

Supporting caregivers
in supporting others

Talk It Out



- Caregiver support
- Person and family centred
- NDIS registered provider

A REGISTERED NDIA BEHAVIOUR SUPPORT PROVIDER*

Talk it Out is an innovative new service offered by Behaviour Support SA where our registered behaviour practitioners will talk through your concerns and offer practical tips to help you analyse behaviours and ways to manage them.

- > Improve quality of life
- > Strengthen family relationships
- > Offering support and guidance
- > Improve self esteem and confidence

As a caregiver, we recognise the challenges you face today to do your best to provide a safe and stress free home environment for those in your care, regardless of the uncertainty we feel.

Behaviour Support SA has introduced a new service Talk It Out to support you through this difficult time (and beyond).

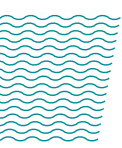
The wellbeing and confidence of direct caregivers is crucial for successful behaviour support, with one of the main needs described by caregivers - is feeling supported themselves.

Talk it Out is here to do just that with the Behaviour Support SA team available to listen, offer support and build your capacity to deal with certain behaviours, how they impact your life and solutions to suit your individual and family circumstances.

Who provides the service?

The Talk It Out service is provide by Behaviour Support SA
Behaviour Support SA is an initiative of Inclusive Sport SA offering face to face therapy services in the Adelaide Metropolitan region as well as online services across South Australia. Our team are NDIA registered practitioners* qualified in disability related fields and study including Developmental Education and Psychology.

For further information and to register your interest go to:
www.inclusivesportsa.com.au/behaviour-support-sa/



Talk It Out Costing

Talk It Out Therapy Service

Talk It Out has a range of flexible delivery options including face-to-face* or , online services via phone or video call. We recommend you take part in at least six sessions as with this will include a Positive Behaviour Support (PBS) pack of information and reference material that is yours to keep and refer to when needed. However, we understand that you may need this support as an ongoing service or tailored to your individual circumstances. Tell us what you need.

Our experienced behaviour support team will focus on your current situation and work through the Positive Behaviour Support framework with you to see what suits you best for your current challenges and lifestyle.

-1:1 Workshop - A structured 6 session workshop style format that focusses on providing parents/caregivers with the tools they need to implement Positive Behaviour Support in conjunction with self-care and resilience strategies for themselves.

-1:1 Support – A more flexible delivery that is guided by the current needs of the parent/ caregiver with the aim of sessions to serve as an emotional support and avenue to discuss experiences related to the support role.

In addition, we are currently investigating the possibility of **Talk It Out Group sessions** to increase social capacity and networking opportunities for those who may have limited social support opportunities. Please let us know if this Group session may be of interest to you.

**As per the current 'Social Distancing and Other Measures to Combat Coronavirus (COVID-19)' as outlined by the Australian Department of Health.*

Outcomes of the Service:

- > Improve quality of life
- > Strengthen family relationships
- > Improve self esteem
- > Build confidence
- > Increasing understanding

Accessing This Service

***Our Behaviour Support SA team can deliver this service via:**

- > Face to face sessions
- > Phone Call
- > Video Conference Call
- > Email

Talk It Out Therapy Costing

As per the NDIS Price Guide. Funding is required in either:

- >Capacity Building - Improved Relationships
 - >Capacity Building - Improved Daily Living
- Travel costs may apply*

For further information or to register your interest:

w: www.inclusivesportsa.com.au/behaviour-support-sa/

e: therapy@inclusivesportsa.com.au

p: 8122 6733

***BSSA is a program of registered NDIA Behaviour Support Provider Inclusive Sport SA and able to provide support under Specialised CB Relationships.**

NDIS REGISTERED PROVIDER