



Welcome to Onemda

Fun, friendship, growth & learning



Hello! Welcome to Onemda...

At Onemda, we've been supporting people in learning and life for more than 50 years, and we'd love you to join us! Read on to find out more...

At Onemda, you'll find programs and activities to help you learn and grow, achieve your goals, build confidence and independence, and look after your health and wellbeing ... all while making friends and having fun!

Choose from a huge range of awesome activities, from art and craft, to IT or cooking, literacy and numeracy, armchair travel and sensory experiences, gardening, sports...and so much more. We also offer Therapy Services and Support Coordination.

We also love getting out into the community to meet people, learn new skills, and explore new destinations.

For more than 50 years, we've been supporting people to achieve their goals, realise their dreams, and build their futures. And that's what continues to drive us today.

Whether you aim to become more independent; to learn new things; enjoy friendships and experiences; or work towards the job you want in future, you'll find people here who are passionate about understanding your goals...and supporting you to achieve them.

If that sounds good, our door is always open. Give us a call and make a time to come and talk to us – we can't wait to see you!

Our vision is for all people with disability to have the opportunity to live a fulfilled life.

What can you do at Onemda?

You can choose from a range of programs and services designed to suit you, including:

- ▶ **Group Learning & Support Services** – a mix of learning, activities and experiences in three streams designed to suit different needs, interests and goals.
- ▶ **Therapy Services** – to support your independence, and help you build capacity and maximise your health and wellbeing.
- ▶ **Xtend** out-of-hours service.

This book gives you an overview of these services. To find out more, go to onemda.com.au, call us to have a chat, or make a time to visit and see our programs in action!

We are proud to be a National Disability Insurance Scheme (NDIS) Registered Provider and we fully support your choice and control. Our services are run according to the standards set by the NDIS Quality & Safeguards Commission.

OUR VALUES

These are the values that drive everything we do at Onemda:

INCREASING IMPACT

When participants succeed, we succeed

PROVIDING POSSIBILITIES

Everyone has the right to reach their potential.

CULTIVATING CONNECTION

Great things happen when we do them together.

PRIORITISING PEOPLE

People are at the heart of everything we do.



Research & Innovation Centre

At Onemda, we're committed to providing you with the best opportunities and services – now, and into the future. That's why we set up the Onemda Research & Innovation Centre in 2019.

We work with universities, research institutes and developers to grow knowledge and understanding, and to drive innovation in technology, program design and 'best practice' service delivery.

When you join Onemda, you may be invited to take part in a research project. It's an exciting opportunity to help us improve what we do and contribute to building a better future for all people with disability.

Pathways to Independence & Employment

If you want to become more independent, build your confidence and maybe work towards a job in future, Onemda's Pathways program can help you create the future you want.

Further your life-long learning, build independence and gain the skills you need for the life you want... all in a fun, friendly and supportive environment where your needs and goals are understood and respected.

Pathways is designed to help you build your skills and confidence and prepare to achieve your goals – whether that's greater independence, community participation or employment.

You'll have access to awesome activities and educational opportunities including accredited and pre-accredited training to help you transition into work. And, you can gain valuable experience through our community partnerships.



Living, Learning & Social Skills

**The name says it all!
Living, Learning &
Social skills is the
perfect program for you
if you want to become
more independent,
develop new skills,
further your learning
and enjoy fun activities
as you build the future
you want.**

Build your independence, continue your life-long learning, make friends and have fun!

At Onemda, we'll work with you to understand your interests, hopes and dreams for the future, then tailor programs, educational opportunities and experiences to support you to achieve your goals.

Awesome activities will help you learn new skills, build your confidence and become more independent, and you'll be able to get out into the community to meet people, explore new places and have some amazing experiences!

If you want to learn, grow, and get ready to go, Onemda's Living, Learning & Social Skills program could be your next step!



The Onemda Association Inc.
ABN: 76 721 607 868
REG No. A0025065T

Our Programs

Enrichment & Wellbeing

If you want to make your health and wellbeing a priority, enrich your life with learning, social connection and experiences...and get the support you need, you'll love Onemda's Enrichment & Wellbeing program!

This program has been designed to provide you with the support you need across all aspects of your daily life while delivering activities and learning experiences that meet your individual needs, goals and capabilities.

Participate in learning activities and great experiences including music and art, sensory activities, virtual travel and exercise, and get out into the community for even more connection and fun experiences.

If you're looking for a program that helps you make the most of every day, while supporting your physical, communication and personal needs, Enrichment & Wellbeing could be right for you!



What you'll do...

Your Onemda program is based on your goals and what interests YOU!
Here are just some of the awesome activities, experiences & learning opportunities you could enjoy as part of your program...



Be Your Best

- ▶ Health & wellbeing
- ▶ Exercise
- ▶ Fitness - gym, dance & sports
- ▶ Swimming
- ▶ Physio & exercise
- ▶ Yoga & meditation
- ▶ Sensory activities
- ▶ Personal care & emotional health



Your Life, Your Way

- ▶ Shopping & cooking
- ▶ Independence skills & personal development
- ▶ Household budgeting & money management
- ▶ Recreational activities & excursions
- ▶ Emotional wellbeing
- ▶ Friendship building & social engagement
- ▶ Community immersion



Learn & Grow

- ▶ Literacy & numeracy
- ▶ Digital media & technology
- ▶ People, culture & environment
- ▶ Horticulture
- ▶ Science
- ▶ Creative thinking
- ▶ Current affairs
- ▶ Communication building



Out & About

- ▶ Independent travel
- ▶ Safety in the community
- ▶ Community activities and events
- ▶ Recreational activities & excursions
- ▶ Discover Melbourne
- ▶ Cultural experiences
- ▶ Virtual travel



Ready 4 Work

- ▶ STEPs to Employment program
- ▶ Certificate I courses in
 - Transition Education
 - Work Education
- ▶ Pre-accredited training
 - Hospitality
 - Building & Construction
 - Healthcare
- ▶ Hospitality & commercial cooking
- ▶ Horticulture
- ▶ Embrace Café trailer
- ▶ Volunteering opportunities



Express Yourself

- ▶ Visual arts - painting & photography
- ▶ Crafts and woodwork
- ▶ Music & drama
- ▶ Multi-sensory music
- ▶ Sensory activities

OUTCOMES

What can you expect from your Onemda program? Here are just some of the outcomes participants have reported ...

- ▶ Higher levels of **confidence** and **independence**
- ▶ Greater **participation** and **connection** to community
- ▶ Improvements in **communication** and **interpersonal skills**
- ▶ Better **understanding of environment** and **social customs**
- ▶ **Improved work skills** and readiness for work
- ▶ Enhanced **fitness** and **wellbeing**
- ▶ Improved **relationships** and **teamwork**
- ▶ Enjoyment in **self-expression & creativity**
- ▶ Having **FUN!**





Therapy Services

Our highly-skilled Therapy team offer a range of individually tailored, one-to-one therapy services to support your unique needs.

Onemda therapy services support you to maintain your health and wellbeing, build capacity and achieve your goals.

Enjoy sessions at our purpose-built Therapy Centre at Doncaster East, with warm water therapy pool and gymnasium, or access our mobile service at other Onemda locations, at home or in the community. We also offer flexible service delivery options like telehealth.

As well as Speech Pathology, Occupational Therapy, Exercise Physiology, Physiotherapy and Allied Health Assistance, our Therapy team can provide Functional Capacity Assessments, and Pressure Mapping using the latest technology.

Our Doncaster East Main Campus has a warm water therapy pool...

Our Services

Onemda Therapy Services

Speech Pathology

Develop your communication skills and learn to use strategies or technologies to improve your communication ability, and help build capacity for safe and independent eating and drinking.

Occupational Therapy

Supporting your participation in everyday activities including self-care, work, hobbies and socialising. Therapists can provide advice on environment and home modifications, assistive technology & equipment, and handle complex seating prescriptions.

Exercise Physiology

Maintain and improve your physical function with safe and effective exercise interventions on land and in the water..

Physiotherapy

Get support to improve your movement, flexibility, posture and pain management with hands-on interventions, exercise and the use of prescribed equipment like walking aids and wheelchairs.

Allied Health Assistant

Our AHAs deliver therapy programs in close consultation with therapists

Other Services

Other services which can be delivered by our Therapists include:

FUNCTIONAL CAPACITY ASSESSMENTS (FCAs)

- ▶ In-depth assessment of your abilities and capacity in all aspects of life
- ▶ Provides evidence to the NDIS so they can make decision about your eligibility for supports.

PRESSURE MAPPING

- ▶ Pressure mapping using the latest sensor technology
- ▶ Provides data that can be used to develop personalised posture plans to maximise wellbeing and reduce the risk of injury.
- ▶ Assessments, reports and equipment trials





Where to find us

Onemda delivers services from a number of locations around Melbourne's east and north. Check this list or give us a call to see what's on offer at your local Onemda campus.

EASTERN SUBURBS

DONCASTER EAST MAIN CAMPUS

ANDERSONS CREEK ROAD

Set on a leafy and spacious site on Andersons Creek Road in Doncaster East, our 'main campus' provides an array of facilities and services including:

- ▶ Main reception & management team
- ▶ Group Learning & Support Services
 - Enrichment & Wellbeing
 - Living, Learning and Social Skills
- ▶ Therapy Centre including:
 - Warm water therapy pool
 - Gymnasium
- ▶ Support Coordination
- ▶ Out-of-hours Service
- ▶ Research & Innovation Centre
- ▶ Outdoor garden and trampoline

DONCASTER EAST PATHWAYS

TEMPLESTOWE BAPTIST CHURCH

- ▶ Pathways to Independence & Employment

TEMPLESTOWE LOWER

TED AJANI CENTRE

- ▶ Pathways to Independence & Employment

RINGWOOD

WARRANDYTE ROAD

- ▶ Pathways to Independence & Employment

THE BASIN

MOUNTAIN HIGHWAY

- ▶ Living, Learning & Social Skills
- ▶ Pathways to Independence & Employment

NORTHERN SUBURBS

GLENROY LLS

WISEMAN HOUSE

- ▶ Living, Learning & Social Skills
- ▶ Pathways to Independence & Employment

GLENROY PATHWAYS

GLENROY NEIGHBOURHOOD LEARNING CENTRE

- ▶ Pathways to Independence & Employment

INTERESTED? HERE'S HOW TO ENROL!

Enquiry

If you are interested in our services or would like to know more, please contact our Intake Team on **9842 1955** or by email at **onemda@onemda.com.au**

Meeting & Goal Alignment

We have a meeting to discuss what you're looking for, your goals and how we can help you achieve them.

Come & Try

If we think we can meet your needs and help you achieve your goals, you are invited to come and try the program you choose for a day, to see if you like it.

Paperwork

If we both agree it's a good fit, we will gather the documents and information we will need to enrol you, and we will provide you with a quote.

Sign-Up

You read all about the services, costs, and Terms & Conditions, and if you agree with those you sign your Service Agreement.

Commencement

Once all the documents are signed and exchanged, you can start enjoying your new programs at Onemda!



How to contact us



ADDRESS:

123 Andersons Creek Road,
Doncaster East 3109



PHONE:

03 9842 1955



ENQUIRIES:

To find out about services or report absences:
services@onemda.com.au

If you have a question about billing and accounts:
accounts@onemda.com.au

To ask about your Service Agreement or
Schedule of Support:
contracts@onemda.com.au

For all other enquiries:
onemda@onemda.com.au



WEBSITE:

www.onemda.com.au