

EVERYDAY INDEPENDENCE HABIT COACH SERVICE

Accelerating the development of life enhancing habits



> Habit Coaches – helping you achieve more everyday

Working under the guidance of your therapist, Habit Coaches are a supportive member of your therapy team. They help build and support therapy into everyday life routines to help you achieve your everyday goals.

> Why Habit Coaches are an important part of your team

- > You'll be supported to live to your full potential to enjoy an everyday life.
- > You will develop everyday routines like preparing meals, organising your day, catching public transport.
- > You'll be visited more frequently for routine development and habits practice between therapy sessions.
- > It makes your funding go further with supports that help you build on everyday tasks.

“ We understand the importance of goals and outcomes but we know that it is the daily processes, habits and routines that enable us to get everyday things done and feel satisfied with life. Habit Coaches can make a real difference in helping people to enjoy an everyday life.”

Leanne Healey,
Director, Everyday Independence



Alice's goal and routine practice

Alice is 13 and has just started high school. Alice's goal is to catch the bus to school by herself and be on time.



- > Her therapist has developed a therapy plan to support her and has suggested a Habit Coach provide Alice with extra support.
- > The Habit Coach will visit Alice between therapy sessions so she can develop her skills sooner.
- > The Habit Coach arrives at Alice's in the morning to help her follow her new routine, so she knows what to do, when, and in what order.
- > This might include supporting Alice to build her skills so she can shower independently, eat breakfast, get dressed and pack her bag for the day, all in time.
- > Taking a new bus route, the Habit Coach would help Alice with managing time, reading the time-table, and assist her with knowing which stop she needs to get on and off the bus. They would practice this routine together.

To find out more about how you could benefit from a Habit Coach, please speak to your therapist.



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> Who are Habit Coaches?

Graduates with a degree in health, disability or related field, or tertiary students studying a bachelors degree in a health related field (in years Years 2, 3, or 4) or people with a Cert. III or IV in Allied Health Assistance (or similar) who want to help people reach their full potential.

> What's the difference between a Habit Coach, Support Worker or an Allied Health Assistant?

Habit Coaches provide bursts of support between therapy sessions to assist with practicing daily habits in your everyday environment, making lifelong impacts to routines.

> How long is a Habit Coach session?

Habit Coaches will come to you, where you live, work, learn or play. Habit Coach sessions can vary in duration and frequency. With a minimum of 3 hour sessions, they can go for 5 weeks to 20 weeks depending on your therapy needs and goals.

> How much does a Habit Coach cost?

Habit Coaches are classified as Capacity Building supports and provide services at the level 2 therapy assist rate of \$86.79 per hour. Everyday Independence follows the NDIS Price Guide for all our fees and charges.



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Please speak directly to your therapist to understand more about incorporating a Habit Coach into your Everyday Independence therapy plan.

www.everydayind.com.au

1300 179 131

**Monday – Friday
8am – 6pm**