

Where Care Starts..



Bowling Triumph: Defying Odds with Passion!

Meet Christopher, a passionate athlete whose journey in sports exemplifies dedication and achievement. Since the age of 10, Christopher has been actively participating in tenpin bowling competitions. Starting with a junior league, he quickly found his stride, eventually joining Special Olympics at the age of 13.

Christopher's commitment to his sport is evident through his bi-weekly training sessions, preparing rigorously for regional and state-level competitions. With an impressive bowling average of 148 and a highest score of 211, Christopher finds immense joy in achieving high scores, reflecting his deep love for the game.



Beyond bowling, Christopher has also ventured into gymnastics through Special Olympics, where he represented Casey Gymnastics at the State level. His dedication and hard work paid off when he proudly represented Victoria at the Special Olympics National Games in Adelaide in 2018. Christopher's favorite gymnastic feats include daring moves like going upside down on the rings and nailing cartwheels and somersaults on the floor.

Christopher's journey inspires us all to chase our dreams with grit. His achievements in bowling and gymnastics prove that with dedication and talent, anything is possible. Recently, he clinched first place in a bowling competition, making us all proud. Let's continue to cheer on Christopher as he shines in his sporting adventures!

Skill Building:

🚨 Emergency Preparedness Tips 🚨

Ensuring the safety and well-being of our residents and families is our top priority at Special Care Australia. Here are quick tips for staying safe during emergencies:

- **Plan Ahead:** Create a personalized emergency plan with contact numbers, evacuation routes, and essential items.
- **Stay Informed:** Keep up with local alerts and evacuation procedures.
- **Emergency Kit:** Prepare a kit with water, food, meds, flashlight, and documents.
- **Know Your Space:** Familiarize yourself with exits and practice evacuation drills.
- **Equipment Check:** Regularly check safety devices and report any issues.

Remember, being prepared can make all the difference in an emergency.

Stay safe and prepared!

www.specialcareaustralia.com.au

Staff Spotlight:



Meet
Sunita
Home Care Supervisor

This month, we shine the spotlight on Sunita, our dedicated Home Care Supervisor at SCA. She plays a pivotal role in ensuring exceptional care and support for our participants. She is known for her positive attitude and willingness, which significantly enhances the participants' experience and contributes to their overall well-being. Let's get to know her better:

- Describe yourself in one word:
■ **Dedicated**
- What sports did you enjoy playing growing up?
■ **Badminton**
- Who is your biggest inspiration in life?
■ **My mother**
- What do people notice most about you?
■ **Helpfulness & Positive attitude**

Join us in thanking Sunita for her outstanding commitment to our mission.



Physical Fitness – Celebrating the joy of staying active!

At Special Care Australia, we champion inclusivity and believe that everyone, regardless of ability, deserves to enjoy the benefits of an active lifestyle. Whether you enjoy hitting the gym, swimming laps, or engaging in various exercises, there's something for everyone to embrace.

- **Personalized Gym Routines:** We encourage and offer our participants with tailored workouts designed to enhance strength, flexibility, and overall well-being, guided by our supportive staff and instructors.
- **Adaptive Swimming Programs:** Our instructors provide supportive guidance to our participants to build confidence while they dive into the swimming sessions. It's not only refreshing but also a fantastic full-body workout that improves cardiovascular health and endurance.
- **Fun Group Exercises:** Our participants enjoy lively YouTube-led group sessions focused on mobility, balance, and mental clarity in a welcoming environment. From cardio routines to squats and stretches, it's all about keeping them active and engaged in various exercises.

We're here to support you every step of the way. Let's have fun, stay fit, and enjoy the journey together!

Ph - (03) 5906 8722