

Now & Next™ online



Not by doing more, but by achieving more with less effort. Your valuable time will be well spent because we measure the outcomes and it works.

Life can be overwhelming for parents or carers if their children are diagnosed with a disability. Parents often wonder if there is something more they could be doing to help.

Now & Next™ is an 8-session interactive program that can help you to make a positive difference for your child.

We know that parents and carers **make the biggest difference in their child's life**. Not by doing more, but by **achieving** more with less effort. Your valuable time will be well spent because we measure the outcomes and it works.

Join the program and you will:

- » Learn how to achieve more with less effort
- » Use your strengths to make small changes that create a big impact for your child
- » Learn how to increase the well-being and resilience of your entire family
- » Learn strategies that have worked for other families
- » Use our practical toolkit to get the best for your child whatever your funding package looks like.

Register now



94% Our child is learning new skills

Our child is making choices and communicating

Our child has positive family relationships

95%

91%



A Plumtree Learning Initiative



Program overview

Starting with the strengths of your child and family you plan the first practical, 'next steps' to get you going. These easy to achieve 'next steps' are the building blocks for creating the best life, for the child and the whole family.

"Now and Next has given me a very clear and easy to use template to look at what's working/not working, how to change, plan, make and achieve goals. It all makes sense in my head now with a clear path"

(Mother, WA)

Already accessing professional support?

We show you how to maximize the services you are using by building strong relationships with your child's team.

We also help you to make the best use of what is available in your community by making small changes that will set you and your child on the right path.

You will learn from our knowledgeable facilitators and from the other parents and carers in the group. Together you will share what has worked and how to navigate the system to find what is right for your child. Rest assured, what's shared in the group stays in the group. Your privacy will be respected.

"It has changed our focus from the lack of availability of therapies to what we can do for our family with what we have. Being able to celebrate the little wins has brought some joy to our family."

(Father, NT)

There is so much you can do **right now**. **Every family has the potential for a fulfilling life, all we need is the right tools**. Now and Next gives you the confidence to tackle any challenge that your family may face, now and into the future.

"It has changed the way I view and interact with my son and my husband. I feel like we now have a bit more structure in our household and I have the tools to tackle issues I felt overwhelmed by before. It has also reminded me that it's ok to be 'selfish' sometimes. My mum always says "you can't pour out of an empty cup" and I think it finally makes sense to me"

(Mother, NT)

Program details

The program is an 8-session program and each session is 2hrs long.

For families with an NDIS Individual Funding Package and international families.

The course cost can either be claimed through NDIS Capacity Building funding for Improved Daily Living* or purchased privately. The total cost of the program is \$940 per person or per couple – only limited number of couples per group. (Cost = \$58.75 x 2 hours x 8 sessions).

*NDIS Price Guide, listed as "Item number 117 – Development of Daily Living and Life Skills, Improved daily living skills, 15_038_0117_1_3

During Covid19 it is delivered via video conferencing. **There are various days and times available for you to choose from depending on your availability.** The program is currently available in English, Vietnamese and Urdu.

Please scan the QR code to see the options.

RSVP by 28th January 2022

<https://tinyurl.com/ygfdn9j3>



Limited spaces available so Register NOW. Don't miss the opportunity.

For more information please contact the Now and Next™ team on nowandnext@plumtree.org.au / Facebook: [@NowAndNext2204](https://www.facebook.com/NowAndNext2204) or call us on (02) 9572 8840



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