



Working towards Independence in NDIS Outcome Domains and NDIS Goals

The Soul Shack – FNQ Occupational Therapy

The Soul Shack – FNQ Occupational Therapy provides regular five-day group stays. These support people with disability and their carers for two purposes:

1. Respite /Short Term Accommodation
2. Intensive Capacity Building Opportunities

Participants can use either Core or Capacity Building Funding within their NDIS Plan to attend a stay at The Soul Shack.

The Soul Shack's programs and activities have been carefully developed by an Occupational Therapist to address specific goals relating to these Outcome Domains, with the aim of improving participants' functional capacities within the context of a fun, safe, and supportive group living environment.

Attending an event at The Soul Shack presents a unique opportunity for individuals to take part in and benefit from activities and therapeutic interventions designed to target the following NDIS Outcome Domains:

- 1: Daily Living
- 2: Home
- 3: Health and Wellbeing
- 4: Lifelong Learning
- 5: Work
- 6: Social and Community Participation
- 7: Relationships
- 8: Choice and Control

The Soul Shack's programs and activities have been carefully developed by an Occupational Therapist to address specific goals relating to these Outcome Domains, with the aim of improving participants' functional capacities within the context of a fun, safe, and supportive group living environment.

The programs and activities are conducted by a team of Support Workers and Allied Health Assistants under the supervision of the Occupational Therapist, at a minimum support ratio of 1:2, with therapeutic interventions provided as required according to each participant's specific needs.

How we target NDIS Outcome Domains and common NDIS Goals

Outcome Domain 1: Daily Living

Staying in a shared accommodation situation, participants adapt to an unfamiliar environment with new routines, duties, experiences, and opportunities. They are responsible for learning, practising, and maintaining daily personal care routines, maintaining bedroom tidiness, assisting with mealtime duties such as food preparation, cooking and clearing away / washing up dishes; with the level of prompting and physical assistance from staff as required for the participant to work towards independence. In addition, The Soul Shack's wide range of activities, both camp-based and community-based, encourage the development of independence, social skills, creativity, problem-solving, and resilience.

Examples of common NDIS daily living goals targeted by The Soul Shack's specialised OT developed program:

- Improve independence in all aspects of daily life, e.g. self-care, personal hygiene, domestic tasks, money management
- Increase safety skills, e.g. personal safety, kitchen safety, road safety, water safety, fire safety
- Improve independence in school life
- Increase independence in community participation
- Improve expressive and receptive communication and language skills
- Work on building strategies to cope with stressful situations, manage social anxiety and cope with change

Outcome Domain 2: Home

By participants being part of a new and different living situation, The Soul Shack assists them to develop their skills and capabilities relating to current and future home needs.

As well as adapting to an unfamiliar living environment, participants are given the opportunity to explore the roles and responsibilities of living in shared accommodation, including balancing their own needs with those of other participants, communicating clearly and effectively, managing interpersonal conflicts, and resolving difficulties amicably. In addition, they are encouraged to assist staff with tasks related to the upkeep of the property including cleaning, tidying, gardening, and yard maintenance.

Examples of specific home goals targeted by The Soul Shack's specialised OT developed program:

- Secure long-term accommodation
- Learn how to do yard maintenance
- Successful transition from the family home into appropriate living arrangements
- Improve independence in home living skills

Outcome Domain 3: Health and Wellbeing

The Soul Shack assists participants to improve their overall health and wellbeing by focusing on developing their self-care routines and by providing ample opportunities to partake in physical activities like swimming and outdoor sports and games. Participation in these activities, along with additional one-to-one support

from the Occupational Therapist, Allied Health Assistant, and support workers can help boost participants' confidence and self-esteem and assist with other emotional or mental health concerns. Participants' nutritional needs are addressed with the provision of healthy, nutritious food with an emphasis on variety, invitations to assist with food preparation, and encouragement to try unfamiliar foods.

Examples of specific health and wellbeing goals targeted by The Soul Shack's specialised OT developed program:

- Improve health and wellbeing
- Improve confidence, self-esteem, and self-worth
- Improve ability to manage expectations of self
- Increase capacity to explore healthier eating options, provide nutritious meals and learn how to cook

Outcome Domain 4: Lifelong Learning

The Soul Shack guides participants towards lifelong learning with a focus on developing their literacy, numeracy, and money management skills. Activities at The Soul Shack that target literacy and numeracy include reading and following recipes, taking part in a scavenger hunt and treasure hunt, playing a variety of educational board games and card games, karaoke, reading and following instructions for craft activities, and writing and performing scripts for a talent quest. Money management skills are targeted through support to purchase items at a café and select an item/s at the Op Shop to the value of money provided.

Examples of specific lifelong learning goals targeted by The Soul Shack's specialised OT developed program:

- Increase literacy skills
- Increase numeracy skills
- Improve money management skills, including budgeting, and purchasing items with money.

Outcome Domain 5: Work

By attending camps at The Soul Shack, participants take part in activities that focus on work skills preparation and ease their transition to employment.

At The Soul Shack, there is an emphasis on building social skills and improving participants' receptive and expressive communication skills. These activities are aimed at fostering positive interactions with colleagues and members of the public, and the emphasis on learning, practising, and maintaining daily personal care routines can assist participants to develop personal hygiene and presentation skills required in the workplace. Moreover, exposure to a wide variety of structured and unstructured activities can help prepare participants for diverse employment opportunities such as working with animals, gardening / landscaping, hospitality, tourism, retail, event production, and customer service.

Examples of specific work goals targeted by The Soul Shack's specialised OT developed program:

- Develop skills to assist with finding employment, preparation for work, and independence in the workplace
- Build skills and confidence to be job ready and secure sustainable employment
- Explore opportunities to expand interest and future work opportunities

Outcome Domain 6: Social and Community Participation

Social interaction and community participation are primary goals at The Soul Shack, with the aim of fostering positive interactions with staff, other participants, and with members of the public.

By taking part in structured and unstructured activities at the camp and in the wider community, participants are presented with opportunities to build, develop, and strengthen their social skills and to become more comfortable and confident in unfamiliar situations and contexts. Daily wellness checks carried out by staff focus, in part, on participants' social skills and are used to identify and address any issues with feelings of isolation or exclusion.

Examples of specific social and community participation goals targeted by The Soul Shack's specialised OT developed program:

- Improve receptive and expressive language skills to communicate clearly and improve social interactions with others
- Increase social skills to make and maintain meaningful and lasting friendships
- Feel confident and safe in the community
- Develop and strengthen relationships with role models
- Learn how to behave appropriately and safely in social settings and public areas
- Increase ability to voice concerns
- Reduce anxiety in social situations
- Explore new activities and events of interest
- Build independence in accessing social and community activities and events

Outcome Domain 7: Relationships

Interpersonal relationships are paramount at The Soul Shack. Activities are built around encouraging inclusion, participation and relationship-building among participants and staff. However, as in daily life, there is scope in all Soul Shack activities for negative emotions to be triggered, whether it's from interpersonal conflict, having to follow rules, coping with losing at a board game, being asked to participate in an activity that is undesired or difficult, taking turns with karaoke songs (and sharing the limelight), or feelings of fear or overwhelm at being in a new and challenging situation.

The Soul Shack's support workers, Allied Health Assistant and the Occupational Therapist provide supervision and support to safeguard participants and act as role models for appropriate behaviour. Daily wellness checks carried out by staff focus, in part, on participants' relationship dynamics and are used to identify and address any issues that may arise. Opportunities for alone-time, diversionary activities and the provision of animal therapy and sensory modulation also provide avenues for emotional regulation and the management of challenging behaviours.

Examples of specific relationship goals targeted by The Soul Shack's specialised OT developed program:

- Improve relationships with family, friends and others
- Learn and practise expressing and regulating emotions to stay calm and in control
- Reduce challenging behaviours

- Develop coping skills
- Develop healthy relationships with other people and animals
- Find and make new friendships as well as improve current relationships

Outcome Domain 8: Choice and Control

The Soul Shack is a structured experience, with an itinerary, organised activities, pre-planned meals, assigned rooms, etc., but throughout the week, participants are presented with numerous opportunities for making choices and exercising control, from simple choices about what to have for breakfast, to more substantial decisions, like opting for a bushwalk instead of taking part in the kayak trip. Participants are also encouraged to speak up and request a change if things at the camp aren't to their liking, or if things aren't working well for them.

Staff are conscious of not dictating to participants but offer them the opportunity to take responsibility for looking after and assisting with training the animals, for example, or assigning them responsibility for certain tasks and activities, such as helping prepare meals, assisting with running the karaoke equipment or tidying up the common areas. Likewise, participants are encouraged to take responsibility for their own personal care, with prompting and physical assistance from staff as required.

Examples of specific choice and control goals targeted by The Soul Shack's specialised OT developed program:

- Gain more responsibility
- Increase ability to make choices and have elements of control over one's life
- Become more in control of my life and the decisions that I make for myself

Further explanation of our Activities and Therapeutic Interventions

- **Team building games and activities**, e.g. name games, icebreakers, trust-building exercises. These are introduced on the first day and continued for the duration of the camp.
- **Domestic activities**, e.g. cooking, cleaning, making beds, setting tables, and clearing dishes. These are carried out on a daily basis.
- **Social interaction activities**, support and bridging of social interactions is a key focus area. Staff increase and decrease their level of support constantly as required to encourage and improve social interactions between peers, as well as role-model positive and functional social interactions.
- **Animal-centred activities** involving interacting with and caring for farm animals, e.g. miniature horses, pig, chickens, ducks, guinea pigs, dog. These occur daily.
- **Indoor games and activities**, e.g. craft activities, board games, cards, air hockey, pool, table tennis. These occur daily.
- **Outdoor sports and games**, e.g. totem tennis, frisbee, soccer, volleyball, sponge water fight, slip-and-slide. These occur daily.
- **Creative and artistic activities**, e.g. talent quest practices and performance, craft activities, musical activities, spin-art. These are carried out throughout the camp.
- **Unstructured time** to socialise, rest, check in with family, and choose activities. Unstructured time is a daily feature of the camps.
- **Themed dinners and evening activities** (e.g. Wig-Out Dinner, Birthday Dinner, Formal Dinner, Dance Party, Karaoke Night, Tropical Night, Movie Night) that involve wearing wigs and dressing in costume, applying make-up, hair styling, face painting, etc. Themed dinners are a daily feature of the camps.
- **Campfire activities**, e.g. toasting marshmallows, singing songs, socialising, playing or listening to music, learning about fire safety. Campfires are a regular feature of the camp.
- **Swimming activities** at local beaches, swimming holes, and community pool, e.g. swimming, using rope swings, bridge jumping, and picnics. Water-based activities are a daily feature of the camp and a good opportunity for participants to cool off and practise

their water safety skills.

- **Community service activities**, e.g. beach clean-ups, making gifts for nurses and nursing home residents. These provide an opportunity for people to 'give back' to the community.
- **Community interaction activities**, e.g. cafe visit, op-shop visit, attending local tourism businesses. These activities are a regular feature of the camp and provide an opportunity for participants to interact with members of the local community.
- **Tie-dyeing and other projects** with local entrepreneurs. This is a regular feature of the camps and allow participants to interact with visiting instructors / facilitators. It also provides an opportunity to follow instructions, engage their creativity and practise their fine motor skills and results in practical souvenirs they can take home from the camp.
- **9km Kayaking adventure** along Babinda Creek. This is a regular feature of the camps and provides an opportunity for community interaction as well as physical exercise. The 9km kayak trip allows participants to appreciate nature, challenge themselves, overcome fears and further develop their motor skills.
- **Boat trip to The Great Barrier Reef**, including snorkelling, swimming, and island exploring. This is a regular feature of the camps and provides an opportunity for community interaction as well as physical exercise. The boat trip allows participants to appreciate nature, challenge themselves, overcome fears and further develop their motor skills.
- **Wellness checks and 1:1 intervention** carried out by support workers with oversight from the Occupational Therapist. These are carried out on a daily basis and give participants the opportunity to talk about any issues or concerns they have, discuss future goals, ensure self-care has been tended to, and brainstorm potential community participation after the camp.
- **Awards ceremony and Talent Quest Performance**, with carers/parents/support coordinators and external service providers invited. This activity occurs at conclusion of the camp. A certificate and trophy are presented to each participant to formally acknowledge their personal qualities, strengths, and abilities that are needed and appreciated in the wider community.
- **Occupational Therapist intervention**, 1:1 and in small groups, as well as modification of activities to suit each participant's abilities, risk assessments, implementation of

behaviour support, and supervision of staff.

- **Allied Health Assistant intervention**, 1:1 and in small groups as directed and supervised by the Occupational Therapist.
- **Support Worker support**, 1:1, 1:2 and in small groups. A high level of support is provided to each participant throughout the camp (minimum 1:2). The support workers undertake regular professional development and supervision to ensure the appropriate level of support is provided to each participant.

Our Group Stays at The Soul Shack – FNQ Occupational Therapy are designed to provide Respite/Short Term Accommodation, as well as intensive capacity building opportunities for people with disability and mental health challenges.

Participants can use either Core or Capacity Building Funding within their NDIS Plan to attend a stay at The Soul Shack.

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If you would like to attend a Soul Shack stay, please complete the Referral Form by clicking on this link: [Soul Shack Referral Form. FNQ Occupational Therapy \(snapforms.com.au\)](https://snapforms.com.au). (This does not mean you need to attend the event. Once this form is received, we will prepare a Schedule of Support and Service Agreement for you to look over and decide if you would like to still attend.

Please contact us if you would like any more information, or to arrange a visit to The Soul Shack – FNQ Occupational Therapy.

Kind Regards



Sylvia Read

Occupational Therapist

Director and Lead Clinician at The Soul Shack – FNQ Occupational Therapy

Post-Graduate Qualifications

- Graduate Certificate in Mental Health, The New South Wales Institute of Psychiatry, 2017
- Graduate Certificate in Sensory Integration, The University of Southern California, 2008

Graduate Qualifications

- Bachelor of Applied Science (Occupational Therapy), The University of Western Sydney, 2000