



**YILYAPINYA**

Indigenous Corporation

EMPOWERED  
PERSONALISED  
BRAIN HEALTH

**THINKING *SMARTER*  
*NOT HARDER* PROGRAM**

**Thinking Smarter  
Not Harder Program**

is aimed to improve memory, brain speed,  
attention, social and leadership skills.

**It is offered free for Indigenous Adults  
living with an Intellectual Impairment  
and/or Psycho-social Disability.**

**Sheryl Batchelor**

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**0413 484 276**

The program will be led by an Indigenous facilitator  
and be delivered in Booval. The Program is funded  
by a three-year NDIS ILC Grant 2020-2023.

## Who are we?

Yiliyapinya Indigenous Corporation is a not-for profit registered charity and NDIS provider using scientifically validated cognitive and social skills programs to improve an individual's memory, attention, brain speed and social skills which in turn improves their quality of life.



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## What is involved in the program?

The program involves first meeting with an Indigenous Facilitator who will assist you to complete a Brain Health Screener.

A Brain Health Screener is a computer program that measures an individual's memory, brain speed and attention. The Indigenous Facilitator will then design a program tailored to your individual needs. At the end of the program we will assist you to complete another Brain Health Screener to measure your progress.

The program will be conducted in a small peer support group of up to 5 individuals aged between 18-55 and delivered for a 2-hour session once a week for 10 weeks at Booval. Support Workers are encouraged to attend. Participants will have access to computer-based activities in their own time. A guest speaker will conduct public speaking activities.

We will also train interested participants as peer support mentors to deliver the TSNH program in Years 2 and 3 to their peers with support from a facilitator. Participants who work as peer support mentors will receive an income for their time.

## What activities are involved in the program?

Activities include computer and non-computer-based exercises to strengthen working memory, attention, brain speed and social skills training including public speaking in a fun and entertaining manner. Participants will have access to computer-based activities in their own time. Additionally, a three-day public speaking workshop will also be available for two interested individuals who complete the program.

## Would you like to find out more?

Feel free to contact  
[sheryl@yiliyapinya.org.au](mailto:sheryl@yiliyapinya.org.au)  
or phone **0413 484 276**.

We look forward to meeting you.

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We acknowledge the Traditional Owners of the Countries throughout Australia that we work, live and walk and pay our respects to Elders both past, present and emerging.

ICN: 8972 ABN: 16 133 150 979 NDIS Provider No. 4059948154