

ACTIVEAID



Help us make a difference to people's lives

ActiveAid is an ICLA project to provide activities to people in the community with mental & intellectual disabilities



Providing activities

TO PEOPLE AT ICLA

We believe in activities. It's healthy for the mind, body and soul.

We believe it is vitally important for our clients to be involved in the normal day-to-day activities, interacting in the community, seeing new places and experiencing new things as well as being involved in team sports and ensuring that fitness and exercise is also not overlooked.

We also believe that enjoyment activities are important – having a cappuccino at the local café, going to the movies or sitting on the beach.

At ICLA we organise a wide range of activities and structure these activities into selected groups to provide a balanced focus

Providing activities

TO PEOPLE OUTSIDE ICLA

CARED FOR AT HOME

When it comes to activities, our clients are lucky. However, there are many people with mental & intellectual disabilities who are not so fortunate.

They are lucky in many other ways – living at home, cared for by loving parents or relatives.

Many of these carers however are unable to provide normal day-to-day and social activities. How easy is it for these carers to provide their adult children with an opportunity to experience a wide range of activities? It's often too demanding in both physical and mental terms.

Easy for us – we have experienced staff who are already providing these activities.

We plan to provide the same activities that we have structured for our residents to other people in the community.

WHAT IS ACTIVEAID

ACTIVEAID is an ICLA project to provide people in the community with mental & intellectual disabilities with activities outside their homes.

ICLA will collect and deliver people to & from their homes. Activities will be tailored to suit each person & sometimes these activities will be coordinated with ICLA's activities for residents.

All activities will be supervised by trained, skilled staff.

ICLA plans to charge a nominal hourly fee to cover some costs.

STRUCTURED ACTIVITIES

- SPORT & RECREATIONAL
- SOCIAL
- ARTS & CRAFTS
- HEALTH & FITNESS
- EDUCATIONAL
- OTHER

WHY WE NEED YOUR HELP

We need to raise funds to buy a 12 seater bus that is equipped with a wheelchair hoist and disability access. We also need funds to subsidise the cost of delivering this service. We would like to make ActiveAid accessible to as many people as we can accommodate without imposing a large financial burden on them.

NO ADMINISTRATION COSTS

ICLA will use all the money it raises to buy the bus and subsidise the service. 100% of your dollar will be used for this and all administration costs will be borne by ICLA.

ALL DONATIONS TO ICLA ARE TAX DEDUCTIBLE

Independent Community Living Association Inc. (ABN 67 340 057 765) has received endorsement from the ATO as a Deductible Gift Recipient under item 1 of the table in section 30-15 of the Income Tax Assessment Act 1997 and Item 4.1.1 (Public Benevolent Institution) in Subdivision 30-B of the Income Tax Assessment Act 1997. Our status can be checked at www.abr.gov.au.

ICLA has also been given Authority to Fundraise for Charitable Purposes (number CFN15459) under the Charitable Fundraising Act 1991 by the Office of Charities, Department of Gaming and Racing.



ACCESSING ACTIVEAID PEOPLE

We plan to promote this service in local and CALD (Culturally & Linguistically Diverse) Communities.

SHAKY – A SUCCESS STORY

Shaky came to us in the early 90's after finding it difficult to independently care for herself. Shaky presented as an overweight lady in her 50's who preferred staying in bed all day and refused to attend to any personal care. Exercise was definitely not an option.

She required daily encouragement and prompting to attend to even the most minor of chores required of everyday living. Similarly, she refused to attend any activities or even venture out for a walk, drive or simply a chat in the office. She had no motivation and no interest.

Staff decided to try entering her unit and spend a few hours assisting with cooking meals she enjoyed as well as providing domestic help. Whilst staff worked, Shaky would call out from her bedroom and mention things she used to do.

Staff were becoming aware that Shaky was taking an interest in life again and began to reward her behaviour. On a daily basis, she was invited into the lounge room for a 'cuppa and cake' and she would recall more of her life story. As the months passed, Shaky would begin to mimic the staff, pottering about her unit completing little chores in her own pedantic manner. To this day, she remains a perfectionist!

During these times, Shaky began to come shopping with staff and join them for drives and walks to the beach. As more and more time passed, Shaky was spending more time in the community than at home and would often have left for the day before staff arrived.

She purchased a bicycle for herself which she rides almost every day. After this, she was unstoppable and she insisted on being included in all organised activities. If there was a day without a scheduled activity, Shaky would venture out all day wandering the shops and visiting all her friends.

Now in her 60's she remains a social butterfly and continues to be active to the best of her ability.



ABOUT ICLA

ICLA is a community organisation established in 1984 and incorporated as a charitable association in NSW.

We manage a number of residential services, providing long-term, secure and affordable accommodation and support services for people who have psychiatric and other disabilities.

Our residential support services are funded through the NSW Department of Health and the NSW Department of Ageing, Disability and Home Care.

ICLA believes that each of our residential clients has the right to the best care and support possible, that services are delivered in a safe and secure environment and that we are guided by the best principles of rehabilitation and recovery.

To read more about ICLA, please visit our website www.icla.org.au.

MAKE A DONATION

All Donations to ICLA are Tax Deductible

ICLA has also been given Authority to Fundraise for Charitable Purposes number CFN15459 under the Charitable Fundraising Act 1991 by the Office of Charities, Department of Gaming and Racing.

How to make a donation

We accept Visa & MasterCard by terminal, fax, email or telephone.

Alternatively, donations can be made directly into our Appeals Account at any Westpac branch or by direct funds transfer into our account.

Our Banking Details

Account Name: Independent Community Living Association Inc., Appeals Account

Bank: Westpac Bank

BSB: 032 255

Account No: 115 965

Online Donations

You can support our 'Mending Minds' appeal at ourcommunity.com.au. Our Community has a secure online donations service for credit card payments.



Working together

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