

# CPA Challenger



## Frequently Asked Questions

### Who will you Challenge?

#### **Do you work with young people aged 18–35 years living with traumatic brain injury (TBI)?**

If the answer is yes, invite them to join a new and innovative series of programs designed to challenge young people with TBI to connect with others, build capacity to engage with their community, and increase their quality of life.

The programs have been co-designed by icare Foundation and Cerebral Palsy Alliance (CPA) in collaboration with young people with TBI, who have helped us create programs that will be both useful and enjoyable.

Full program details are below. If you have further questions, please call 1300 888 378 or email [ask@cerebralpalsy.org.au](mailto:ask@cerebralpalsy.org.au).

Remember to save a copy of this information for your future reference.

### What is CPA Challenger?

*CPA Challenger* is a new integrated framework of programs for young adults with a disability designed to empower them to develop the skills they need to live their best life – whatever their next adventure.

In collaboration with young people with TBI, icare Foundation and CPA have co-designed a series of programs under the *CPA Challenger* framework specifically designed to meet the needs of young people aged 18–35 years living with TBI. The programs are a suite of tailored workshops focused on building social and project-based skills, 1:1 coaching, and peer support. Individuals will enjoy opportunities to focus on self development, getting involved in the community and connecting with others.

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### What will the project-based workshops involve?

The project-based workshops will take place over a 10-week period for around three hours per week. These workshops will be delivered through a combination of in-person and online Telepractice sessions. Group members will focus on a project of the group's choosing (e.g. art, multimedia, music, tech, hospitality, etc.). The focus will be based on the specific interests, strengths, goals and needs of the individuals in the group. As a team, the group will be supported to select their project. The program will conclude at a showcase event where the group will celebrate their work with friends, family and the community.

Along the journey, group members will also have access to 1:1 coaching from CPA's expert Youth Coaches to support their individual goals, guide them through their project, and help reinforce learnings.

### What will the social workshops involve?

The social workshops involve a structured 16-week program that creates a social space where young people can connect and support each other, while enabling them to take control of their social calendar. A group of up to 10 young people will meet weekly via CPA Telepractice planning for fortnightly events and meet ups in the community. Telepractice sessions will consist of casual catch ups with engaging activities as well as more structured presentations and discussions.

The structured sessions will be guided by CPA's expert Youth Coaches to incorporate discussions on social and communication skills development based on the needs of the individuals. This program allows individuals to develop their emotional intelligence by giving them the opportunity to provide peer support to other group members.

Most excitingly, the program will conclude with a four-day getaway that will be planned and coordinated by the group.

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### Do individuals need to complete both the project-based and the social workshops?

Eligible young people are encouraged to complete the programs simultaneously to ensure the best possible outcomes for their skill development. However, each program is unique and delivered separately, and completion of both programs is not a requirement.

CPA also encourages young people to consider their goals, interests and time availability when selecting the programs that are right for them. We are happy to provide further guidance for anyone interested in the programs.

### What are the intended outcomes?

The social workshops provide individuals with the opportunity to:

- Understand themselves and recognise different perspectives
- Build social skills and increase confidence to make new friends
- Respond to challenges and participate in new activities
- Become responsible for making choices and solving problems
- Plan and implement tasks and make decisions
- Increase resilience and independence through time spent away from home.

The project-based workshops provide individuals with the opportunity to:

- Build practical skills in their chosen project field
- Explore industries for future work
- Create networks within the community
- Become responsible for making choices and solving problems
- Increase their self-worth by showcasing their skills when presenting the final project.



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### Who is eligible?

The icare-supported *CPA Challenger* programs are for participants in the Lifetime Care and Support Scheme and workers in the Workers Care program who are aged 18–35 years and living with TBI. They should:

- have a desire to connect with others, develop their skills and work on activities and programs that work towards their individual goals
- be able to understand and follow instructions and communicate their needs
- be willing and able to meet at the program locations, which may vary.

Individuals participating in *Challenger* programs may provide their own attendant care workers for any event, if required. The individual will be charged any additional out-of-pocket expenses for the attendant care worker.

Contact us to discuss individual needs and suitability for the *Challenger* programs.

### When and where do the programs run?

The first workshops will launch in Western Sydney from August 2020. Programs will run across weekdays, weekday evenings and weekends, depending on the activity. While CPA is now open to see clients in-person, we are committed to setting the benchmark for safe work practices and continuing to work within Covid-19 guidelines set by the Australian Government. This means our workshops will be delivered through a combination of in-person and online Telepractice sessions. This provides individuals located outside of Western Sydney (including regional and remote areas) with the unique opportunity to participate.

All venues and events for *Challenger* workshops will ensure adequate access for all those involved, including proximity to public transport or support in arranging alternative transport options.

Further workshops, both in-person and via Telepractice will run in other areas based on interest levels. Expressions of interest from across NSW are welcome – please contact us!

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### How much will the programs cost?

These workshops and the associated coaching and peer support are supported by icare Foundation and are available free of charge to young people with TBI who are participants in the Lifetime Care and Support Scheme or workers in the Workers Care program. Depending on the group's choice of social activities, there may be small out-of-pocket expenses.

### How many young people can participate?

Each series of workshops will have a maximum of 10 young people.

### How will CPA stay in touch with case managers and families?

Detailed information will be provided to all registrants in the lead up to program commencement. CPA Challenger staff will also be in touch over the phone and via email with case managers and family, as appropriate, with progress reports and to better address any issues or barriers faced by individuals.

### How do people register?

You can register any interested young people by calling 1300 888 378 or emailing [ask@cerebralpalsy.org.au](mailto:ask@cerebralpalsy.org.au).

### How can I get more information?

If you have any further queries, would like to meet CPA's Youth Coaches or would like to discuss the suitability of the program for particular individuals, please call 1300 888 378 or email [ask@cerebralpalsy.org.au](mailto:ask@cerebralpalsy.org.au)

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