NDIS PROGRAMS
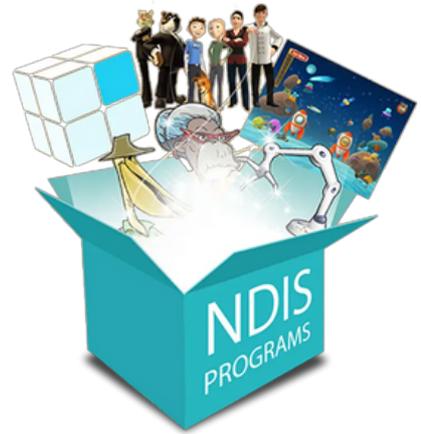## INFO PACK

Online exercises
train 30 minutes per day on your computer or iPad at home

Weekly video chat
(or phone call if you prefer) with your coach

Train
your cognitive, language and social skills fast

To join, **book a free consult** or call us on **0485 883 049.**

We look forward to working with you.

NDIS
PROGRAMS

Who are the Sonic Learning courses for?

Our **cognitive skills programs** improve the following skills:

▶ **Listening** (auditory processing)

▶ **Communication** (receptive and expressive language)

▶ **Attention** (focus and concentration)

▶ **Auditory memory** and **working memory**

▶ **Literacy** (reading comprehension & skills needed for writing)

Our **social-emotional skills program** improve the following skills:

▶ **Recognising and coping with feelings** such as anger, frustration and sadness

▶ **Participating** in groups and conversations

▶ **Respecting personal space** and interpreting **non-verbal communication**

▶ **Building friendships** and dealing with **peer pressure and teasing**

▶ Understanding **figurative language**

If your plan goals involve the above skills and you're committed to improving these skills fast and at your own level and pace, this individualised, targeted and intensive program may be for you.

I like being able to challenge myself and decide when I want to do my exercises.
- *Ryan*, QLD*

* to protect client privacy, name has been changed

Sonic Learning | 0485 883 049 | info@soniclearning.com.au | www.soniclearning.com.au
Information & pricing valid as of 15/2/2024 and subject to change.

NDIS PROGRAMS

NDIS Programs

Program	EF Kids	Fast ForWord Foundations & Elements	Fast ForWord Reading	Cogmed	Social skills
Age	3+	6+	6+	7+	5+
Executive function	✅	✅	✅	✅	
Cognitive function	✅	✅	✅	✅	
Attention	✅	✅	✅	✅	
Memory	✅	✅	✅	✅	
Language skills		✅	✅		
Social skills					✅
Emotional regulation					✅

Note: Age listed is approximate and a guide only. Please speak with us about program suitability for yourself or your child.

NDIS
PROGRAMS
INFO PACK
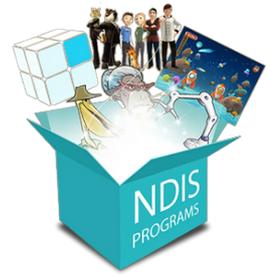
What's included

3 months' access to neuroscience-designed home practice computer exercises ✓

1 x intake meeting and at least 10 x weekly video conference/telephone consultations with a program specialist ✓

Personalised and responsive programs adapted to your learning needs ✓

Home practice exercises available on computer or iPad* ✓

Choose to do one or two programs simultaneously ✓

Choose from a range of training protocols from 20 to 50 minutes per day (depending on the chosen program) ✓

Email support ✓

24/7 access to resources on our website ✓

Discounted course extension (optional) ✓

*Fast ForWord is available for computer or iPad running iOS 11.3 or later.
Cogmed is available for computer and most tablets.
Social Express is available for computer and iPad but works best on computer.

The exercises

Before you begin your program, we'll discuss together which program is best for your needs.
To see demos, visit **www.soniclearning.com.au/ndisvideos**

Cognitive skills programs

EF Kids
- Executive functioning skills:
  - working memory
  - attention & inhibition
  - cognitive flexibility

Fast ForWord Foundations I
- Auditory processing and processing speed
- Auditory memory
- Following instructions, grammar, receptive language
- Attention

Fast ForWord Foundations II
- Builds on Foundations I, extending the same skills
- Adds visual elements to activate visual and auditory areas of the brain

Cognitive skills programs, continued

Fast ForWord Elements I
- Similar to Fast ForWord Foundations I
- Graphics adapted for teenagers and adults

Fast ForWord Elements II
- Builds on Fast ForWord Elements I
- Adds additional language elements (story comprehension and following instructions)

Cogmed
- Attention
- Working memory

NDIS PROGRAMS

Social-emotional skills program

Skill Level 1 - LEARN

26 Interactive webisodes

- Remember basic social communication, self-regulation and conflict resolution rules
- Identify basic feelings
- Follow simple directions
- Pay attention
- Make requests

Skill Level 2 - CONNECT

26 Interactive webisodes

- Become more independent
- Initiate social interactions
- Generalise new skills

Skill Level 3 - ENGAGE

27 Interactive webisodes

- Express emotions
- Increase problem-solving skills
- Analyse communication breakdowns
- Make appropriate and effective judgements

NDIS PROGRAMS

INFO PACK

Enrolment checklist

☐ **Have I watched the relevant videos at www.soniclearning.com.au/ndisvideos?**

☐ **Do I have enough funds for this program?**
- *1 program at a time (cognitive skills only) = $1548 for 3 months*
- *2 programs at once (cognitive skills and social skills) = $1860 for 3 months*
- *Course extensions after the first 3 months are significantly discounted*

Depending on your needs and chosen program, we'll use one of these codes:
- *Capacity building (Improved Daily Living): 15_056_0128_1_3*
- *Core: 01_741_0128_1_3 (usually only used if above is exhausted)*
- *Capacity Building (Increased Social & Community Participation) 09_008_0116_6_3*
- *Capacity Building (Improved Relationships) 11_024_0117_7_3*

☐ **Is my funding self-managed or plan-managed?**
If you're not sure, call us to discuss.

☐ **Am I willing to commit time each week for 3 months to a video conference/telephone consultation?**
Don't stress about this! We know you're busy and we'll do our best to fit in with your schedule and preferred method of communication.

NDIS
PROGRAMS
INFO PACK

Enrolment checklist, continued

☐ **For parents** - am I willing to commit 30 minutes per day, 3-5 days per week, to sit with my child while they complete the online exercises?

☐ **For adults** – am I willing to commit 30 minutes per day, 3-5 days perweek, to completing online exercises?

**If you answered yes to the questions above,
you are ready to start!
To get started, book your intake meeting.
Call 0485 883 049
or email info@soniclearning.com.au**

NDIS PROGRAMS

INFO PACK

Frequently Asked Questions

What age are these programs suitable for?
We have programs that are suitable for ages 3 and above. Suitability will depend on individual skill level, so before you enrol we'll chat together about your child's needs. Arrange a **free telephone consultation on our website** or call **0485 883 049.**

Will this program also improve reading skills?
We usually start by focusing on the cognitive skills that are essential for learning and reading development. Once the student has completed these initial cognitive programs, it is appropriate to move them up to reading exercises if it fits their plan goals.

When does the course begin and end?
Your course will begin on your first training day and end 3 months later. Your program specialist will consult with you weekly and adjust your program during this time as needed. You will have unlimited access during this time and do not need to worry about running out of exercises to do.

Can I extend the course beyond 3 months?
Yes, at the end of your initial 3-month course you may continue at a reduced fee (current fees are $387 per month for one program or $477 per month for 2 programs, including fortnightly consultations). Extension is optional and completely up to you..

NDIS
PROGRAMS

Frequently Asked Questions

How long does it take to complete a program?

As every individual is different, the time spent training on one program before moving to the next also varies from student to student. We recommend training for at least 3 months, but many of our students stay with us for a year or more.

What technology do I need?

The exercises can be used on most Windows and Mac computers through your internet browser (we recommend Google Chrome browser), as well as on iPad running iOS 11.3 or later. Headphones are recommended to help the student concentrate (we recommend stereo headphones that cover the whole ear). Parents monitoring their children should use a headphone double adaptor and a second set of headphones so they can also hear the sound.

How will I be billed?

We will send you or your plan manager an invoice to pay each fortnightuntil the total program fee is reached. It is therefore important that you set aside the required funds in your budget so you don't run out of funding. When you enrol, let us know which funding category you'd like to use (see page 7).