
| <ul style="list-style-type: none"> – Individual sessions with a CPA Youth Coach, to support you towards independent living, employability, increased skills and greater confidence. | <ul style="list-style-type: none"> – 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. | <ul style="list-style-type: none"> – Individual sessions with a CPA Life Skills Coach, to support adults to build and practice skills in areas that include independence, relationships, social networking, careers and employment, and financial literacy. |
| <p> Delivered: 1:1</p> <p> for up to 120 mins/session</p> | <p> Delivered 1:1</p> <p> for up to 120 mins/session</p> | <p> Delivered 1:1</p> <p> 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> |
| <h2>Workshops</h2> | | |
| <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  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.

[LEARN MORE >](#)

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**

Exercise Physiology 1:1 online

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

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**




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Contact us now to get started:

 1300 888 378

 ask@cerebralpalsy.org.au

 cerebralpalsy.org.au

