

HABIT COACHES



Accelerating positive life habits

Everyday Independence brings a range of complementary team skills to plan and deliver therapy that's tailored to make the most of your NDIS funding. Our habit coaches are allied health assistants who work under the guidance of practitioners to accelerate the development of habits and routines that make everyday independent life possible.

How habit coaches work with you and your team

Our practitioners use therapy sessions to understand you, your skills, needs and aspirations, and plan the therapies to create positive, lasting change. The success of your plan then depends on what

happens in between therapy sessions, when support to practice newly developed skills and routines needs to come from family members or other members of your support team.

Habit coaches spend bursts of extended time between therapy sessions to help practice new skills and develop new routines in everyday settings:

- They visit frequently for routine development and habit practice sessions
- They focus on aspects of everyday life important for independence, such as preparing meals, catching public transport or organising your day
- All of which leads to living to your full potential and enjoying everyday life sooner, rather than later.





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 practitioner 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.

Who are habit coaches?

They're graduates, or students (in Years 2, 3, or 4) with a degree or bachelor in health, disability or related field, or a Cert III or IV in Allied Health Assistance (or similar). They have a shared purpose of wanting to help people reach their full potential, and work under the direct supervision of your practitioner.

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 coach sessions vary in duration and frequency. With a minimum of three hour sessions (including travel), 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 (at April 2022). Everyday Independence follows the NDIS Price Guide for all our fees and charges.



Scan the QR code for more information or speak to your practitioner about incorporating a habit coach into your Everyday Independence therapy plan.



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everydayind.com.au

1300 179 131

Monday – Friday, 8am – 6pm

