



NDIS PROSPECTUS





"To all the staff at The Banyans - where do I begin?"

"You have ALL changed my life FOREVER. I'll never be able to express my gratitude. But know that you have given a broken, helpless person back their life, their smile and their future. That is something money can never pay for. It's been from all the work from the staff here.

"The tools I have been taught are nothing like I have been taught before. My 'toolbox' is filled with a lifetime of strategies that will help me succeed.

"I'm not good at goodbyes so I'm going to keep it short and sweet, but thank you again for pushing me, pulling me (sometimes), and changing my life forever. Thank you for walking alongside me on this journey and saving my life."

PREVIOUS NDIS GUEST



THE BANYANS

HEALTH AND WELLNESS

OUR NDIS PACKAGES
Residential Respite Programs

OUR THERAPIES
Psychology
Equine Assisted Therapy
Neurologic Music Therapy
Art Therapy
Exercise Physiology
Nutritional Therapies
Yoga Therapy
Facets of Wellbeing Curriculum

THE NEXT STEPS

OUR NDIS PACKAGES

The Banyans Health and Wellness is proud to offer short term accommodation and residential respite programs for plan-managed and self-managed National Disability Insurance Scheme (NDIS) participants.

Residential Respite

Our Residential Respite Packages are generally based on 14-days. These packages are based upon Short Term Accommodation plus supports in the Core - Assistance with Daily Life, Capacity Building - Improved Health and Wellbeing and Capacity Building - Improved Daily Living Support Categories.



RESIDENTIAL RESPITE PROGRAMS

Example based on a 14-Day Program

PRODUCTS AND SERVICES	PRICE PER UNIT	UNIT	QTY	TOTAL PRICE
STA And Assistance (Inc. Respite) – 1:1 – Weekday 01_058_0115_1_1	\$1,928.20	Per day	10	\$19,282.00
STA And Assistance (Inc. Respite) – 1:1 – Saturday 01_059_0115_1_1	\$2,465.80	Per day	2	\$4,931.60
STA And Assistance (Inc. Respite) – 1:1 – Sunday 01_060_0115_1_1	\$3,124.12	Per day	2	\$6,248.24
Delivery of Health Supports by an Registered Nurse – Weekday Daytime 01_606_0114_1_1 or 15_406_0114_1_3	\$110.40	Per hour	6	\$662.40
Assessment Recommendation Therapy or Training – Exercise Physiologist 15_200_0126_1_3	\$166.99	Per hour	6	\$1,001.94
Assessment Recommendation Therapy or Training Supports – Dietitian 01_760_0128_3_3 or 15_062_0128_3_3	\$193.99	Per hour	2	\$387.98
Assessment Recommendation Therapy or Training – Counsellor 15_043_0128_1_3	\$156.16	Per hour	2	\$312.32
Assessment Recommendation Therapy or Training – Psychologist 15_054_0128_1_3	\$214.41	Per hour	8	\$1,715.28
Assessment, Recommendation, Therapy or Training – Social Worker 15_621_0128_1_3	\$193.99	Per hour	2	\$387.98
Assessment, Recommendation, Therapy or Training – Equine Therapy 15_056_0128_1_3	\$193.99	Per hour	1	\$193.99
Assessment Recommendation Therapy or Training – Art Therapist 15_610_0128_1_3	\$193.99	Per hour	2	\$387.98
Assessment Recommendation Therapy or Training – Music Therapist 15_615_0128_1_3	\$193.99	Per hour	2	\$387.98
Innovative Community Participation – Yoga Therapy 09_008_0116_6_3	\$150.00	Per hour	6	\$900.00
Innovative Community Participation – Facets of Wellbeing 09_008_0116_6_3	\$550.00	Per course	1	\$550.00
			Total	\$37,349.69



OUR THERAPIES

The therapies we offer are unique. All delivered one-on-one, we understand that each of these therapies must be assessed against the NDIS participants' goals.





PSYCHOLOGY

What is psychology?

Psychology is the science of understanding how people think, feel, behave and learn. Although all people are inherently unique, humans as a whole tend to respond in similar ways to similar circumstances.

As a type of treatment, psychology can take many different approaches, as guided by your therapist. These approaches may include:

- Cognitive behaviour therapy;
- Acceptance-commitment therapy;
- Dialectal behaviour therapy;
- Brainspotting therapy; and
- Many other research-based approaches.

A typical psychology session is founded in conversation between the guest and therapist. Depending on the psychological approach, you may also complete a number of activities, imagery exercises or meditations.

Benefits of psychology

The purpose of psychology at The Banyans is to help you better understand your thoughts, behaviours and circumstances. It is also oriented to finding solutions to your problems. A significant portion of your psychological treatment will be focused on developing realistic, healthy and practical strategies for the future.

EQUINE ASSISTED THERAPY

Equine Assisted Therapy is one the most unique therapeutic inclusions offered by The Banyans Health and Wellness. Dr Anja Kriegeskotten is the Consultant Psychiatrist and EAGALA Certified Mental Health Professional at The Banyans, and has been practicing for over twenty years.

Dr Anja explains, “the horses have innate communication and mirroring mechanisms for survival of their herd. Using these characteristics to reflect the human state, the horses help us better recognise our emotions and reactions.”

When in recovery, some people do not know how to identify, deal with, and process their emotions. Equine Assisted Therapy is not a mode of therapy as such, but rather a frame that can be used to apply other psychological approaches.

Although there is no horsemanship or riding involved with the therapy, initial sessions utilise grooming techniques to help guests become comfortable with the herd, make contact and learn about each horse's personality. From there, you will progress using mindfulness, symbolism and one on one activities with the herd.

Dr Anja says that, “the more open a client is, the deeper the work can go.” Using the horses removes barriers of language, basic mistrust of people or fear of embarrassment. People who get the most out of Equine Assisted Therapy are accepting of the fact that there is no ‘right way’ to do it.

Dr Anja reflects on the fact that while a significant amount of realisation and insight is gained in the arena with the horses, most of the processing and understanding of emotional circumstances occurs outside of the arena. This can occur on your own, or with your other therapists.



NEUROLOGIC MUSIC THERAPY

Neurologic music therapy is the creative use of music to improve and maintain positive health and wellbeing.

Music therapy differs from music education or entertainment as it engages the individual through music symbolism. At The Banyans, a range of active and receptive music therapy techniques are used to attain specific wellness outcomes, specifically on an emotional level.

Guests have personalised, individual sessions with a neurologic music therapist to help encourage personal discovery, self-understanding, social connection, relaxation and improved communication.

Music therapy has been recognised as a research based therapy modality in Australia for more than 40 years.

ART THERAPY

Art therapy is a form of expressive therapy that uses the creative process of making art to improve a person's wellbeing.

It has been shown to have excellent effects on stress relief and self-understanding by engaging the right side of the brain (which stores implicit and non-verbal memories or feelings). Art therapy often employs the use of paint, pens, pencils, water colours and paper crafts to engage in a guided conversation with your therapist.

Through an empathetic approach, your therapist will gently guide you through their unique journey of creative expression and wellbeing while nurturing curiosity and self-compassion.

Art therapy provides opportunities for creative enjoyment, mindful relaxation, self-enrichment and self-discovery. People may gain emotional or cognitive processing tools, develop insight, discover new possibilities and try out new activities and different art media including painting, collage, drawing and sculpture. A recent WHO report examined over 3,000 studies of arts-based therapies and found strong evidence for the positive impact of the arts on physical and mental wellbeing.



EXERCISE PHYSIOLOGY

Our physical health team is lead by exercise physiologists, who designs individual exercise plans for each guest of The Banyans. Your plan will take into account your current level of physical fitness, mobility, flexibility and other existing conditions. Body measurements (such as lean muscle mass and percentage of body fat) are taken at the beginning and end of your program to track your progress.

An exercise physiologist will work with you to activate your physical health plan designed by our exercise physiologist. These sessions will motivate and inspire you to adopt healthy exercise habits and will also grow healthy lifestyle leadership and discipline.

Benefits of exercise physiology include:

- Lower blood pressure and cholesterol
- Improved sleep/wake cycle
- Increased vitality
- Improved libido
- Core strength
- Flexibility
- Cardio fitness
- Improved muscle tone and body sculpting
- Improved body mass ration (BMI)

NUTRITIONAL THERAPIES

Nutrition is essential for every body. Nutritional health contributes to your body's everyday functioning, detoxification processes, immune function, energy production, mood balancing, stress regulation and sleep. When your body is exposed to nutritional stress or deficit, many internal processes become disrupted, ineffective or compromised. Gut health influences access to nutrition, your brain chemistry, and behaviour; with your gut microbiota responsible for 60-90% of your serotonin and dopamine production. These two neurotransmitters underlie feelings of wellbeing and happiness.

There are a variety of tests that can be undertaken at The Banyans Health and Wellness depending on your circumstances. This may include analysis of food intolerances, histamine levels, genetic markers, blood pathology, vitamin and mineral status, organ function and hormone profiles.

Nutritional therapy at The Banyans involves a thorough nutrition status assessment using advanced genetic testing and consideration of your health and lifestyle history. A personalised care plan is tailored to your individual deficiencies and dietary preferences, thus encouraging long term gut health, overall health and recovery.



YOGA THERAPY

Stretching, twisting and weight-bearing exercises help the body to function effectively, allowing it to eliminate toxins and promote wellness. When breathing techniques are incorporated into the practice the body becomes invigorated and alert, but also calmer. Physical benefits of Yoga also include increased muscle tone and core strength, which is important as we age. Yoga can reduce your risk of injury, help with managing stress, along with increase concentration, strength, flexibility, stamina and balance. Yoga at The Banyans is designed to help achieve a positive outlook on life. People of all ages, size, shape and ability can practice Yoga. The beauty of Yoga is that it can be practiced anytime and anywhere, without the need for specialised spaces or equipment so you learn a skill to take away and implement into daily life.



FACETS OF WELLBEING CURRICULUM

The Facets of Wellbeing sessions help you explore the six dimensions of wellness and what that looks like in your life context. These sessions will inform and empower you to create a healthy, balanced and holistic lifestyle.

The Facets of Wellbeing are:

- Physical Wellbeing
- Spiritual Wellbeing
- Emotional Wellbeing
- Social Wellbeing
- Intellectual Wellbeing
- Occupational Wellbeing

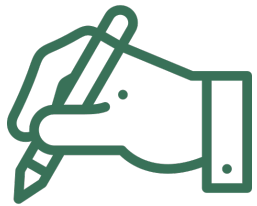
THE NEXT STEPS



Make an enquiry on **1300 226 926**
or at **thebanyans.com.au**



Speak with our **Intake Team** to
discuss the NDIS participants' **plan**
goals and desired program



Organise for the NDIS participant
to complete an **Intake**
Assessment and **finalise their**
tailored program



Commence the program at The
Banyans Health and Wellness





The Banyans Health and Wellness, QLD Australia

For information, or to book a confidential assessment for you or someone you care about
Call **1300 BANYAN** (+61 1300 226 926) or email wellness@thebanyans.com.au



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