







- The -

Argotrust



Dayna Atkinson  
Manager



- Respect
- Promoting & maintaining dignity
- Providing opportunity



- Massage therapy
- Occupational therapy
- Dental therapy
- Physical therapy
- Music Therapy
- Sensory stimulation
- GP home visits
- Dietician
- Hydrotherapy















































*Cheers!*



Sarah Black



























































## Club Argo

**Team leader:** Valeska Catalan

**Objective:** Day service for our six residents, focusing on community participation and lifestyle opportunities

**Operates:** Monday to Friday

**Staff:** 4

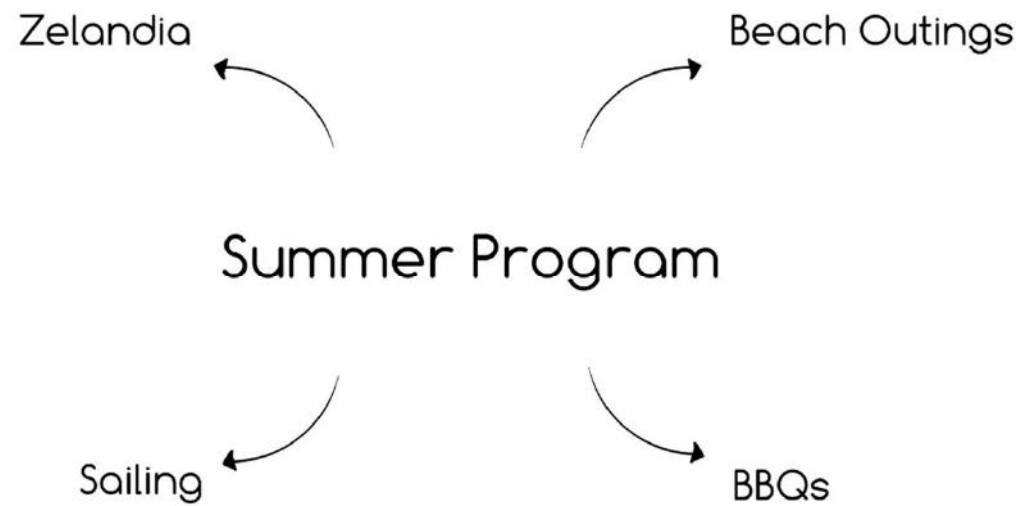
**Mode:** Group or Individually




How do we create our  
program?

## Club Argo

- Supported Lifestyle Plans (SLP)
- We incorporate each SLP into our Club Programs.
- This system help us to monitor the achievement of resident goals.

# Seasonal Club Program



Monday Stretches 9-10	Tuesday Stretches 9-10	Wednesday Stretches 9-10	Thursday Stretches 9-10	Friday Stretches 9-10
<p>Everyone to <b>Zealandia</b> for morning tea and a hike</p> 	<p>Sophie &amp; Stephanie, <b>massage and spa.</b></p>  <p>Glenn &amp; Hayden, <b>massage.</b></p> <p>Aiden &amp; Marty, <b>home activities.</b></p>	<p><b>All Day Picnic</b> e.g. Kaitoke Island Bay Scotching Bay BBQ/Picnic Lunch</p>	<p>Aiden, <b>MASS with Dad.</b></p> <p>Marty &amp; Glenn <b>Hydrotherapy.</b></p> <p>Sophie, Stephanie and Hayden <b>gym at Laura Fergusson.</b></p>	<p>Sophie, Stephanie and Aiden, <b>craftability or gym at Laura Fergusson</b></p> <p>Glenn &amp; Hayden <b>Sailability . Marty morning tea outside</b></p> 
<b>Lunch</b>	<b>Lunch</b>	<b>Picnic</b>	<b>Lunch</b>	<b>Lunch</b>
<p>Afternoon tea at <b>Oriental Bay</b></p> 			<p>Glenn, Hayden, Marty, Sophie, Stephe and Aiden <b>Bowling</b></p>  <p>Glenn 1-1 Music Therapy (fortnightly)</p>	<p>Glenn, Hayden, Marty, Aiden, Sophie and Stephanie</p> 



















# Seasonal Club Program



Monday Stretches 9-10	Tuesday Stretches 9-10	Wednesday Stretches 9-10	Thursday Stretches 9-10	Friday Stretches 9-10
<p>Morning tea at Zealandia</p> 	<p>Sophie, Stephanie, Glenn, Lisa and Hayden massage</p>  <p>Marty, Spa or outing to the coffee shop</p>	<p>Vincent art, Glenn and Lisa</p>  <p>Spa or outing for Sophie, Steph, Marty and Hayden Music therapy with Thumps up once a month for everyone</p>	<p>Glenn and Marty, swimming pool once a fortnight</p>  <p>International cooking, Sophie, Steph, Hayden and Lisa</p>	<p>Sophie, Stephanie and Lisa gym at Laura Fergusson</p> <p>Glenn, Hayden Sailability, Marty will join them</p> 
<p><b>Lunch</b></p>	<p><b>Lunch</b></p>	<p><b>Lunch</b></p>	<p><b>Lunch</b></p>	<p><b>Lunch</b></p>
<p>Outing to the SPCA</p>  <p>Sophie has music therapy with Rani once a fortnight</p>		<p>Bowling with all the residents</p> 	<p>Open afternoon. Glenn and Hayden music therapy with Rani once a fortnight</p> 	<p>Glenn, Hayden, Marty, Lisa, Sophie &amp; Stephanie</p> 





















## Supported Lifestyle Plans (SLP)

Management ↔ Team Lead  
Parents

- Activities will depend on the residents and families wishes & consideration of previous achievement.
- Yearly creation and implementation of plans.
- One or two staff are responsible for coordination of the program.







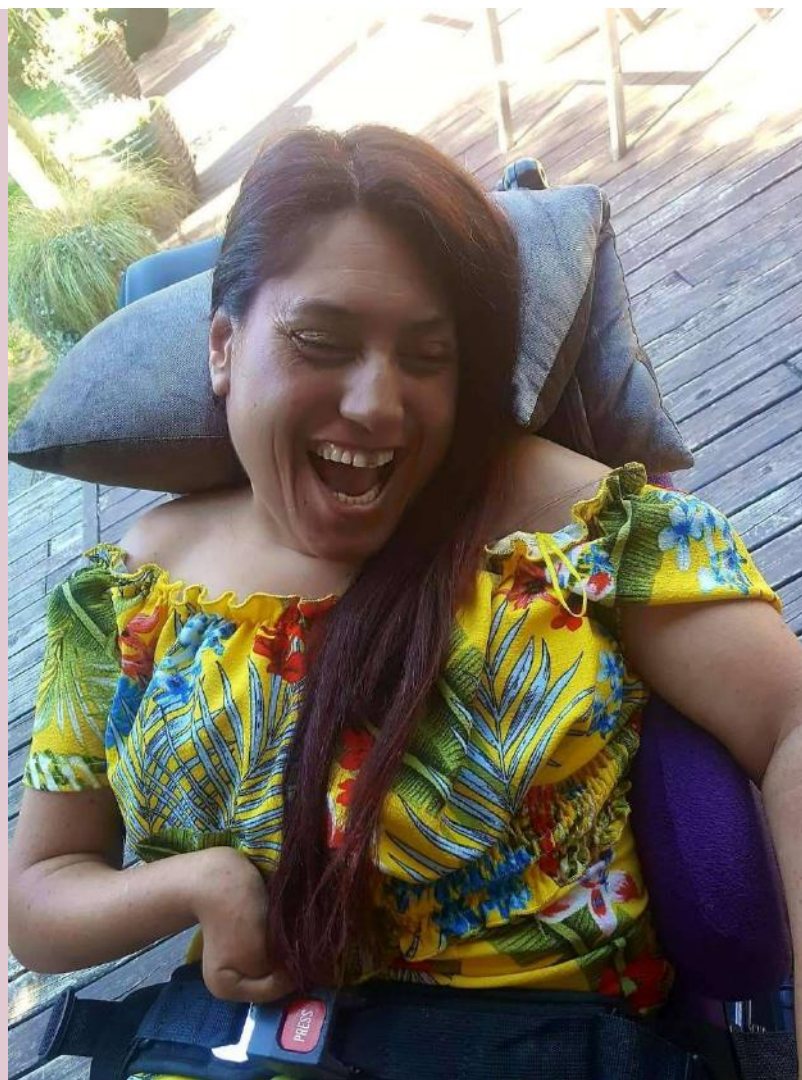




































## Physio Program

- Delivered and created by our head Physiotherapist who visits yearly.
- 30 minutes of personalized stretches for each resident.
- Assists in maintaining and promoting movement and mobility.

**2. Arms and shoulders** (place a heated wheat pack on Soph's biceps for 15 min)



Stretching the biceps in stages, open Soph's arms out towards being straight, holding for 20 sec. Repeat up to 10 times.  
**Stabilize Soph's shoulder**



Rotate the shoulder with small circular movements, increasing range as the shoulder warms up. Repeat up to 10 times each direction  
**(Stabilize Soph's shoulder with your hand)**



Stabilising the opposite shoulder to the one being worked, move the arm toward the centre line. **Stabilize Soph's shoulder with your hand.** Hold stretching for 15 sec. Repeat up to 10 times

- Stabilize Sophie's shoulder with your hand (by holding it) and move out to the side to a neutral position, then move Sophie's forearm to upward and back to the neutral position



When Sophie's arm is out to the side use your hip to hold and extend the stretch

**Sophie stretches**  
(LEFT ARM AND SHOULDER)

- Goals:**
- Improve movements
  - Decrease spasticity
  - Increase range of movement of the joints

**Starting position 1**  
Sophie lying on her back.  
Elbow is in a 90 degree flexion  
Palm facing down (pronation)



**Line of movement**  
Rotate Sophie's forearm into a neutral position.

**End of position**  
Palm facing towards the trunk (neutral position)



(hold position for about 10 sec and repeat up to 10 times)

**Starting position 2**  
elbow is in a 90 degree flexion  
palm facing towards the trunk (neutral position)



**Line of movement**  
Rotate Sophie's forearm into supination (palm facing up)

**End position**  
Supination of forearm (palm facing up)



(hold position for about 10 sec and repeat up to 10 times)



Wrist straps

Forearm straps

- Bring the crotch support through Marty's legs, attach and tighten to the point that his legs are relatively straight. If his legs are bent there is more danger of him toppling and he doesn't fully extend as he walks.



Pull up the crotch support if needed to lift Marty

Pull up the back of the crotch support if needed to lift Marty

- Marty will communicate when he has finished walking.

## 2. Cycling

- Marty needs to be lifted onto the seat with two staff. See picture below.



For a safe lift, ensure that each staff holds one of Marty's arm and leg

- Once Marty is sitting on the bike, fasten the seat belt and tighten if needed.
- Connect the upper body support to the frame of the bike and fasten the upper body strap.
- Marty's feet will need to slide into the feet support found on the pedals. Fasten ankle and foot straps.
- If Marty wants to, he will let you apply the handlebar straps to his wrists; Marty is often happy to have his hands free while he is riding. He will often reach for the handlebar and hold onto it with one hand.

Monday	Tuesday	Wednesday	Thursday	Friday
			(Aiden has Mass on Thursday)	
Walking with Robert	Walking	Swimming pool	Walking	Walking
Standing hoist	<b>Massage</b>	Stretching feet 3 Stretching hip 4 Stretching hip 4.1 Stretching hip flexor 4.2 And 5	Hands and wrist 1 Elbows and shoulders 2 Shoulder rotation 2.1 Biceps 2.2 Shoulder and upper back 2.3 Hand splint	Exercises al Laura Fergusson
Hands, fingers wrist 1 Arms and shoulders 2 Diagonal 3 Hand splint	Legs and hip 4 Feet 5 Diagonal 3 Hand splint <b>Massage</b>	Hands, fingers wrist 1 Arms and shoulders 2 Diagonal 3 and the new one <b>Hand splint</b>	Legs and hip 4 Feet 5 Diagonal 3 and the new one	Exercises al Laura Fergusson
Chest, shoulder and arms 5 Hip flexor and abdominals 2 Walking with crutches	Walking with crutches <b>Massage</b>	Walking with crutches	Swimming pool	Walking with crutches Massage
Walking	Toe traction and mobilization <b>Massace</b>	Walking	Walking	Exercises al Laura Fergusson









## Conclusion

Our work is very rewarding which motivates us to do the best we can.

Families and staff are excited to see residents meeting their goals and families often remark that they never thought their son or daughter would have the opportunity to be involved in certain activities

The people we support are non verbal, but as you will be able to see from the footage we will show, but everyone we support, has their own language. Being observant of communication, shows us that we are doing the right thing.



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