

Possability

Our services



Nurturing potential.
possability.com.au

For more than 25 years, Possability* has assisted people to develop their independence and confidence, live the life they choose and achieve their goals. We offer a full range of services across Tasmania designed to enable people to realise their potential.

Why choose Possability?

We are dedicated to supporting you/ your family member to develop to their full potential.

We offer:

- › Supports that develop skills to help you reach your goals
- › Quality accredited programs based on research and best practice
- › Access to a specialised team of Practice Consultants
- › A full range of services offered state-wide
- › A focus on active community participation and inclusion
- › Flexible and responsive service delivery tailored to meet your specific needs.



*formerly Optia
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Accommodation



Our personally tailored residential supports help you make the transition to independence, and develop skills and confidence.

Shared Living

Possability supports people in shared living arrangements from two to five people. Staffing is adjusted to meet the specific needs of residents. We work closely with individuals to match house mates personalities and needs when establishing new shared living arrangements.

In circumstances where a person has individual funding that covers 24/7 support, they may choose to live by themselves.

Semi-independent Living

This style of accommodation is well suited to people who want to live independently, but who need regular support to do so. Support might be needed with personal care, developing life skills and decision-making. The level of support available can be tailored to meet your needs.

Transition to Independent Living

We offer short-term accommodation to provide opportunities to trial independent living in a safe and supported environment. The focus is on developing skills and confidence to prepare people for moving out of home or a shared living arrangement to live independently.

Possability can also assist by exploring available accommodation options in your local community and coordinating tenancy agreements.

Where is it available?

We provide accommodation services across Tasmania. We regularly establish new shared housing arrangements for participants who have been allocated funding for this support.



Respite



Taking a short break from one another can be beneficial for all family members.

Our centre-based Respite is short-term accommodation away from home offering fun activities and support. Carers and families have the opportunity to take a break with the reassurance of knowing their family member is being supported in an enjoyable and safe environment.

We design our short-term accommodation services to make guests feel as comfortable and settled as possible. A stay can be as short as one day. Stays of two nights to one week help everyone become familiar with the service. Longer stays can be negotiated for circumstances such as a family holiday or carer illness.

See also *Transition to Independent Living*

Where is it available?

We offer short-term pre-planned and emergency accommodation at four centres across Tasmania:

- › Burnie: Adult Respite
- › Launceston: Adult Respite
- › Latrobe: Children's Respite
- › Hobart: Youth and Adult Respite

Respite in your own home can also be arranged across Tasmania.



"I have real independence, confidence, motivation and I know I can now face any challenge."

Coordination of Supports



We can work with you to coordinate the many aspects of your Participant Plan.

Possability has the expertise to help you find and engage the support that is the right fit for you or your family member. Coordination of Supports can include:

- › lifestage planning, helping to establish goals and then identifying services that will help you work towards them
- › negotiating with various service providers and medical professionals to ensure your needs are met
- › resolving points of crisis
- › developing the capacity and resilience of a participant's network.

We work at your direction and on your behalf so you drive the plan.

Where is it available?

This service is available state-wide. Services can be offered in rural areas, in addition to metropolitan and regional centres. Check with your Possability consultant.



Community Connections



Let Possability help you/your family member get involved in your local community. Our Community Connections program provides exciting opportunities to participate in a wide range of social activities, physical exercise and community-based pursuits. Whatever your individual interests, we are dedicated to making it happen.

We assist clients to identify activities in the community that match their interests and then support them to access these activities. This is essential in reducing social isolation and promotes the development of independent social networks. This style of support can include community-based Day Service programs tailored to the individual.

Community Connections also assists clients to undertake daily living tasks in the community, such as shopping, banking and attending medical appointments. It often includes learning to travel independently using public transport.

Where is it available?

We offer Community Connections across Tasmania. Services can be offered in rural areas, in addition to metropolitan and regional centres. Check with your Possability consultant.



"He's enjoying the company of support workers and looks forward to going out and doing his daily routines."



Leisure and Recreation



Talk to any of our Leisure and Recreation participants and they will quickly tell you about their great outings and how much fun they have with friends.

Possability's Leisure and Recreation Program encourages and supports people to develop friendships and social networks. We create opportunities to make new friends through fun group activities and participation in events that are already occurring in the community. Members experience reduced social isolation, increased confidence and resilience, and they strengthen their community ties.

Members of each group decide what activities they wish to participate in throughout the year. Activities vary according to interests and the time of year.

Some examples of recent programs include:

- › Trips to sporting and cultural events
- › Camping
- › Picnics and BBQs
- › Games nights
- › Dining out
- › Dances
- › Participating in sports
- › Drama activities.

Where is it available?

Possability runs Leisure and Recreation programs in Tasmania's:

- › Southern Region
- › Northern Region
- › North West Coast



Life Skills and Personal Support



These services assist people to maximise their independence and live the life they want. Services are designed to meet individual needs ranging from personal support to learning how to do household tasks and other life skills.

Our wide range of services cover:

- › Mentoring and peer support
- › Daily living skills
- › Personal skills and support
- › Education in numeracy, literacy and financial skills.

Where is it available?

We offer Life Skills and Personal Support across Tasmania. Services can be offered in rural areas, in addition to metropolitan and regional centres. Check with your Possability consultant.

See also Transition to Independent Living.

"She is more confident in the supermarket. She is able to write a shopping list and find items in the store."



Specialist Services



Dual Diagnosis

Our consultant psychiatrist clinics focus on the specialised care and support of people diagnosed with a psychiatric disorder and intellectual disability.

These clinics have proven highly successful for many clients, since quality of life improves when mental health issues are managed well. In conjunction with medication therapy, our specialists use a holistic approach to ensure that people receiving support are engaged in Positive Behaviour Support practices that complement their treatment.

Where is it available?

Clinics are held one day every four weeks, alternating between Hobart and Launceston.



Intensive Support Services

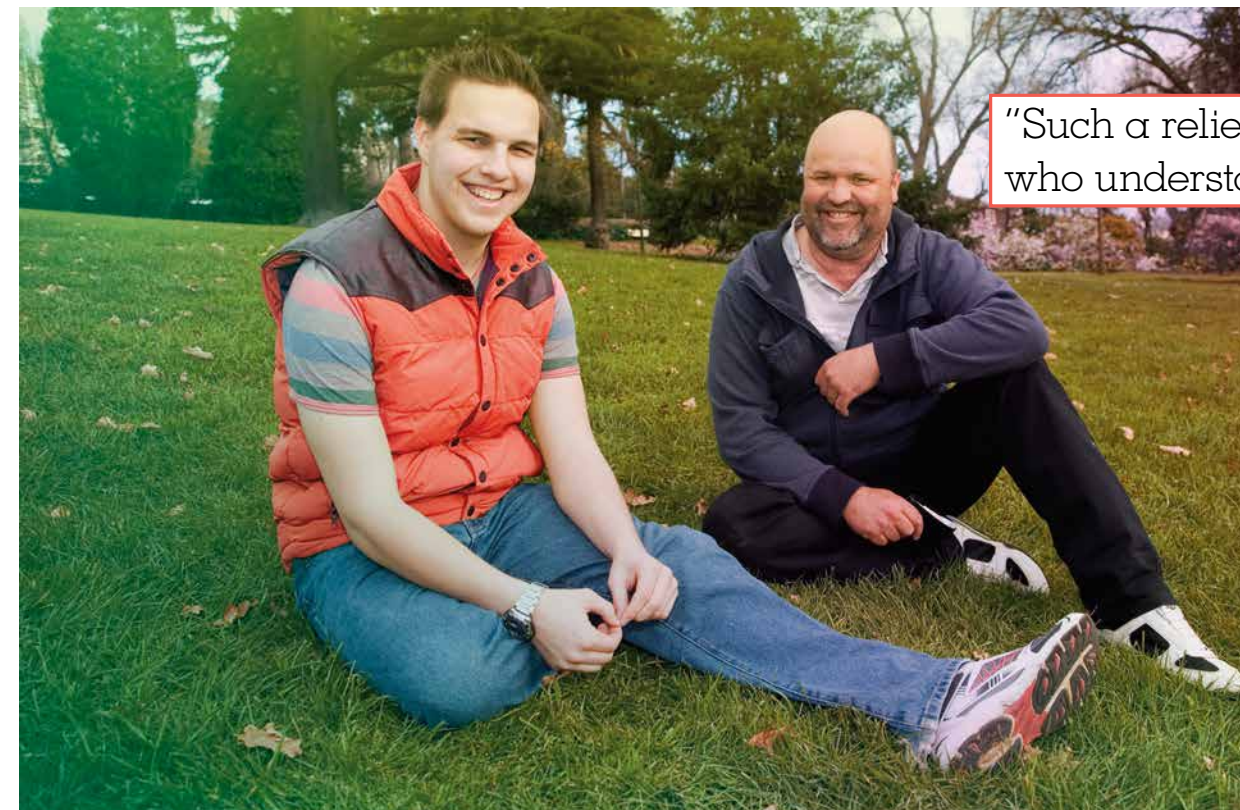
Possability has specialist teams dedicated to working with clients with complex and exceptional needs that exceed the scope of other disability programs.

We have experience in successfully supporting individuals with severe behavioural challenges to learn and engage with others in a safe environment. We work closely with clients and their family to provide supports that meet the individual's specific needs, using a Positive Behaviour Support framework.

As well as providing direct support, Possability can provide a comprehensive functional assessment and develop a highly specialised Support Plan for your family member that is implemented by the Intensive Support Team.

Where is it available?

Services can be delivered in a client's own home or a community setting.



"Such a relief to have people who understand our son."



How do I access support?

National Disability Insurance Scheme (NDIS) participants with a Participant Plan can contact Possability to discuss options.

If you are eligible for the NDIS but don't yet have a Participant Plan, contact the National Disability Insurance Agency.

Possability also offers services to clients funded by other means or who are self-funded.

Clients not yet eligible for the NDIS need to contact the Gateway Service on 1800 171 233 to obtain a referral.

If unsure about NDIS eligibility go to myaccesschecker.ndis.gov.au or call the National Disability Insurance Agency on 1800 800 110.

Call us for a chat

Whether you have a Participant Plan or just need some advice, call us for a chat.

We're here to listen and talk about your goals and aspirations.

Freecall: 1300 067 842 or email info@possability.com.au

Nurturing
potential.

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