

## Anna Hughes

Is an accredited Developmental Educator and holds a Bachelor degree in Disability Studies. She has worked for more than sixteen years supporting people with disabilities in both the government and non government sectors. After establishing the first Prader-Willi Syndrome (PWS) group home in SA she has gone onto author numerous articles on PWS which have been presented at national and international conferences. As former chairperson of the South Australian (PWS) Association, she is well known by families who have sons and daughters living with PWS. Anna's work has focused on supporting children, youth and adults in both accommodation and respite services.

### CONTACT

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## Sabina Hunter

Has more than twenty years' experience in behaviour management (anxiety, depression, suicidal ideation and self-harm) and community integration. Sabina holds a Master's Degree in Administration ,an Honours Degree in Social Work and Postgraduate Diploma in Grief , Loss and Trauma Counselling. She has completed Level 1 in Sensorimotor Psychotherapy. She has focused much of her extensive career in family, group and individual therapy including children and adolescents. Previously working for Disability Services for the Department for Communities and Social Inclusion Sabina specialises in Grief Loss and Trauma counselling and Family Therapy.

Sabina has designed several individual behavioural programs through Exceptional Needs Unit operating within the Department of Community and Social Inclusion. Her Family Integration program was the first of a kind in Australia and was presented at the National Conference for Intellectual Disability.

Her passion for her work has seen the people she supports achieve their goals.

NDIA: Provider Registration Number: 58660812



**CITIZENHOOD**

**SPECIALISED SUPPORT**

**FUTURE BUILDING**

Specialists in Prader-Willi Syndrome

*'My Future My Way'*  
Assists families to interface with the NDIS.

Dear individuals, family members, supporters and professionals, we would like to take this opportunity to assist you and your families to a brighter future.

'My Future My Way' is run by accredited Allied Health Professionals. All of our staff have extensive training and experience in:-

- ◆ *Therapeutic Assessments & Intervention*
- ◆ *Social Skills Development*
- ◆ *Positive Behaviour Management*
- ◆ *Developmental Disabilities*
- ◆ *Trauma Therapy/ Trauma Recovery*
- ◆ *Independent Living*
- ◆ *Family Therapy and Parents' Education*
- ◆ *Person Centred Planning*
- ◆ *Objective Based Service Planning*



We believe in the power and strength of families and individuals to achieve their own goals. Working with and walking along side people to harness their resources and build the future they desire.

Build your vision as your future.

## Our Vision

To assist individuals and families in taking the first step to author and direct their own lives, write their own stories and choose their own endings.

## Your Goals

Tell us your goals and we'll support you to achieve your future, your way.

*My Future My Way* is registered with the National Disability Insurance Agency (NDIA), and provides the following services under the National Disability Insurance Scheme:

- ◆ *Early Childhood Support*
- ◆ *Speech Therapy*
- ◆ *Occupational Therapy*
- ◆ *Physiotherapy*
- ◆ *Psychology*
- ◆ *Counselling*
- ◆ *Case Management and Coordination*
- ◆ *Planning and Management*
- ◆ *Community Participation*
- ◆ *Accommodation / Tenancy Support*

*Book your free consultation to see how we can help you access these services*