



THE WEEKLY WRAP

Community Living Options

Issue 2



UPDATE FROM OUR CEO

MEL KUBISA

I hope everyone is continuing to be safe, well and connected at this time. This week sees the return of some of our operational structures to the offices, you will see continued updates from our Operations Managers in regards to managing this safely and continuing our COVID-19 response plan actions and controls to keep everyone safe. Across the board I need to thank all our staff for the innovative activities and supports to keep people busy and occupied during this time of social distancing and for some self-isolating, it's been great, so thank you to everyone. This week saw the release of the Department of Health 'Management and Operational Plan for People with Disability: Australian Health Sector Emergency Response Plan for Novel Coronavirus (COVID-19)', if you would like to view this, this will be available to download from the 'resources' tab on our website or by [clicking here](#).

On a positive note, I want to now let everyone know that we have had our NDIS Practice Standards desk top audit (stage 1) and we achieved 100% compliance, the report and further information is available if anyone would like to read the full report. What a fabulous outcome and testimony to the hard work from everyone here at CLO. We now gear up for stage 2, in early June, which is an onsite audit but given the situation with COVID-19 this will be done 'remotely'. We are now concentrating our efforts on ensuring we roll out our NDIS Practice Standards PowerPoint and training in a different way between now and then... so stay tuned.

We are also now gearing up to prepare our strategic plan for 2020-2022 and this will be a very different strategic plan to what we thought at the beginning of the year. The format for workshops and surveys has been reviewed and we will roll out some more pulse checks, smaller focus groups and focus now on sustainability, recovery and resilience. So once again your input as stakeholders is vital and we value your opinions on our strategic direction. I will continue to keep everyone updated as we move forward with this planning phase.



SUPPORT COORDINATION UPDATE

SUE GOODALL

Hello everyone,

There has been an update from the NDIS about support coordination because of the COVID-19 pandemic. From March 25th 2020, the NDIS is now letting people with Core funds in their NDIS plan to access support coordination if they want to. This can mean you can now access support coordination if you didn't have it in your plan already or if you did and have used up your support coordination funds you can top it up with some money from core.

This was started to help you get through the pandemic and to help with any extra needs you may have right now. You can use core funds for support coordination even if you didn't have it in your plan before.

What you need to know though is they haven't given you any more money for this; so if you do use money from your core funds to pay for support coordination there will be less money for other things you may want to pay for (like self-care activities).

If you would like to access support coordination through your core funds then you can talk to your CSC or Regional Manager and they will be able to help you get started.

ROSTERING HOURS - ANZAC DAY PUBLIC HOLIDAY

As we continue to work through the COVID-19 action plan to support our staff and clients, we will again be ensuring that on the Anzac Day Public Holiday on Saturday, the Rostering team are on shift to ensure continuity of support and sick leave coverage. We know that at this time your focus is on supporting our clients so we will be providing rostering support on that day. The hours of operation will be from 0800-1600. If you have any questions please don't hesitate to contact a member of your rostering team.



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JOB KEEPER PAYMENT

We have had some enquiries regarding if CLO is eligible for the Job Keeper payment, we would like to clarify that to be eligible for the Job Keeper payment there is certain criteria we need to meet. At this stage, CLO is not eligible for the payment as we have not lost revenue as a result of the COVID-19 pandemic. However, if this changes we will update everyone.

If you would like more information on the Job Keeper payment, please follow this link:
<https://www.ato.gov.au/general/JobKeeper-Payment/>



ZOOM FITNESS CLASSES!

JASON WISNIEWSKI

I am very excited to announce that I have been working on creating some Zoom fitness classes for all CLO employees and clients to enjoy! These classes will be delivered to CLO employees and clients FREE of charge. We believe that in challenging times like these, it's really important for our CLO community to keep fit and healthy.

I am a qualified personal trainer and I have tailored these classes to beginner and intermediate fitness levels.

Types of Classes

1. *Mind and Body Balance:* A class combining Tai-Chi, Yoga and Pilates into one class. This is a great class to help build core strength and work on mobility and balance.
2. *Strength:* A class focused to strengthen muscles using a mixture of compound and isolation body workouts.
3. *HIIT (High Intensity Interval Training):* A HIIT class is a cardio based workout focusing on maximising cardio intensity and burning a lot of calories in a short amount of time.

Intensity levels

Beginner: Trains less than 2 days a week

Intermediate: Trains 3-4 times week

- *Mind and Body Balance-* anyone can attend and is run once per week
- *Strength-* one beginner class and one intermediate class per week
- *HIIT -* one beginner class and one intermediate class per week



Class days and Times

Each session will run for 30 minutes.

All body weight exercises, an information sheet will be provided to you before the class on what to expect of the class and what you should wear and bring.

Wednesday

HIIT 5:30pm

Thursday

Strength 5:30pm

Saturday

HIIT 11:00am
Strength 10:00am

Sunday

Mind and Body Balance
11:00am

These sessions will start from Wednesday the 29th April. If you are interested in taking part, please email me on j.wisniewski@clo.org.au and include your personal email address to be sent a code to access the Zoom classes.