

GOTYA

CHILD & YOUTH SERVICES

Trailblazer Adventure Respite

What is it all about?

Adventure Respite Camps provide goal-driven, therapeutic respite experiences for children and young people with a disability. Each camp is designed to foster independence, build social capacity, and support emotional wellbeing through structured adventure-based activities.

This program aligns with NDIS funding categories such as:

- Capacity Building – Increased Social & Community Participation
- Improved Daily Living Skills
- Support Coordination (goal tracking and reporting available)

Whether kayaking or chatting around a campfire with mates, participants are supported to thrive—not just building memories, but meaningful progress toward their NDIS goals.

Participant Outcomes

Camp activities are tailored to support individual NDIS goals, including:

- *Developing interpersonal and communication skills* through supported peer interaction, group tasks, and social routines
- *Building resilience and emotional regulation strategies* via structured activities that promote self-awareness, coping tools, and positive behaviour support
- *Increasing confidence* in group settings by fostering participation, leadership opportunities, and safe social exploration
- *Enhancing independence* in daily routines and decision-making, including personal care, meal preparation, and navigating new environments

Program Caters for Young People

- ASD (Level 1—3), ADHD, ODD, CD, PDA, SPD
- MDD & GAD
- Suicidal Ideation, Self-Harming Behaviours
- Intellectual Disability
- Trauma backgrounds and/or high-risk behaviours
- Low social confidence or emotional regulation challenges
- Disengagement from school or community
- Behavior Support Plan implementation

Respite Duration

- Camps range from 2—6 days.



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GOTYA Respite is fee inclusive—no hidden or extra costs, ever.

Equipment

All specialised equipment is supplied for our adventure activities. GOTYA maintain industry-standard fleets of mountain bikes, kayaks, fishing rods/tackle, PFDs, helmets and sand-boards.

Protective Gear

In the event of inclement weather, young people are issued GOTYA-branded Gore-Tex Jack-ets and Polar Fleece pullovers for use on program.

Camping Gear

GOTYA maintains a modern fleet of suitable tents, swags, shelters, bivvies, sleeping bags, gas cookers, Trangias, camp chairs, and sleeping mats for use on respite programs.

Catering

All programs are fully catered from the moment a young person is in our care. Meals are prepared fresh daily. Staff can cater for most dietary requirements and allergies.

Travel & Transport

GOTYA runs a fleet of 4WD vehicles and trailers. These are equipped with safety equipment, upgraded with suitable modifications to allow us to access remote areas safely.

Camp Information Pack

GOTYA send families, carers and/or Agencies an Information Pack two weeks prior to the program. This contains all the relevant information, including:

- Packing Check List
- Program overview
- Staff contact details
- Risk management & emergency response
- Camp itinerary
- Planned menu
- Pick-up and drop-off times and locations

Further Information

Please contact the Operations Director | rhys@gotya.com.au



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Respite FAQs

What is the purpose of GOTYA STA, and how does it support NDIS Plan Goals?

GOTYA's Short Term Accommodation (STA) programs provide structured, goal-oriented respite experiences for young people. Each program is designed to support NDIS goals related to:

- Skill development (e.g. daily living, emotional regulation)
- Social and community participation
- Building independence and resilience
- Improved relationships and interpersonal skills

Programs are trauma-informed and delivered by qualified staff, ensuring a safe, supportive environment tailored to individual needs.

Is 1:1 support needed?

GOTYA STA programs operate with appropriate participant-to-staff ratios to ensure:

- Individualised support within a group setting
- Opportunities for peer interaction and social learning
- No requirement for external support workers during the program

Staff are trained in trauma-informed care and youth engagement, ensuring participants are supported in line with their NDIS goals.

Why are no support workers required?

The Program is led by experienced and qualified staff, so YP are adequately supported. The structured environment provides a balance of supervision and independence.

Does the STA represent value for money?

GOTYA STA represents value for money by:

- Delivering targeted, therapeutic experiences aligned with NDIA guidelines
- Supporting measurable outcomes in social participation, emotional wellbeing, and life skills
- Providing all-inclusive pricing with no hidden costs

Are there any informal supports, such as family or friends permitted to attend?

To maintain therapeutic integrity and NDIA compliance, informal supports (e.g. family or friends) are not included in STA delivery. All programs are facilitated by professional staff to ensure consistency, safety, and goal alignment.

Why use a provider rather than create your own STA?

GOTYA's STA programs are preferred by Support Coordinators and families because they:

- Align with NDIS goals and funding categories
- Offer structured, adventure-based experiences that build capacity
- Are delivered by experienced staff with a focus on trauma-informed care
- Post-program feedback and reporting to support plan reviews



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NDIS Funding Alignment

Support Category	Line Item	Description
Core Supports – Assistance with Social, Economic & Community Participation	04_104_0125_6_1	Group-based community participation and respite
Short Term Accommodation – High Intensity	01_059_0115_1_1	
Capacity Building – Increased Social & Community Participation	09_008_0116_6_3	Skill-building through structured group activities
Capacity Building – Improved Daily Living	15_037_0117_1_1	Development of life skills and emotional regulation
Capacity Building – Improved Relationships	11_024_0117_7_3	Social skills development and peer engagement

Multidisciplinary Support

Staff collaborate to implement NDIS goals and care plans. All programs are formally Case Noted to track progress and provide accurate feedback to carers, parents and other professionals.

Child Safety

GOTYA has zero tolerance for any form of violence, abuse, neglect, exploitation or discrimination. We recognise that people with a disability, children and young people are at higher risk than others in the community.

All staff are committed to maintaining processes to:

- Prevent and protect against instances of violence, abuse, neglect, exploitation and discrimination;
- Foster a 'safety culture' that supports individuals to be aware and report any actual or suspected risks of harm;
- Provide environments which help young people to feel safe and supported; and
- Encourage and support clients with choice, control, self-determination and capacity-building, where possible.

Child Safeguarding Policy | <https://www.gotya.com.au/childsafety>



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Gilwell Adventure Centre, Gembrook

Accom	Bunkhouse
Style	Structured activities, hardtop camp
Suits	Participants requiring a more structured program
Activities	Low & high ropes course, bouldering park, MTB, commando course, zip line, hut building, fishing, campcraft, trampolines, swimming
Departs From	Drouin, Pakenham and Gembrook
Duration	2-3 days

Camp Overview

Young people are accommodated in a bunkhouse. Two staff reside in an adjacent, separate room to facilitate supported overnight supervision.

This program is an ideal option for a young person requiring a more structured, activity-based program. This camp caters well to first-time, anxious campers.

A campfire each night provides young people with a 'camp-style' experience. There is access to a large hall with wood heater, which provides an indoor space in the event of inclement weather and to host our GOTYA movie night!



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CHILD & YOUTH SERVICES

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Caringal Adventure Camp, Tyers Junction

Accom	Bunkhouse and/or swags & tents
Style	Base camp
Suits	Clients wanting a semi-remote experience
Activities	River tubing, fishing, MTB, 4WDing, exploring, swimming, campcraft, creeking, snow play
Departs From	Drouin & Moe
Duration	3-4 days

Camp Overview

Young people have option of swags, tents or bunkhouse, depending on the weather.

Grassy, flat campground right alongside the Tyers River, making the fishing and freshwater crayfishing easy! With day trips close-by such as, Coopers Creek, Walhalla, Mt St Gwinear, Baw Baw NP and many others, this is an ideal location for many adventures.

Suits a young person wanting adventure, but not in a remote, forested location. Caringal is set on 100 private acres, so there is still a 'feeling' of being in the bush!



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High Country Base Camp, Aberfeldy

Accom	Bunkhouse and/or swags/tents
Style	Private bush camp
Suits	Clients wanting a remote camp experience, with some comforts (hot showers/toilets)
Activities	River tubing, fishing, MTB, 4WDing, exploring, swimming, campcraft, creeking, snow play
Departs From	Drouin & Moe
Duration	4 to 5 days

Camp Overview

This program is based at our remote Base in Aberfeldy, which is 30km north of the Thomson Dam. The camp is fenced, secure and offers a terrific base from which to run our multi-day programs.

Young people have the option of sleeping outside in a swag or tent on the flat, grassy campsites or in the woodfire heated bunkhouse.

This is a great option for a young person's initial experience in a remote area.



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High Country 4WD Tour, Licola

Accom	Swags & tents
Style	Bush camp
Suits	Clients wanting a <i>remote</i> camp experience
Activities	River tubing, fishing, MTB, 4WDing, exploring, swimming, campcraft, creeking, gold panning
Departs From	Drouin, Moe & Traralgon
Duration	5 days

Camp Overview

The group will tour around the High Plains in the GOTYA 4WDs above Licola traversing along tracks, crossing rivers, battling mud to reach the next camp. The terrain is steep & rough. The group will explore Cattleman's Huts, hidden waterfalls, remote swimming holes, old mines and abandoned towns.

Each camps will have a drop toilet, no showers. All camp sites will be beside a river. Sleeping in swags or tents. Cooking on the campfire.

The exact route changes each camp as conditions dictate—for example river heights, track conditions/closures, weather and ParksVic/DEECA approvals.



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