

Listening Communication Attention Memory Independence Social Skills

Sonic Learning

1300 135 334

info@soniclearning.com.au

www.soniclearning.com.au



Dear NDIS Participant,

Thank you for your interest in Sonic Learning's programs. Our programs are different from others. How so?

- ✓ **Mixed approach** – these are cognitive and social-emotional skills programs run by professionals. You'll do exercises on your computer or iPad at home and will also have a regular video chat (or telephone call if you prefer) with a Sonic Learning professional.
- ✓ **Designed by neuroscientists** – the cognitive exercises we use simultaneously increase listening skills, processing skills, memory, attention and critical foundational skills. It is a scientifically proven approach to helping improve these skills.
- ✓ **Exceptional research** – more than 250 research studies have been conducted on this approach. And studies show that the changes last, and students continue to improve even after completing the program. Visit www.soniclearning.com.au/ndis to see the research.
- ✓ **No need to travel** – everything is completed online, and we'll support you using video conference/telephone, so you can focus more time on skill building.

To join, call our team on **1300 135 334**. We look forward to working with you.

Sincerely,

The Sonic Learning Team





Who are the Sonic Learning courses for?

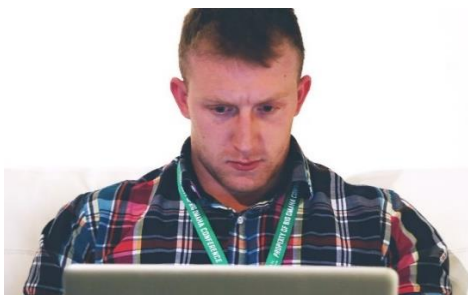
Our **cognitive skills programs** focus on improving the following skills:

- ✓ Listening (auditory processing)
- ✓ Communication (receptive and expressive language)
- ✓ Attention (focus and concentration)
- ✓ Auditory memory and working memory
- ✓ Literacy (reading comprehension and skills needed for writing)
- ✓ Independence

Our **social-emotional skills program** focuses on improving the following skills:

- ✓ Recognising and coping with feelings such as anger, frustration and sadness
- ✓ Participating appropriately in a conversation with a friend
- ✓ Respecting personal space and interpreting non-verbal communication
- ✓ Participating in group situations
- ✓ Building friendships with others and dealing with peer pressure and teasing
- ✓ Understanding figurative language

If your plan goals involve improving 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



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What's included in this course

1 x intake meeting and at least 11 x weekly video conference/telephone consultations with a program specialist ✓

3 months access to neuroscience designed home practice computer exercises at no additional charge ✓

Personalised and responsive programs adapted to the individual's learning needs ✓

Home practise exercises available on computer or iPad ✓

Choice of 30 or 50 minutes per day home practise ✓

Daily scores and weekly training summary report ✓

Email support on an as-needs basis ✓

24/7 access to resources on our website ✓

Discounted course extension (optional) ✓



The exercises

At your intake meeting, before you begin your program, our program manager will discuss with you which program is most appropriate for your needs.

To see demonstrations, visit www.soniclearning.com.au/ndis and click the “video” button.

Cognitive skills programs



Fast ForWord Foundations I

Contains exercises that work on auditory processing accuracy and sound discrimination (needed for listening in noisy environments) and processing speed, auditory working memory, following instructions, grammar, listening for details, sequencing and attention.



Fast ForWord Foundations II

Builds on the Fast ForWord Foundations I program by adding visual elements to activate both visual and auditory areas of the brain. Processing speed and memory elements also become more challenging.



Fast ForWord Elements I

Contains exercises that work on auditory processing accuracy and sound discrimination (needed for listening in noisy environments) and processing speed, auditory working memory, following instructions, story comprehension, grammar, listening for details, sequencing and attention.



Cogmed

Focuses on expanding working memory capacity and attention through exercises that challenge the student to keep increasing amounts of spoken and visual information in mind.

Social-emotional skills program

Skill Level 1 - LEARN



Skill Level 2 - CONNECT



Skill Level 3 - ENGAGE



26 Interactive webisodes

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

26 Interactive webisodes

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

27 Interactive webisodes

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



Enrolment checklist

- Have I watched all the videos at www.soniclearning.com.au/ndis under the “video” button?
- Am I aware of the cost of this program?
 - 1 program at a time (cognitive skills only) = \$1488 for 3 months
 - 2 programs at once (cognitive skills and social skills) = \$1800 for 3 months
- Am I willing to commit the required funding (shown above) of my **Improved Daily Living** funding package to this program?
- Is my funding self-managed or plan-managed?
(If you're not sure, please call us to discuss. If your funding is NDIA agency managed you may be able to request to switch to self-managed or plan-managed by asking NDIS for a “light touch review” which typically takes around 2-3 weeks to complete).
- Am I willing to commit time once per week for 12 weeks to a video conference/telephone consultation?
- For parents - am I willing to commit 30 minutes per day, 5 days per week, to sit with my child while he/she completes online home practise exercises?
- For adults – am I willing to commit 30 minutes per day, 5 days per week, to completing online home practise exercises?

If you answered yes to the questions above, you are ready to start!



To get started, book your intake meeting with our program coordinator

Call **1300 135 334**

or

Email info@soniclearning.com.au



Frequently Asked Questions

What age are these programs suitable for?

These programs are generally suitable for students in Prep (Pre-Primary / Reception) and above (yes, adults love these programs too). Suitability will depend on the individual's skill level and our team can provide a demonstration. If you are unsure about you or your child's suitability for the program please contact us at info@soniclearning.com.au or 1300 135 334.

Will this program also improve reading skills?

The initial program is focused on the cognitive skills that are essential for coping in a range of situations and also necessary for reading development. Once a student has completed these initial cognitive programs, it is appropriate to move them up to reading exercises if this type of program fits the participant's NDIS 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 when publishing this handout are \$310 per month for one program or \$387 per month for 2 programs, including fortnightly consultations). Extension is optional and completely up to you.

How long does it take to complete the two core programs on page 4?

As every individual is different, the time spent training on one program before moving to the next also varies from student to student. As a guide, completing the two programs required can take as little as 4 months, but may take somewhere between 3 and 6 months.

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 fortnight until the total 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.