

# OUR VISION

To promote the inclusion of people with an acquired brain injury in the community

# OUR VALUES

Respect

Opportunity

Integrity

Innovation

Empowerment

Collaboration

Donations and corporate support are gratefully accepted and assist us to enhance and expand our support services. All donations over \$2 are tax deductible.

**Headway ADP** is supported by Department of Ageing, Disability & Home Care (DADHC) and Sydney South West Area Health Service (SSWAHS)

For further information please contact:

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# our mission

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We are committed to empowering participants to reach their full potential through an individualised and flexible approach in a caring, welcoming and professional environment.

**Headway ADP** provides participants with support and assistance to achieve inclusion in their chosen community.

# our programs

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## INDIVIDUAL ACCESS PLAN (IAP)

**Headway ADP** offers individualised, goal directed programs through our Individual Access Plan. An IAP is a tool which allows participants to identify and achieve their goals. A Community Access Worker (CAW) provides one on one support to participants to develop a plan and work out the steps involved in reaching the participants goals.

Goals generally consist of the following:

- Becoming more independent at home and in the family
- Accessing the community
- Recreational and leisure activities
- Increasing social and support networks.

The IAP is individually tailored to suit each participant's individual needs and circumstances

## SKILL DEVELOPMENT COURSES (SDC)

**Headway ADP** also offers small group based activities known as Skill Development Courses (SDC). SDC's provide participants with a supportive environment to learn new skills or try new activities. Some of the SDC's that we run are: Ten Pin Bowling, Aquarobics, Art Classes, Memory Training, Yoga and Leisure Skills.

## COMMUNITY EDUCATION PROGRAM

Our Community Education Program provides a powerful panel of guest speakers with personal stories on the impact that brain injury has had on their lives. Each speaker has developed their own interactive style of presentation to spread their message to the community. Headway ADP speakers conduct presentations at schools, traffic offender programs, universities and other community organisations.