ALTA DU TOIT CENTRE

FOR INTELLECTUALLY DISABLED ADULTS

ALTA DU TOIT
NASORGSENTRUM | AFTERCARE CENTRE



WHO WE ARE

At Alta du Toit Centre we form a close-knit community where persons with a primary Intellectual Disability can feel they belong, form social friendships and use their strengths to participate in opportunities to grow and develop into the best they can be!

We are a residential and sheltered work centre in Bellville and we focus on the all-inclusive care and development of adults with an intellectual disability. Residents are classified according to their intellectual and functional abilities, as well as interests in one of our work areas to ensure meaningful occupation.

Residents: We provide a "Home Away from Home" for 150 residents, who find their sense of belonging and community in one of our 4 Homes, i.e. Tosnini (high & frail care), Kleinbegin, Casa Mia and Elkana (life right option)

Dayworkers: We provide different sheltered work areas for 30 dayworkers. They participate in personal and skills development activities from Monday – Friday.

WHO IS OUR CLIENT?

Adult persons with a primary Intellectual Disability is our direct clients, i.e. Residents and Dayworkers. They participate in daily activities at the Centre.

Parents, guardians and families are important partners and their co-operation and support are important to ensure we can make the best care and development services available for the adult with an Intellectual Disability.

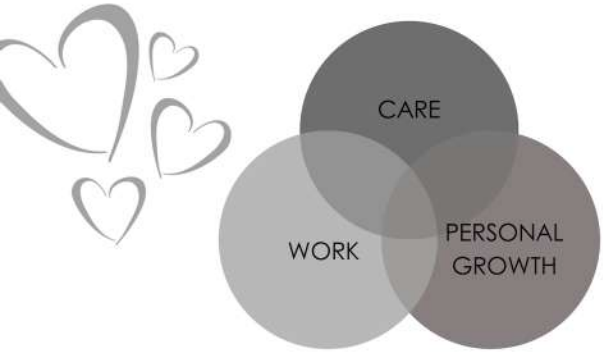


Badisa

A programme of Badisa
NPO 011-891

HOLISTIC SERVICES AND SOCIAL IMPACT

HOLISTIC SERVICES



"It is not just about the 'doing' of activities, but it is also a basic human need to 'belong'; to form connections and relationships with others, to share and contribute to the well-being of others and to participate in collaborative occupations such as being part of a group or team."
– Amanda Bewert

Our holistic services are person- and relationship centred and focus on 3 primary areas of inclusion:

CARE - residential services, frail and aged care, medical and wellbeing support

WORK - work provision, enablement and career pathing, including meaningful occupation

PERSONAL DEVELOPMENT/SELF ADVOCACY – through practical life skills training, fitness activities and a wide range of recreational programmes residents and dayworkers are enabled to make relevant choices about their lives, according to their ability.

We take pride in our professional, multi-disciplinary team who support and enable residents and dayworkers to lead self-determined lives. Our Multi-disciplinary team include registered nurses, social workers, occupational therapist and other external partners.

At Alta du Toit Centre it remains important that our service offer is affordable and relevant to the evolving needs of persons with a primary intellectual disability.

SOCIAL IMPACT – SDG GOALS

#Leave no one behind – Disability mainstreaming in Action

"Leave no one behind" is a central principle of the 2030 Agenda for Sustainable Development and its Sustainable Development Goals. It requires all of us to facilitate and create opportunities for the inclusion of persons with disabilities to participate in all aspects of life, and lead self-determined lives.

At Alta du Toit Centre we follow a human rights approach to ensure our care & development services for adults with primary intellectual disabilities are in line with the UN Convention for the Rights of Disabled persons, as well as South African legislation. Through partnerships we are able to positively impact the lives of persons with an intellectual disability in the following ways:

- Quality Medical care
- A person-centered approach to ensure every person will be given an opportunity to reach their full potential.
- Inclusion in all aspects of life
- Leading self-determined lives, according to every person's ability.
- Self-advocacy is encouraged and facilitated through meaningful ways.
- Employment in the open labour market, where possible.
- Meaningful occupation opportunities are available in our sheltered work areas



GOVERNANCE, COMPLIANCE & COLLABORATION



GOVERNANCE & COMPLIANCE

Alta du Toit Centre is a programme of Badisa. Badisa is constituted as a voluntary association and consists of a management programme and 145 community-based programmes/branches or facilities. Badisa is a registered Non-Profit Organisation (NPO011-891) and Public Benefit Organisation (POB 930 006 348) with the management programme as the corporate body.

Each programme, such as our Centre, has their own Governing Body with delegated powers to manage the programme and raise funds according to the policy and guidelines of Badisa. Our Board meets quarterly and the Finance committee meets monthly to ensure diligent financial oversight.

Alta du Toit Centre's compliance with legislative requirements are verified by external agencies, such as the Western Cape Community Chest, Department of Social Development and Department of Health. Badisa conducts annual audits, including financial audits by externally appointed auditors

Our Board comprises of 7 volunteers, representing a wide spectrum of sectors.

WORKING IN PARTNERSHIP (COLLABORATION)

Sustainable impact and change is best facilitated through partnerships with different stakeholders from the non-profit, business and government sectors.

We have dedicated campaigns where partnerships are welcomed, such as:

- Sponsor A Resident
- Event sponsorship
- Fundraising events
- Goods-in-Kind / Donation campaigns
- Advertising & brand awareness opportunities
- Outsourcing of work contracts to our protective workshop

Your donation can earn TAX and SED benefits.

As a registered Non-profit Organization (NPO-011-891) and PBO we can issue Section 18A receipts (certificates) and SED (socio economic development) letters in support of Socio economic Development activities.



CONTACT US

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www.altadutoit.org.za

CHECK OUT OUR SOCIALS

facebook/Altasorg

Instagram/Altadutoit1

Linkedin/Alta du Toit Centre

HELP US WITH A DONATION

Banking details:
Alta du Toit Nasorg
Absa Parow
Cheque Acc: 390 1414 24
Branch code: 632 005

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CARE

CARE SERVICES INCLUDING HEALTH
HEALTH (PHYSICAL), EMOTIONAL, AND SOCIAL WELLBEING

CARE SERVICES ARE MOSTLY CARRIED OUT BY OUR NURSING TEAM, CARERS, HOUSEMOTHERS WHO WORKS 24/7, 365 DAYS OF THE YEAR, INCLUDING OUR HAIRSALON.



Basic Health Care



Emotional support for residents



Medication Control



Homely atmosphere



Showering, Grooming & Dressing



Relaxing, recreational, outings, socials, sokkies, board games, exercise



Nutritional meals, high protein diets are provided



Bible study, prayer meetings and worship (spiritual)

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PERSONAL GROWTH

PERSONAL GROWTH
FUN, INTERACTIVE, CONCRETE ACTIVITIES AND GAMES, ARTS & CRAFTS, SENSORY STIMULATION WITH INDIVIDUALS, GROUPS OR AS AN ENTIRE CENTRE.

PERSONAL GROWTH ACTIVITIES ARE MOSTLY CARRIED OUT BY OUR THERAPY TEAM WHO WORKS MONDAY – FRIDAY, AT THE CENTRE. IT INCLUDES OUR SOCIAL WORKERS, OCCUPATIONAL THERAPISTS AND VOLUNTEER THERAPISTS (PSYCHOLOGISTS, ART THERAPISTS, PETS AS THERAPY ETC.)



THERAPEUTIC INTERVENTIONS, COUNSELLING, GRIEF LOSS SUPPORT

Therapy aims to facilitate positive change in residents and dayworkers and to explore practical coping mechanisms to cope with daily life



LIFESKILLS TRAINING - emotions and behaviour

learn about the feelings of others, learn ways of controlling their own behaviour, and learn how to solve problems they encounter.



ART THERAPY

is used to express feelings, thoughts and experiences in an alternative way



SOCIAL SKILLS

interpersonal relationship skills, self-awareness building skills, empathy and coping with stress skills, conflict management, being neighbourly, healthy lifestyles, sexuality education, diversity & inclusion, "how to" sessions



SELF-ADVOCAY AND PROBLEM SOLVING SKILLS, creative skills and communication skills



CRISIS INTERVENTION

Psychiatric intervention, behaviour challenges, behaviour modification.

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WORK/MEANINGFUL OCCUPATION

WORK / MEANINGFUL OCCUPATION
(STRUCTURED WORK PROGRAMMES)

WORK ACTIVITIES ARE MOSTLY CARRIED OUT BY OUR WORKAREA COORDINATOR AND WORK AREA FACILITATORS, WITH THE SUPPORT OF OUR OCCUPATIONAL THERAPIST.



Assessments, Evaluations, continuous monitoring = Improve and develop.



CONTRACT WORK IN THE GREEN AREA



CONTRACT WORK IN THE RED AREA



ACTIVITIES IN THE YELLOW AREA





Different products made at Alta du Toit



Internal Workareas

(Wood work, Hair salon & maintenance.)



BUITEWERKERS

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