

**January, 2026**

## What's New at Thrive House!

We are proud to partner with Kloudify on a digital transformation that truly supports what matters most, safe, trusted and responsive care.

By strengthening our systems across our SIL houses, our teams are better equipped with secure, mobile-first tools that reduce admin, protect sensitive information, and support consistent, high-quality care for our service users.

This partnership isn't just about technology, it's about trust, accountability and empowering our workforce to focus on people, not paperwork.



### Big thanks to Empower Golf Australia!

Our NDIS Adults Day Program headed out from the Community Hub to the Maroochy River Golf Club for a fun-filled day in the sun and it did not disappoint!

The accredited, specialised coaches from Empower Golf Australia brought the energy, expert guidance, and inclusive approach that helped everyone feel confident, supported, and ready to give it a go.

Amazing people. Amazing experience. 🏌️👤♂️

---

# Community Hub Updates

## NURTURING SOCIAL SKILLS AND INDEPENDENCE

Our NDIS Day Program has officially kicked off on 28 January, and we are looking forward to welcoming participants into a program focused on connection, wellbeing and meaningful community experiences.

One of the outings planned is a relaxing and adventurous visit to the Maroochydore Botanic Gardens, located in the heart of Gubbi Gubbi Country.

Program Manager Jessie shares why this location was chosen:

**“We chose to explore the Maroochy Botanical Gardens because it is a calm and inviting space with so much to discover. The winding trails, sculptures and gardens encourage exploration and adventure in a relaxed way.”**

With accessible pathways, peaceful spaces and plenty to explore, the gardens provide an inclusive environment where participants can move at their own pace, connect with nature and enjoy shared experiences.

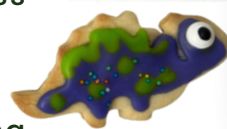
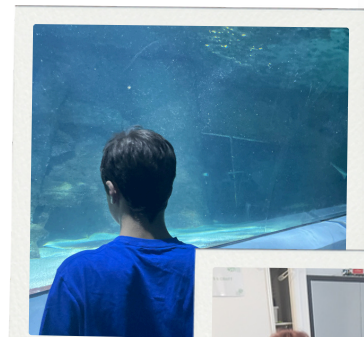
This is just one example of how our Day Program supports wellbeing, social connection and meaningful time spent in the community.

## HIGHLIGHTS FROM THE HOLIDAY PROGRAM

Our holiday program was a huge success, with a great mix of new and returning participants.

Some highlights included:

- A fun Jingle Jams Holiday Party to wrap up the year, featuring karaoke, dancing and festive dress ups
- Building life skills through travel training, including learning to use the public bus network, visits to the local library and hands on cooking sessions
- Creating lasting friendships through recreational activities such as swimming, bowling and a visit to the aquarium





---

## MEET OUR SUPPORT COORDINATION TEAM:

BEHIND EVERY SMILE IS EXPERIENCE, CARE, AND COMMITMENT.

Our friendly and experienced Support Coordinators are available to meet and talk through NDIS plans in a clear, supportive way that is tailored to individual needs. Support includes understanding available funding, identifying supports that align with personal goals, and assisting with connections to the right services.

Whether someone is new to the NDIS, preparing for a plan review, or seeking more consistent and responsive support, the team is here to listen, provide practical guidance, and walk alongside participants as confidence, independence, and choice in supports continue to grow.



### NDIA POLICY UPDATE: THRIVING KIDS

Thriving Kids is a proposed early intervention program for children aged 0 to 8 with mild to moderate developmental delay or autism, aimed at providing support through community and mainstream services rather than the NDIS. The program has been delayed while federal and state governments continue to finalise funding and delivery arrangements, meaning there are no immediate changes to current NDIS early childhood supports.



## BEHAVIOUR IS COMMUNICATION

UNDERSTANDING WHAT CHILDREN ARE REALLY TELLING US THROUGH BEHAVIOUR

Children do not use challenging behaviour to be difficult. They use it because it works for them in that moment, or because they do not yet have the skills to cope in another way.

---

When behaviours such as aggression, refusal, meltdowns, shutdowns or ongoing defiance occur, a child's brain is often operating in survival mode rather than thinking mode. The developing brain prioritises safety, connection and predictability. When these feel threatened, the nervous system takes over and access to reasoning, language, impulse control and emotional regulation is reduced.

In these moments, behaviour becomes communication. It may be expressing overwhelm, confusion, fear, a need for support, or a need to regain a sense of control.

This is why consequences alone are often ineffective. When a child is dysregulated, they are unable to reflect, problem solve or make better choices. Repeated punishment can increase stress and lead to escalation, avoidance or shame rather than positive change.

Research consistently shows that behaviour improves when adults focus on regulation, relationships and skill building. Calm communication, predictable routines, co-regulation, teaching replacement skills and reducing sensory or emotional overload all support children to succeed.

Although raised voices or dominating responses may stop behaviour in the short term, these approaches can undermine trust and emotional safety over time. When children feel understood rather than punished, trust grows, emotional skills develop and behaviour reduces naturally.

## WHAT BEHAVIOUR MAY BE COMMUNICATING:

- "I'm overwhelmed or stressed."
- "I don't understand what's expected of me."
- "This feels unsafe, unpredictable or too hard."
- "I don't yet have the skills to cope with this."
- "I need connection, support or a sense of control."

## WHAT HELPS BEHAVIOUR CHANGE

- Predictable routines and clear expectations.
- Calm, supportive communication.
- Co regulation, calm adults help calm children.
- Teaching replacement skills such as words, choices or asking for breaks.
- Reducing sensory and emotional overload.



## Psychology Fact

A child's brain develops emotional regulation skills through repeated experiences of being regulated by calm, supportive adults. Children are not born knowing how to manage big emotions, they learn it through safe relationships over time.

---

As we reflect on 2025, we are incredibly proud of what has been achieved. It has been a year of growth, connection and positive outcomes for the people we support, made possible by the dedication and commitment of our team.

As we look ahead to 2026, we are excited about what's to come and the opportunities it brings to continue building strong supports, meaningful programs and positive community connections. Thank you to everyone who has been part of this journey. We look forward to another year of learning, growth and shared success together.

---



## Contact & Feedback

At Thrive House, we value your feedback! If you have any suggestions, questions, or need additional support, please reach out to our team. You can contact us by email at [hello@thrivehouse.com.au](mailto:hello@thrivehouse.com.au) or call us on **1800 231 231**



Thank you for reading!

THRIVE HOUSE	1800 231 231
<a href="http://www.thrivehouse.com.au">www.thrivehouse.com.au</a>	Suite 2, 39-45 First Ave Mooloolaba, QLD 4557