



A community inspired and empowered by people of all ages, abilities and differences

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- enhancing abilities
- supporting families
- strengthening communities



about mpower

Since 1975 Mpower has been supporting families and individuals in south west Victoria to have real and meaningful connections to their community.

Mpower's vision is for 'a community inspired and empowered by people of all ages, abilities and differences.' We focus on our vision and direct all our activities towards its achievement.

- **Enhancing abilities**
- **Supporting families**
- **Strengthening communities**

our values

Our values underpin our organisation and provide a framework for our practice.

Respect – Beliefs, feelings and values of individuals are acknowledged

Empowerment – Person and family directed services recognising individual's strengths

Quality – Professionalism and quality in everything we do

New Learning – Encouraging personal development and innovative thinking

ABOUT MPOWER

EARLY YEARS

KIDS, TEENS & ADULTS

CARERS & PARENTS

THE COMMUNITY

early years

NATIONAL DISABILITY INSURANCE SCHEME

NDIS funded core and capacity building supports can be used to fund activities in all of our Early Years and Disability Support Programs.



Behaviour Support

Acknowledging and strengthening the skills and capacity of parents to support behaviour change is key to our approach. Mpower works with parents to develop positive Behaviour Support Plans with strategies that can be used at home or in a variety of settings based on a consistent approach.

Centre-based play program

Centre-based play programs to help parents understand play-based learning, build their awareness of children's developmental milestones, support and encourage positive parenting strategies and how to be actively involved in their child's learning.

Early Childhood Intervention Services

The multi-disciplinary Early Childhood Intervention team provide a range of flexible, family-centred and child focused services to support children with developmental delay, Autism Spectrum Disorder or a diagnosed disability, and their families.

To achieve the best outcomes possible we will embed our services and therapies into the natural and familiar environments of your child and family. This includes home, kinder, childcare and other community settings.

Therapeutic Supports

Support to children who have a disability or developmental delay by providing a range of individual and group based programs. We recognise that each family is unique and needs its own tailored plan of supports. Our Therapy Team can provide Speech Pathology, Occupational Therapy, Behavioural Supports and Physiotherapy to children between the ages of 0-18.

Transition to School

Providing information, practical and emotional support and training to families, kindergartens and schools. Mpower's Transition to School Program aims to make the transition to mainstream school as smooth as possible for children with additional needs.

EARLY YEARS

KIDS, TEENS & ADULTS

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kids, teens & adults

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Personal Support

Offers individual support designed and delivered to meet needs, goals and aspirations of the participant. Support may include Personal Care, Community Access eg: horseriding, gym, swimming, caring for pets.

Mpower's Skill Building Program

Learning skills can occur in a supervised setting at the Mpower Studio working towards maximising participant's individual potential for independence in activities of daily living or with the support of Mpower's skilled staff learn skills to work towards independent living.

COMMUNITY ACCESS

Mpower offers recreational and social opportunities for people with a disability through programs such as:

Active Oceans

A water based recreation program offering surfing, snorkelling, fishing, sailing, rowing and swimming. Programs can be designed and arranged to suit the needs of any group or individual. Skills developed from Active Oceans activities help foster a sense of achievement and confidence that may lead to participation in similar mainstream activities in their community.

Mpower's School Holiday Program

Participants have the opportunity to experience fun activities, socialise and try something new. School Holiday Program runs every school holidays during the year and for 3 weeks during January.

Mpower's Weekend Getaways

Weekend Getaways to Mpower's Sturgeon View holiday house or another destination of your choice. Participants are matched in ages, friendship groups or particular interests. The group decides on the activities for the weekend.

Mpower's Youth Group

A social group for children with disability Youth Group provides the opportunity to form friendships, have fun and socialise through a range of recreational activities. Activities of the Youth Group are chosen by the participants. Group ages: 6 to 12 years or 13 to 17 years

Mpower's High Flyers

A social group for children with high functioning autism. High Flyers provides the opportunity to have fun and socialise, form new friendships and social networks through a range of recreational. Group ages: 6 to 12 years or 13 to 17 years.

Mpower's High Flyers Girls Group

A craft and social group for girls who are high functioning and would like to build friendships with female peers. Group ages: 8 to 14 years.

carers and parents



Support for Carers

Provides a range of supports to carers of people who are frail aged (65+), indigenous (50+) and any age with dementia. Carers can be family members or friends of any age.

Carer Support Groups offer social and emotional support, an opportunity to share information and ideas and time out for Carers. Regular meetings are held.

Strengthening Parent Support Program

Offers individual and group support to parents and carers of infants, children and young people 0-18 years old.

Integrated Family Services

Aims to enhance children and adolescent safety, stability and development by focusing on building the capacity of parents, carers and families to meet those needs.

Totally Awesome Parents

A support group for parents with intellectual disabilities and/or learning difficulties. Through weekly meetings, the group respects its members in all aspects of parenting and supports new learning through social and community gatherings.

the community



Community Transport – Aims to assist those who are in need of accessing transport. Volunteer drivers provide a door to door transport service. This program relies on the invaluable contributions of volunteers who provide this service to the community.

Deaf Access Victoria – Provides information relating to deafness or hearing loss for deaf and hard-of-hearing people, their families, carers or services. DAV assists community organisations and services to work more effectively with deaf and hard of hearing people by raising awareness in the local community about the difficulties they experience and their needs.

Mpower House

Located close to Mpower's main office, Mpower House provides an open plan setting and convertible rooms for respite, therapy and recreational programs. The house features DHHS standard fire safety and security. An independent fully self-contained 'accessible' Mpower Studio completes the facility.

Mpower Presents

A program of training and professional development sessions that can be provided at your venue or at Mpower. Sessions are tailored towards parent and carers or professionals and service providers.

Sturgeon View Holiday House

A specifically designed holiday house to cater for people with a disability. The fully self contained house, ideal for couples, families and groups, is wheelchair accessible throughout. Sturgeon View is located in Dunkeld, the southern gateway to the Grampians.

Toy Library

Provides information for parents and lends play materials and educational toys and equipment to facilitate the growth and development of infants and children. Borrowing is available for people of all ages.

Volunteers

A highly valued and essential part of the Mpower workforce, particularly through our Community Transport Program.

All volunteers undergo an interview, referee check and safety and security screening.