

FRIENDS OF ABLE

How your support makes a difference to people with disability

Spring 2023



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GETTING TO KNOW REBECCA

Rebecca has been attending Able East day services in Camberwell Victoria for seven years. She feels at home and always enters with a big smile on her face, showing how happy she is to attend.

We support many of our clients to increase their independence and building on their skills and capacity for employment. "Rebecca is given opportunities to practise these skills during travel training by planning her route, using the public transport system and using her Myki card. She socialises with others, communicates her needs, and completes her

designated tasks while volunteering at the Salvos Opp shop" says Graham, Able East Acting Community Services Lead.

Yen, an Able Support Worker who regularly supports Rebecca, says "For down time or more relaxing activities, Rebecca enjoys baking cupcakes, artwork, downloading and printing photos of herself taken in the day, scrapbooking, puzzles and watching her favourite You Tube clips."

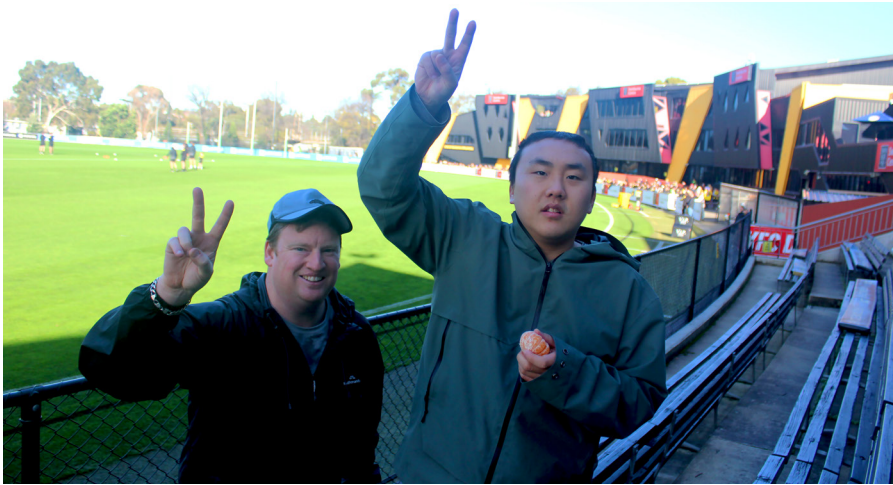
Rebecca's smile is infectious, and everyone cannot help but be drawn to her kind nature!

Placeholder Barcode

TOGETHER WE ARE ABLE



MAKING DREAMS COME TRUE FOR JONATHON, STEWART, RON, FRANCIS AND COLIN



On a cold winter's day, Jonathon, Stewart, Ron, Francis and Colin made the journey to Richmond's training ground at the Swinburne Centre, also known as Punt Road Oval, to watch Richmond Football team training.

Jonathon, Stewart, Ron, Francis and Colin were very

excited to meet Richmond players, Trent Cotchin and Noah Balta in person, get photos and shirts signed by Trent and Noah after watching the team train.

Ron especially enjoyed watching the training and bought a coffee mug as a souvenir of the memorable day. "Ron was so happy, and



he shared his experience with all staff in the house" says Ajliah, Able House Manager.

It's not every day you get to meet players of your favourite AFL team in person. This opportunity is part of our goal at Able to create more great client experiences and making their dreams come true.

KAREN'S NEW LEASE ON LIFE

About 12 years ago, Karen suffered a severe stroke that paralysed the left side of her body and affected her brain functionality including her sight and speech. Karen was told by doctors that she would never walk again.

Karen has defeated the odds and is now not only walking, but achieving many of her goals with the support of Able staff.

Karen loves going to the cinemas, shopping, going to concerts, tourist trips and tending to her veggie garden.

Last summer, Karen made the most of the Gold Coast sun at Surfers Paradise and Burleigh Heads beach. Recently, she thoroughly enjoyed attending the production show, Cirque Mother Africa, as well as the Chevron Street Party.

"Karen is more cheerful, talkative and is enjoying her life" says Rana, Able Australia Disability Support Worker.

Scan the QR code to learn more about Karen's story



SENIORS INTERGENERATIONAL CONNECTIONS PROGRAM

Intergeneration Connections is our new program for senior clients in Queensland. This program encourages seniors to spend a couple of hours each week with kindergarten kids by helping them learn and play.

Research shows that this time is of huge benefit to both seniors and children.

This program helps to support the children's emotional and social competence. For seniors, spending time with young children also develops bonds, which help maintain health and wellbeing.

The program is thoroughly enjoyed by our seniors and children alike.



DAY ON THE BAY



After a delay of four years due to Covid, together with Deafblind Victoria we recently held our annual Day on the Bay event.

The event was attended by 80 people who are deafblind and their support workers.



For 15 years Able has partnered with the Beaumaris Motor Yacht Squadron to host this event, who kindly donate their speed boats, vintage cars and staff members to help for the day.

Our clients and staff enjoyed



a drive along Beach Road and a beautiful scenic boat ride. The Beaumaris Motor Yacht Squadron also put on a delicious lunch for the group.

It was a fantastic day enjoyed by all, who are looking forward to next year's event.

COOKING WITH ABLE

In April, our clients enjoyed a cultural cooking program as part of our Young Adults Program (YAP) in Tasmania.

On this occasion, they learnt how to make Cuban dishes such as Moors and Christian rice, tostones (fried plantain slices) and Ropa

Vieja (shredded beef and vegetables).

This was made possible by the generous support of the Brian M. Davis Grant.

Scan here to watch a video from the day!



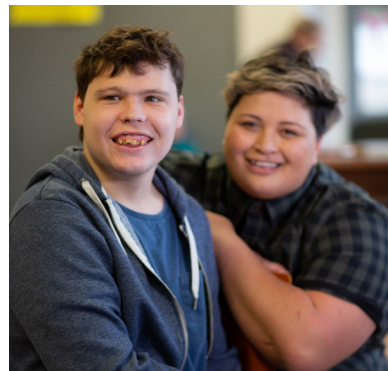
A GIFT THAT WILL LAST A LIFETIME

Many people like you, who passionately support Able Australia, consider providing a donation or leaving a gift in their Will that funds many of our life-transforming projects.

Leaving a gift to Able Australia in your Will is a very special way of giving a gift that keeps giving. A gift in

your Will – no matter how big or small – ensures that Able Australia will continue to support and empower people living with complex disabilities.

For Bequest information, please contact us at **1300 220 602** or email **fundraising@ableaustralia.org.au**.



JOIN ABLE:COMMUNITY



Join **Able:Community** to empower and enable people living with disability in Australia to achieve their life goals.

Each month, your investment will drive initiatives including:

- Giving young people a memorable experience like horse riding, art or swimming lessons.
- Supplying deafblind people with the assistive technology they need for communication and everyday activities.

- Supporting Able's Centre of Excellence – Deafblind in training, advocacy and deafblind research for all ages.

Giving monthly helps Able Australia plan future programs, offers you behind the scenes exclusive updates and gives continued support to people with disability.

Scan the QR code for more information:



A SPECIAL THANK YOU

Much of our work is funded through generous donations. If you would like to donate, and share happiness with people living with disability, please use this QR code.



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