



Footsteps Community Services Newsletter



Our New Support Coordinators



Support Coordination

Footsteps Community Services has always prided itself on making sure that everyone gets the supports that they need, in the way they need them. So it was only natural that we have decided to start to provide Support Coordination Services.

Our support coordination is an excellent way to make the most of your clients plan and to help them reach their goals, through:

- Connecting your client with the services that best match their needs.
- Coordinating services and service providers, including the negotiation of service agreements.
- Liaising with the NDIA and other government agency.
- A provider you already know and love.
- Person-centred practice.

Our Support Coordinators

Patty Hitchener (Senior State Manager of Coordination): With over 15 years' experience within the disability industry.

Kelly Butler (State Manager for Coordination): With a Diploma in Community Services and prior experience as a Support Worker.

Mick Neill (State Manager for Coordination): With extensive experience in Support Coordination and Support Work, as well as diploma in Community Services.

Gemma Heath (Support Coordinator and Psychosocial Recovery Coach): With a diploma in Mental Health as well as experience within Support Coordination, Psychosocial Recovery Coaching and Support Work.

Bianca Allard-Watson (Coordination Assistant.): With 5 years of experience within the health industry from Support Work, Data Analysis and an ongoing bachelor degree in Occupational Therapy.

Clinical and Outreach Services

Counselling and Psychotherapy in Australia has undergone significant changes over the last 20 years. Post-modern Australia has presented many challenges to both the community and individuals alike. For example, Adverse Childhood Experiences (ACE Studies), substance abuse, physical and emotional abuse and neglect, Autism Spectrum Disorder (ASD), effects of war, refugees and family breakdown were significant challenges facing an increasingly secularized and multi-cultural Australia. It has become clear that in order to best meet the needs of an increasingly diverse community, counselling and psychotherapy, both as a profession and research subject, is an essential component of professional learning and development in order to expand and develop more effective ways in which to work and practice. We at Footsteps Community Services believe we have accomplished this objective.

The therapeutic delivery we offer is malleable to the client's life experiences and cultural viewpoints. The foundation for effective counselling is the formulation of an honest, transparent bond between client and therapist, genuine empathy, and absolute positive regard for self-direction. We treat people as clients, not patients, and create an ambient environment to achieve a natural human approach to self-analysis.

We specialise in BPD, DID, Trauma/PTSD, ASD, and ADHD.

Nursing Home Restrictive Assessments

For NDIS participants residing in a nursing home or aged care facility the NDIS is funding Positive Behaviour Support (PBS) Practitioner to complete assessments to ascertain whether any restrictive practices are in place, and if a full Positive Behaviour Support Plan is required. In many cases, this service is used to support the client transition back in the community.

Nursing

Footsteps Community Services is providing Community Nursing Services to NDIS participants.

Our team is dedicated to a holistic approach to nursing care. By keeping the same ethos as our therapy team, the nursing team provides care from a person-centred biopsychosocial framework.

As part of our service, we will empower our clients and their support team by providing them the education to enable clients and support to help prevent further complications and hospital admissions. A holistic approach to nursing will have a positive impact on your clients' overall health and wellbeing.

Footsteps Community Nursing offers:

- Contenance Assessment,
- Contenance Care,
- Medication Management,
- Medication Reviews,
- Nursing Plans,
- Care Plans, and
- Education.



Our Availability:

We currently have spaces for new clients in the following areas:

In Person:

- Acacia Ridge
- Logan
- Ipswich
- Northside
- Bayside

Telehealth:

- National

If you are interested in our services, our admin team are more than happy to answer any questions or get the ball rolling on 0467 374 123 or at admin@footstepstherapy.org

Positive Behaviour Support Plans

Supporting Both Adult and Children's Behavioural Needs

The Footsteps Community Service PBSP Team is a dedicated group of professionals who are passionate about supporting individuals, their families, and their service providers to manage challenging behaviours and improve people's quality of life.

Positive Behaviour Support

Our team uses Positive Behaviour Support (PBS); an evidence-based, holistic practice which is person centred and tailored to an individual's needs. A Positive Behaviour Support Plan (PBSP) is an individualised plan aimed at providing support when a person has behaviours of concern (or "challenging behaviours"), which place an individual or those people around them at risk, and subsequently have a negative impact on the person's quality of life.

A PBSP is developed based on a thorough functional behaviour assessment, including a hypothesis of why the behaviour occurs and what function it serves. The PBSP may also be informed by a variety of information sources and assessments, such as direct observations, structured interviews, incident reports, sensory reports, psychological reports, communication assessments and much more.

Restrictive Practices

Where a client has restrictive practices in place to manage their behaviour, our Behaviour Support Team will assist by developing certain types of Positive Behaviour Support Plans (PBSP) as per the requirements of the NDIS Quality and Safeguards Commission. Restrictive practices include chemical restraint, confinement, environmental restraint, mechanical restraint, physical restraint, and seclusion.

Respite

Unlike many other respite services, ours is tailored to the individual. This means that there is no set itinerary of activities that we use for everyone. Instead, we find out what your client likes, and pair them with likeminded people to do those activities and stay with at the respite. So, if your client likes nature and art, we will take them out to nature parks to draw or paint. If they like thrill seeking, we'll take them to the theme park of their choice. We also offer to any person that is attending our respite, the ability to join into any programs that may be on at the respite location during their stay, free of charge. Speaking of which, the respite is located in a gorgeous little cottage overlooking a stunning view of native Australian bush and mountains. Completely away from the hustle and bustle of the big city.

Staying with your client here, will be qualified therapists to help give them all the support they need while staying at the respite. Having said that, at our respite we also like to help your client gain life skills. So, if they want to learn how to cook, we'll get them involved in making dinner. If they want to learn some household skills, we'll involve them in washing up. Of course, this is only if you want to. After all, you are here to relax and unwind.

If your client also receives other services from us like Positive Behaviour Support, their therapist will be here to observe and teach them management skills outside of their normal environment. If a management skill works at the respite but doesn't work at home, this helps us to figure out what is wrong in their everyday environment, and how we can work towards fixing it.

