

AGES
0-9

EARLY INTERVENTION

Able2's Early Intervention Program provides practical, collaborative and nurturing support to children and their families. We believe that providing support as early as possible makes a difference for children.

HOW DOES IT WORK?

Able2's key worker approach utilises the knowledge of early intervention educators, speech therapist and occupational therapists. Your key worker will support you to understand and develop the skills your child needs to participate in everyday life.

"Our team will celebrate your child's strengths, and encourage them to recognise these in themselves. We put relationships at the centre of what we do and know that when your child feels safe and accepted, they flourish." Lisa, EI Key Worker

HOW CAN WE HELP?

- Support your family to make choices, set priorities and access important information.
- Work with you to achieve your goals for your child.
- Communicate with other people providing support to your child.
- Improve your child's ability to participate in family and community life.

Our Early Intervention team offers years of experience and expertise in early intervention in the Blue Mountains.

OUR PROGRAMS

Able2 offers a range of skill building groups, social groups and therapeutic programs.

ALL
AGES

BE SOCIAL

Social Thinking programs that support social confidence and social functioning.

AGES
9-12

BUDDIES

A small group program focussing on building resilience while having fun with friends.

AGES
12-24

HANGOUT

Hangout at a youth centre in Springwood complete with pool tables, gaming consoles, musical instruments...plus lots of food!

AGES
12-24

GRIT

GRIT (Girls. Resilience. Inclusion. Thriving) is a group for girls to get together and have fun.

ALL
AGES

BUSH ADVENTURE THERAPY

Therapeutic, adventure-based programs, including Outdoor Explore, Bushies and one to one Bush Adventure Therapy. Designed to give young people an opportunity to participate in a range of outdoor activities facilitated by highly experienced, qualified practitioners.

able2

Supporting young people
with disability.



FOR MORE INFORMATION
CALL US ON 4760 4642

Contact us or more info & to register:

📞 02 4760 4642 🌐 www.able2.net.au
📷 [able2bluemtns](https://www.instagram.com/able2bluemtns) 📺 Able2



Registered NDIS Provider

BEHAVIOUR SUPPORT

We believe that a young person is not their behaviour, they are a unique individual who just may need some support to reach their potential.

WHAT IS POSITIVE BEHAVIOUR SUPPORT? (PBS)

Positive Behaviour Support is a person-centred, evidence based approach to people with a disability who may be at risk of displaying challenging behaviours. PBS is based on inclusion, choice, participation and equality of opportunity

HOW CAN WE HELP?

We seek to:

- Understand the reasons for behaviour
- Focus on prevention
- Teach new skills
- Reduce the use of restrictive interventions

Able2's therapy team includes counselling, psychology, occupational therapy and speech therapy.

For more information please call us on **4760 4642**

SUPPORT COORDINATION

A Support Coordinator will support you to understand and implement the funded supports in your plan and link you to community, mainstream and other government services.

They will focus on supporting you to build skills and direct your life as well as connect you to providers.

Based in the heart of the Blue Mountains, Able2 support coordinators know our local area and local services and will work closely with you to get the support you need.

We help you to understand and maximise your plan to reach your goals and build your capacity and resilience. Our team members are skilled, energetic and innovative in our approach.

HOW CAN WE HELP?

- Support you to navigate the NDIS marketplace and find support options.
- Discover what is possible with your NDIS funds.
- Build your capacity to exercise choice and control.
- Assist you in preparing for your plan review.

SPECIALIST SUPPORT COORDINATION

Specialist support coordination assists people with more complex needs to work collaboratively with other government and support agencies.

PLAN MANAGEMENT

A Plan Manager is responsible for helping you manage your budgets and for paying invoices from your providers for the services you receive. It gives you a little more flexibility in your plan in terms of the services you can access.

HOW DOES IT WORK?

You can request plan management from your NDIS planner during your plan review.

Plan management funding is additional and will not be taken out of other parts of your plan.

HOW CAN WE HELP?

- We pay your invoices within 7 days
- Support you to get the best out of your NDIS plan
- Give you flexibility in the supports you can access

"Able2 works to build the capacity of participants to make the most of their plans – with flexibility and creativity to face all the challenges and changes that can happen in one year of a person's life."

Sue Campbell-Ross, CEO

