



# MARCH 2025 NEWSLETTER

## Creating Engaged Lives

### *The Power of Person Centred Active Support*

**At Greystanes, we are committed to ensuring that people with disabilities live engaged and meaningful lives.**

A key approach to achieving this is **Person-Centred Active Support (PCAS)**. It is a best-practice model that enables people to be active in their own lives rather than passive observers.

There is a genuine risk that if people are not supported through active engagement, they may spend their life waiting, watching and hoping for something to happen.

It's up to those providing support to people with disability to adapt the support offered.

Providing enough support in a way that the person prefers makes all the difference.

### **The Difference Between Engagement and Disengagement**

Engagement is more than being present—it's about being involved, making choices, and having meaningful interactions.

When people are engaged, they experience greater independence, confidence, and well-being.

Research from La Trobe University's Living with Disability Research Centre that Greystanes participated in highlights that staff engagement is the most critical factor in supporting people to participate in everyday activities and relationships.



*Gina at the Ballot Box voting with support*

### **This issue:**

- Person Centred Active Support
- Welcome and Congratulations
- Catch-up with Rana
- Home Support Services: What a Team!
- Events
- Photo Gallery

### **Suggested Reading:**

Subscribe to the Monthly NDIS Newsletters  
<https://www.ndis.gov.au/news>

[NDIS Managing your Funds](#)

[Council of Intellectual Disability Resources](#)

In contrast, disengagement—where people are left with little opportunity to be involved—can lead to isolation, learned helplessness, and a reduced quality of life.

## What is Person Centred Active Support?

Person Centred Active Support (PCAS) is built on four essential principles, as outlined by Professor Julie Beadle-Brown (La Trobe University & University of Kent):

### 1. Every Moment Has Potential

Everyday activities—such as cooking, shopping, or personal care—are opportunities for engagement. For example, instead of preparing a meal for someone, support them to be involved, even if it's as simple as choosing ingredients or setting the table.

### 2. Little and Often

Engagement doesn't require big, structured activities. Small, frequent interactions—such as handing someone their mail or supporting them to pay at a store—help build confidence and participation.

### 3. Graded Assistance

Support should be tailored to each person's abilities. Offer enough help to enable success and gradually reduce support as they gain confidence. For example, you might start with hand-over-hand assistance and then transition to verbal prompts.



*Nick is strumming the guitar using graded assistance*

### 4. Maximising Choice and Control

People have the right to make decisions about their own lives. Instead of making choices for them, present clear options and respect their preferences — whether choosing what to wear or deciding what activity to do next.

#### Best Practices for Support Workers

Research from the University of Kent and La Trobe University shows how staff interaction directly impacts the quality of life of the people they support.

To provide the best support:

- **Be Present and Engaged** – Avoid distractions and show genuine interest.
- **Communicate Effectively** – Use clear language and visual aids, and give time for responses.
- **Respect and Promote Human Rights** – Foster dignity, autonomy, and meaningful participation.
- **Create Opportunities for Success** – Focus on what a person can achieve, celebrate progress, and adapt tasks to encourage involvement.

#### Why Engaged Support Matters

Active engagement from support workers transforms lives. When staff are attentive, responsive, and proactive, they create an environment where people with disability feel valued, included, and empowered.

At Greystanes we are committed to embedding Person-Centred Active Support into our daily practice.

By doing so, we ensure that the people we support live with choice, dignity, and active engagement—every single day.

#### For more information:

Skills for Active Support – A resource featuring Greystanes people we support and staff:

[www.everymomenthaspotential.com.au](http://www.everymomenthaspotential.com.au)

## What is Person Centred Active Support continued..



*Vanessa is engaged and has the ability to drop in and out of painting when she feels like it*



*Staff have set up an activity for Melissa and Michael to both enjoy, allowing socialisation and engagement*

# Welcome and congratulations

Welcome to new support workers and congratulations to Bettina Schulz. We are excited to announce the promotion of Bettina Schulz to the new role of Coordinator for Day Programs and Community Participation. Bettina will oversee the coordination of Community Participation and our Day Programs at the Community Centre at 2 Grose Street Leura.



*Bettina Schulz*



*Jana Pliskova*



*Mel McGrath*



*Katia Shirokova*

Jana Pliskova a Team Leader from Home Support Services now has a dual role, working as a Day Program Team Leader two days a week while continuing as Team Leader in Home Support the rest of the week. Team Leaders Mel McGrath, Katia Shirokova, continue their daily oversight, with Bettina coordinating across Day Services to keep things consistent. Contact Details for Bettina Schulz for Day Program matters are Monday to Friday, 9 am - 4 pm. Email: [bschulz@greystanes.org.au](mailto:bschulz@greystanes.org.au) Phone: 0448 382 517

## Catch up with Rana

**Hi everyone!** Today I have had a chat with Michael about TAFE. Michael attends our Greystanes Day Program and on Wednesdays he attends TAFE with a group of people. Michael likes to be called "Bailes".

**Rana: "Hi Bailes, did you enjoy going to TAFE this week?"**

**Bailes: "Yes"**

**Rana: " Did you play cards at TAFE?"**

**Bailes: "Yes"**

**Rana: "Did you meet different people at TAFE?"**

**Bailes: " Yes, I said "hello"!"**

That's it for today! I hope you enjoyed reading the interview!

**Take care everyone!**



## What a team!

We want to acknowledge the work of our Home Support Services Manager, Tory McPhee and the incredible effort that has been put in over the past couple of months to establish a dedicated team providing 24/7 support services to a new participant moving into independence.

This has been no small feat, requiring commitment, careful planning, collaboration with other disability service providers, allied health specialists and the family. We are now at an exciting point where the participant will begin receiving these support services.

As they start to build relationships with the team, we have no doubt that your dedication and compassion as a team will create a positive and supportive environment.



*Individualised Participant Support Training last week organised by Tory*

**Our focus is on  
advocacy, innovation,  
and strong  
partnerships to create  
a better future**

# Upcoming Events



*Her Excellency the Honourable Margaret Beazley AC KC Governor of New South Wales and Mr Dennis Wilson*

## Thursday, 13 March 2025

We are looking forward to a visit from our Patrons, Her Excellency the Honourable Margaret Beazley AC KC Governor of New South Wales and Mr Dennis Wilson around the community centre at 2 Grose Street Leura and introduce them to the wonderful people we support and staff.

## Thursday, 24 July 2025

July is ART Month! We encourage everyone to be creative - it could be a sculpture, a painting, photography, video, etc. On Thursday 24 July we will hold an Art Exhibition here at the Community Centre at 2 Grose Street Leura. Works are for sale and all money will go to the artist. Everyone is welcome to attend, it will be from 11am to 2pm.



**Kayla is preparing her entry using hand over hand assistance, using a roller pin, cutters and paint brush. We can't wait to see what colours and design Kayla has decided to show on the 24 July.**

## Sensorial on tour throughout NSW Art Galleries

If you did not get a chance to see the Sensorial Art Exhibition in 2023 at the Blue Mountains Cultural Centre in Katoomba, you will be able to see it soon as Sensorial will be visiting galleries around NSW. Congratulations to all those who participated in this wonderful and creative event.



*Photo taken at the Sensorial Exhibition in 2023*

# Photo Gallery



*Gina and Jane*



*Jeff is our resident artist*



*Nicole and Mathew meet the Sea Eagles in Leura*



*Chilling with the boys*