



# Children's Services



Minda's Children's Services offers dedicated support for young people with disability, and their families.

Our services include short-term respite accommodation at Variety House and Your Support - which can include: mentoring, in home support, community access and participation.

All our programs are designed to help your child achieve their goals, and provide support for young people to live their best lives.

# VARIETY HOUSE

## What is Variety House?

Located in a quiet, residential street in Adelaide's inner-southern suburbs, Variety House is a safe and welcoming home-away-from-home for children aged 5 - 17 with cognitive disability.

Your child's wellbeing is at the centre of everything we do at Variety House. We get to know your family, follow your established routines and tailor support to your child's unique needs and personality.

Most importantly, all our staff are passionate about supporting children with disability to live their best lives.

## About our approach

Person-centred support is the foundation of our approach, putting your family and your child's needs and preferences first.

Our team of highly qualified Disability Support staff are trained in support strategies for Autism Spectrum Disorder, Positive Behaviour Support, high needs care and person-centred practice.

All our staff are medication trained.

## Our facilities

Variety House is a safe and secure gated property, designed specifically for young people with disability.

The home features large, individual bedrooms, allowing for children to bring comfort items from home, calming sensory areas and a large communal living and dining space.

Outside, there are two large play areas equipped with accessible play equipment. We also have an onsite vehicle for transport, if required and funded in your child's NDIS plan

## Our programs

We tailor your child's support to their age, abilities and NDIS goals, but programs can include:

- Social participation
- Gross motor skills
- Daily living skills, including cooking and cleaning
- Shopping/budgeting skills
- Emotional regulation guidance
- Communication skills



## Short-term Accommodation

Minda offers short-term accommodation at Variety House, giving families much-needed respite to recharge and spend quality time with other siblings. Short-term accommodation is available on weekdays, evenings and weekends, all year round.

Our short-term accommodation service provides:

- Individualised support for your child
- Staff ratio dependent on child's needs
- Meals provided on site, catering for dietary requirements
- Transport to and from school, if required
- Toiletries
- Toys and entertainment



## Your Support

Your Support offers young people individual support to be involved in the community, build skills and increase their independence.

A program is developed in line with your child's NDIS goals and can include development of gross motor, communication and behaviour regulation skills, and practical tasks like cooking, public transport training, shopping and money management. Mentors can also support children to be active in sports, community events and social activities.

Support can be offered on a 1:1 or 2:1 basis, dependent on your child's needs, and transport is provided if required and in your child's NDIS plan.





# ABOUT MINDA

Everyone should have the opportunity to participate in society without fear or prejudice. We are here to lead our people, our community, our state toward a future where everyone has the opportunity to create purposeful and enriched lives.

We have been around since 1898 and while connection to past is vital, it is our vision for the future that drives us. We are purpose-led in creating a world where participation and contribution are the norm.

Our stories are rich, real and sometimes hard to hear. They are also heartwarming and funny. They will often make you think. They might even inspire you to see things a little bit differently.

At Minda, we think big. We are fun, we are unifying. Most importantly, we are here for you. For your family. For your community.



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