

# Where Care Starts.



Featured Participant – Gabriel Levi Plotkin

## Gabriel's Journey: Thriving Through Respite Care and New Adventures

Gabriel, a remarkable adult with special needs, has been a cherished member of our Respite program for nearly a year. It has been a truly rewarding experience watching him grow and thrive. Gabriel's individualized respite care is specifically tailored to his unique needs and interests, ensuring that each visit offers meaningful and enriching experiences.

Gabriel's love for cars, trucks, and toys is a big part of who he is. He delights in adding to his ever-growing collection with each visit to respite care. His enthusiasm is contagious, and his collection continues to grow as he discovers new treasures.

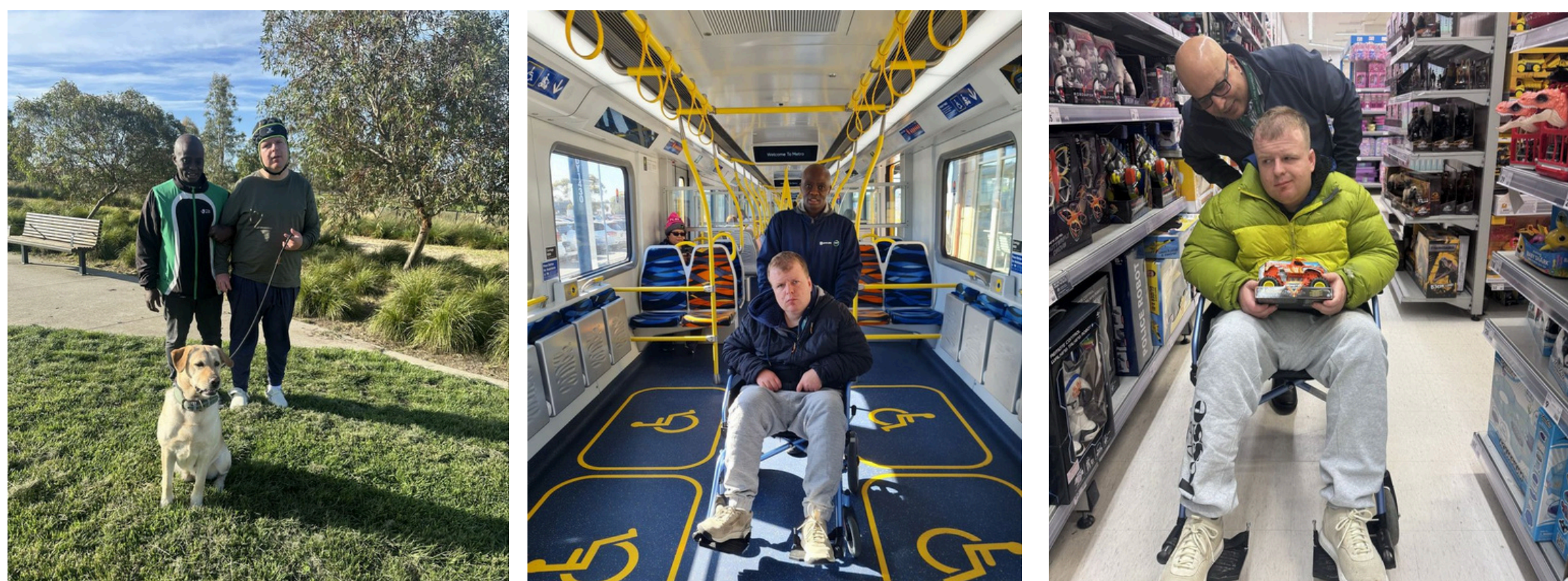
One of his favourite activities is the Arthur Gondola ride, where he can take in stunning scenic views and enjoy the adventure. Gabriel also loves exploring the community, whether it's a relaxing car trip, a thrilling train ride, or simply visiting new places.

Gabriel enjoys time spent at local restaurants after activities, where he indulges in his favourite meals—pasta, lasagna, and hot chips. One of his greatest treats is the cheese, which he always looks forward to with excitement!

In addition to these adventures, Gabriel enjoys a variety of recreational activities, including bowling, swimming, and relaxing walks in the park. Another highlight of his visits is spending time with Popcorn, the therapy dog at SCA. Popcorn has become a special companion, bringing comfort and happiness to Gabriel and all the other participants.

Throughout his time with us at Respite, Gabriel has settled in beautifully. His individualized care ensures that each moment spent with us is both supportive and fulfilling, helping him to embrace every opportunity that comes his way.

We are incredibly proud of Gabriel's progress and look forward to continuing to support him as he explores the world, forms meaningful connections, and experiences all the joys life has to offer.



## Building Lifelong Connections: The Impact of Therapy Dogs on Special Needs Individuals

- **Emotional Support:** Therapy dogs offer unconditional love, reducing loneliness and anxiety, improving emotional well-being.
- **Social Interaction:** Interaction with them fosters communication and helps improve social skills in a safe, non-judgmental environment.
- **Building Trust and Confidence:** Their presence helps build trust, boosting confidence and providing security.
- **Sensory Regulation:** They provide calming sensory input, aiding emotional regulation for those with sensory challenges.
- **Long-term Bond:** The relationship with therapy dogs often becomes a deep, lasting connection, offering ongoing comfort and companionship.

[www.specialcare.au](http://www.specialcare.au)

## Staff Spotlight:



Meet  
**Sunita**  
Home Care Supervisor

This month, we're excited to shine a spotlight on Sunita, a valued Home Care Supervisor here at Special Care Australia (SCA). With over two and a half years of amazing service, Sunita has become an important part of our team, showing dedication and commitment in everything she does.

As a Home Care Supervisor, Sunita goes the extra mile, picking up medications, ordering groceries, and taking care of everyday tasks to make sure everything runs smoothly. Her attention to detail and commitment to providing the best care possible show just how passionate she is about her role. Let's get to know her more :

- Describe yourself in one word:  
■ *Dedicated*
- What Sports did you play growing up?  
■ *Badminton*
- Who is your biggest inspiration in life?  
■ *My Mother*
- What do people notice most about you?  
■ *People notice my friendly and approachable demeanour*

*We're so lucky to have Sunita as part of the SCA family, and we're excited to see all the great things she'll continue to do. Thank you, Sunita, for your hard work, dedication, and kind heart!*



## Nature as a Therapeutic Tool: The Role of Eco-therapy in Disability Support

Ecotherapy uses nature to support the physical and emotional well-being of individuals with disabilities. It provides a holistic approach to healing through direct interaction with the natural environment:

- **Physical Healing:** Ecotherapy encourages physical activity, aiding rehabilitation and mobility.
- **Emotional Support:** Interaction with nature can reduce anxiety and foster emotional healing for individuals with disabilities.
- **Stress Relief:** Natural environments promote relaxation and lower stress, improving overall mental health.
- **Sensory Engagement:** Exposure to nature stimulates sensory processing, providing therapeutic benefits.
- **Connection to Environment:** Ecotherapy helps individuals feel more connected to their surroundings, fostering a sense of belonging and peace.

Ecotherapy offers a powerful tool for supporting individuals with disabilities and enhancing their overall quality of life.

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