



Zorawar's Inspiring Weight Loss Journey

Meet Zorawar, showing us how to keep fit and feel great. Witness his incredible transformation in the featured photos as he loses weight and gains confidence. Zorawar enjoys going to the gym a few times a week with support staff, and with their positive motivation, he engages really well. Let's celebrate and encourage him as he continues on his path to wellness.

Skill Building:

Essential Life skill -Personal Hygiene

At Special Care Australia, we're dedicated to empowering our participants with essential life skills. This month, we're focusing on personal hygiene—a cornerstone of health and well-being.

Personal hygiene is key for health and confidence. By mastering these skills, our participants enhance their quality of life and social interactions.

- Hand Washing: Proper technique and thoroughness to prevent illness.
- Dental Care: Brushing, flossing, and caring for teeth and gums.
- Bathing and Showering: Independent routines for cleanliness and comfort.
- Hair and Nail Care: Maintaining cleanliness and grooming habits.

Our goal is to foster independence while providing support as needed. Through practice and encouragement, we empower participants to care for themselves confidently.

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We kindly request that parents and carers notify us of any doctor's appointment cancellations at least 7 days in advance. This allows us to arrange for a staff member to take the participant to the doctor instead.

Staff Spotlight:



Meet

Dolly

Compassionate Caregiver

This month, our staff spotlight is on Dolly, a devoted caregiver who consistently goes the extra mile to make everyone feel valued and supported. Let's get to know her better:

- Describe yourself in one word:
■ *Kind, energetic, determined and very loyal to my relationships & work.*
- What sports did you enjoy playing growing up?
■ *Badminton & love to watch Cricket*
- Who is your biggest inspiration in life?
■ *My Husband*
- What do people notice most about you?
■ *Not too sure (my family likes that I'm very organised)*

I consider all my participants are my family and I love what I do, every single second I'm spending at SCA I love it.

Menu

At Special Care Australia, we believe in the importance of balanced nutrition for our participants' health and well-being. We offer a variety of flavorful meals including sandwiches, pasta, pizza, wraps, salads, chicken and more. Here are some of items on our menu for this month:

- Butter Chicken and rice
- Meatballs spaghetti
- Kidney beans (Rajmah) and Rice



If you have any particular dish which you think our participants will like, please let us know and we will add them to the menu.