



## *Welcome!*

Welcome to FITCare community newsletter! We hope this is a useful resource and will help enhance our connection and supports for our NDIS participants.



We're thrilled to announce that FITCare Support Services is now offering an additional 100 hours of capacity across Sunshine Coast, Moreton Bay, and Gympie!

### ***PARTNER OF FITCARE***

*Honeybee Wellness Retreat is an inclusive, values-based community whose leadership team invites people with likeminded values to come and enjoy the lifestyle on offer.*

*Honeybee Wellness Retreat is an accessible country community situated on 25 acres in the scenic Mary Valley. From the moment you arrive, you will begin to absorb the peace and tranquillity of this very special property.*

# Participant Success Story

Introducing Jaidyn!



When Jaidyn, a spirited 7-year-old boy with Down syndrome and juvenile arthritis, first joined FITCare, he faced significant mobility challenges. His arthritis caused him pain and instability in his legs, requiring a stroller for assistance and leaving him less motivated to engage in physical activities.

Enter Travis, our dedicated FITCare worker, who embarked on a transformative journey with Jaidyn. Each week, Travis took Jaidyn to the Gympie Aquatic Center for physiotherapy exercises in the pool. The buoyancy of the water provided the perfect environment for Jaidyn to strengthen his legs and improve his mobility. Additionally, Travis made sure Jaidyn had fun while exercising, taking him to the park for playful activities and to Gunabul Homestead for golf, combining therapy with joy.

Initially, Jaidyn struggled with his exercises, often feeling sore and reluctant. However, Travis's encouragement paid off. Gradually, Jaidyn's strength and range of motion improved. His determination and infectious smile became a testament to his progress. On his good days, Jaidyn's energy and enthusiasm are boundless, making it hard for anyone to keep up with him.

Today, Jaidyn walks up and down stairs with confidence, enjoys running races, and participates eagerly in all his activities. His journey with FITCare has not only enhanced his physical abilities but also brought immense joy and a sense of accomplishment to his life. Jaidyn's infectious laugh and unstoppable spirit brighten the days of everyone fortunate enough to meet him. He is, without a doubt, an absolute legend in our community.”

# Support Workers of the Month

We have chosen Danyeale and Travis as joint employees of the month because their dedication and support are equally exceptional! They consistently exceed expectations in assisting not only our participants but also their fellow team members through detailed handover notes and mentoring. Their unwavering support for our service delivery team is greatly appreciated. Thank you, Danyeale and Travis, for everything you do at FITCare!



# NDIS

# NEWS UPDATE

In January 2024, the Annual Pricing Review (APR) Consultation Papers were released to gather feedback regarding pricing arrangements and limits for disability support services provided by registered providers. The consultation period for providers was extended until March 10, 2024, while participants have until March 17, 2024, to submit their input.

The papers outline the current pricing methodology for disability support services and seek input on various aspects, including supports by disability workers, therapy, support coordination, and the NDIS cancellation policy. Submissions are encouraged from a wide range of stakeholders beyond providers and participants, including advocacy groups, government bodies, and professional associations.

Regarding changes suggested by the NDIS Review to Plan Managers' roles, while no immediate changes are being implemented, the Australian Government plans a careful evaluation and gradual transition. Plan Management is not included in this year's APR but updates will follow once the government responds formally to the Review's recommendations.

<https://www.ndis.gov.au/providers/pricing-arrangements/making-pricing-decisions/annual-pricing-review#24-annual-pricing-review-consultation-papers>



# Italian Sausage and Bean Soup

SIMPLE RECIPE



## Ingredients

- 450 grams bulk Italian sausage
- 1 medium onion, finely chopped
- 3 garlic cloves, sliced
- 4 cans reduced-sodium chicken broth
- 2 cans pinto or cannellini beans, rinsed and drained
- 1 can diced tomatoes, undrained
- 1 cup medium pearl barley
- 1 large carrot, sliced
- 1 celery rib, sliced
- 1 teaspoon minced fresh sage
- 1/2 teaspoon minced fresh rosemary or 1/8 teaspoon dried rosemary, crushed
- 6 cups chopped fresh kale



## Steps

1. In a Dutch oven, cook and stir sausage and onion over medium heat until meat is no longer pink, 6-7 minutes. Add garlic; cook 1 minute longer. Drain.
2. Stir in the broth, beans, tomatoes, barley, carrot, celery, sage and rosemary. Bring to a boil. Reduce heat; cover and simmer for 45 minutes.
3. Stir in kale; return to a boil. Reduce heat; cover and simmer for 25-30 minutes or until vegetables are tender.

Practice kitchen safety: Avoid burns and fires while cooking hot food. Use oven mitts, handle pots carefully, and keep flammable objects away from the stove. Always supervise cooking, turn handles inward.



Recently, our team met with Pippa Alexander, the Business Relationships Manager for Queensland at Plan Partners during our discussion, she introduced us to Plan Partner's Price Guide Wizard, a complimentary tool available to all NDIS participants, including those who self-manage.

Below are the key insights shared with the FITCare team:

Plan Partner's Price Guide Wizard simplifies the process of identifying service costs and supports, along with corresponding line item numbers, in a quick and user-friendly manner. Participants can utilize the NDIS Number Cruncher to develop an annual budget based on these findings. Additionally, the My Choice Tool provides a series of questions to assist participants in making informed decisions regarding how to allocate their NDIS funding.

About Plan Partner's:

Plan Partner is dedicated to streamlining the NDIS experience for participants, families, carers, and the wider community. As a specialist provider focusing solely on plan and self-management support, our team, many of whom have firsthand experience, is deeply committed to promoting self-direction, choice, and control.

For more information on Plan Partner, please visit:

<https://planpartners.com.au/>

**DID YOU KNOW?**



There are three main types of budgets and 21 categories in an NDIS plan?

INTERESTING FACT

## 1 Core

**Core Supports** cover the basic things you need to live your daily life (such as transport and consumables), and in most cases (not all), you can use your Core funding across multiple support categories, within this budget.

Most Core funding is flexible and all about funding those everyday services and items you need.

**Think:** 'Having a flexible core is good for daily activities'

## 2 Capital

**Capital Supports** funding is for more significant items (such as home and vehicle modifications) that you need in your daily life. Unlike Core Supports, Capital Supports are not flexible, so you can't move the budget from one category to another.

Generally, these items cost more than \$1,500 and you'll need a quote approved by the NDIA to fund them.

**Think:** 'More expensive items can be a capital investment'

## 3 Capacity Building

Capacity Building Supports fund services that help build the skills you need to be more independent! These include things like support coordination and improved daily living skills. Like Capital Supports, your Capacity Building Supports budget **cannot** be moved from one support category to another.

**Think:** 'It's always nice to have more capacity to get out and do things'



# FITCare Service Areas

FITCare is a leading registered NDIS provider with a team of exceptional support workers servicing the Sunshine Coast, Gympie, Moreton Bay and North Brisbane regions.

## Sunshine Coast



## Gympie Region



## North Brisbane



## Moreton Bay

August 2024



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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			<p>Great Botanic Clue Hunt. FREE Any day of the week. Come into the office and we can print out the hunt map</p>	<p>Montville Village Green 3.30pm to 5.00pm 80s Dance. FREE Tickets to be booked.</p> <p>Karaoke at Kandanga Honeybee 7pm to 11pm</p>	<p>Australia Zoo Markets 12.00pm to 4.00pm. First Carpark. Family event, live entertainment, jumping castle and food trucks.</p>	<p>Enchanted garden Montville Village Green. Free Live Entertainment from 10.0am to 5pm. Music and food. Bookings essential</p>
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<p>All Public transport is now. 50c.till Jan 2025 Would you like to learn how to catch the bus or train?</p>	<p>10am Hit room group class</p> <p>11:30am Bowling at Strike</p>	<p>Scone Time at Buderim Memorial Hall. \$8.00 10 am to 11.30am.</p> <p>10am Nature Walk: Point Cartright.</p>	<p>The station Kawana FREE entry. Top Hits Music and lawn games at 3pm.</p>	<p>Great Botanic Clue Hunt. FREE Any day of the week. Come into the office and we can print out the hunt map</p>	<p>All Public transport is now. 50c.till Jan 2025 Would you like to learn how to catch the bus or train?</p>	<p>Great Botanic Clue Hunt. FREE Any day of the week. Come into the office and we can print out the hunt map</p>
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<p>Golf lessons at Honeybee Kandanga 1pm to 4pm.</p>	<p>Scone Time at Cooroy Memorial Hall. \$8.00 10 am to 11.30am.</p> <p>10am Nature Walk: Point Cartright.</p>	<p>Fauna watch at the Botanic Gardens. FREE 8am to 10am BYO morning tea and Binoculars if you have them. Meet at Tallowood Shelter.</p>	<p>All Public transport is now. 50c.till Jan 2025 Would you like to learn how to catch the bus or train?</p>	<p>Lawn Bowls 10.30am \$5.00 Mooloolaba</p>	<p>Pilates in the Botanic Gardens. \$5.00 Healthcare/Pension card holders. 8am, bring your mat. Ask us for information on how to register.</p>	<p>Cooroy Sunday Cruise in Car show. 7.30am to 10.30am Maple Street.</p>
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<p>Great Botanic Clue Hunt. FREE Any day of the week. Come into the office and we can print out the hunt map</p>	<p>10am Hit room group class</p> <p>11:30am BBQ &amp; Lawn Games @ Cotton Tree Park</p>	<p>Music Creation at Honeybee Kandanga 10am to 12pm \$35.00 hour</p>	<p>Let's go fishing 10am Picnic Point BYO Gear</p>	<p>Tech Help. Need help with Technology? FREE</p> <p>Kawana Library 11.00am to 2.00pm</p> <p>Bookings essential.</p>	<p>Great Botanic Clue Hunt. FREE Any day of the week. Come into the office and we can print out the hunt map</p>	<p>All Public transport is now. 50c.till Jan 2025 Would you like to learn how to catch the bus or train?</p>
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<p>Great Botanic Clue Hunt. FREE Any day of the week. Come into the office and we can print out the hunt map</p>	<p>10am Hit room group class</p> <p>11:30am Bowling at Strike</p>	<p>10am Mooloolaba Coastal Walk to the lighthouse</p>	<p>All Public transport is now. 50c.till Jan 2025 Would you like to learn how to catch the bus or train?</p>	<p>Caloundra Twilight Markets 5pm to 9pm</p>	<p>Pilates in the Botanic Gardens. \$5.00 Healthcare/Pension card holders. 8am, bring your mat. Ask us for information on how to register.</p>	
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## CONTACT INFORMATION

 [fitcaresupportservices.com.au](http://fitcaresupportservices.com.au)

 [info@fitcaresupportservices.com.au](mailto:info@fitcaresupportservices.com.au)

 +61 1300 348 227

 Suite 10, 102 Wisers  
Road, Maroochydore,  
QLD, 4558, Australia

 [fitcare.supportservices](https://www.instagram.com/fitcare.supportservices)

 FITCARE Support Services

 [FitcareSupport Services](https://www.youtube.com/FitcareSupportServices)

