



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.

Council Class Success Story

We started the all abilities healthy sunshine coast class through the council just over a year ago. This class consists of a full body workout incorporating upper body, lower body, core, balance and cardio. We have seen an increase in attendance from community members of all ages and abilities. The great thing about this class is we have created a space where people with and without disabilities are included and exercises are adapted based on each individual's needs. It is amazing to see the benefit of social inclusion for all the people that come along where they are encouraged through a workout by their peers.



Support Worker of the Month

Rachel has been a key part of FITCare since its inception, starting as a support worker and fitness class instructor. Over the years, she has played a crucial role in developing our Disability and Aged Care services and has now become one of our standout Participant Liaison Officers. Despite her new role, she still leads our weekly "Healthy Sunshine Coast" all-ability fitness class.

We are incredibly proud of Rachel's dedication to her role and our participants, and we're thrilled to have her as a valued member of the FITCare family!



Meet Rachel!

NDIS

NEWS UPDATE

The Australian Government is considering a significant change to the National Disability Insurance Scheme (NDIS) that could require participants to cover the cost of needs assessments themselves. This proposal is part of a broader review aimed at addressing the scheme's financial sustainability and operational efficiency.

Currently, NDIS participants receive funding for their needs assessments without direct out-of-pocket costs. However, the new policy suggests that participants might have to pay for these assessments from their own funds, which could place additional financial strain on individuals already managing disability-related expenses.

The proposal is intended to reduce administrative burdens and costs for the NDIS, which has been facing challenges related to budget overruns and inefficiencies. By shifting some of these costs to participants, the government hopes to better control expenditures and ensure that resources are allocated more effectively.

Critics argue that this change could disproportionately affect people with disabilities, making it harder for them to access necessary supports. They contend that such a policy shift could undermine the core principle of the NDIS, which is to provide equitable support for those in need without imposing additional financial barriers.

The government has stated that it will consider feedback from stakeholders, including disability advocacy groups, before making a final decision. The review process aims to balance the need for financial sustainability with the commitment to providing fair and adequate support for all NDIS participants.

The link to the full article is

<https://www.abc.net.au/news/2024-08-20/ndis-needs-assessment-cost-could-be-paid-by-participants/104236252>



Zesty Lime Shrimp and Avocado Salad

SIMPLE RECIPE



Ingredients

- 1/4 cup chopped red onion
- 2 limes, juice of
- 1 tsp olive oil
- 1/4 tsp kosher salt, black pepper to taste
- 1 lb jumbo cooked, peeled shrimp, chopped*
- 1 medium tomato, diced
- 1 medium hass avocado, diced
- 1 jalapeno, seeds removed, diced fine
- 1 tbsp chopped cilantro



Steps

1. In a small bowl combine red onion, lime juice, olive oil, salt and pepper. Let them marinate at least 5 minutes to mellow the flavor of the onion.
2. In a large bowl combine chopped shrimp, avocado, tomato, jalapeño.
3. Combine all the ingredients together, add cilantro and gently toss. Adjust salt and pepper to taste.

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.



FIT Care
SUPPORT SERVICES

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




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