



MY TURF AUTISM CAMP AND THE POWER OF FAMILY CONNECTION



Rebranding Camp 38

Raising a neurodivergent child is a unique journey, one filled with both joy and challenges. While the **NDIS** offers invaluable support for the individual needs of participants, **MyTurf Autism Camp** extends that care to the entire family. As this blog goes live, we have just said farewell to our **MyTurf Autism Camp (MTAC)** families.

The shift from **Camp 38** to **MyTurf Autism Camp** reflects a deeper alignment with our philosophy. **MyTurf** embodies the idea that neurodivergent individuals deserve a space they can call their own—a place where they can take ownership of their growth, independence, and personal development. The new name reflects our belief that every participant has their own "patch" to cultivate, grow, and thrive in, with the support of family and community.



MTAC is about more than just a camp—it's a movement toward empowering neurodivergent individuals to own their own journey. By creating an environment that supports autonomy and personal growth, we provide participants with the tools they need to shape their own futures, in alignment with the NDIS goals of **independence, self-management & social connection.**



Through **NDIS funding**, participants benefit from tailored services and programs designed specifically to support their individual needs, while their families join the experience through MyTurf's family-centred approach. We believe that when the entire family is supported, the neurodivergent child is given the best chance to thrive.

Independence,
self-
management &
social
connection

In this blog, we'll explore how family connection plays a crucial role in supporting neurodivergent children, the unique journey of parents and siblings, and how the **MTAC** fosters a holistic, family-centred approach to care, all while supporting **key NDIS goal outcomes.**

**MY
TURF**
**autism
camp**

The Strength of Families Supporting Neurodivergent Children

Families of neurodivergent children show remarkable strength, resilience, and adaptability in the face of unique challenges. Parents go above and beyond to support their child's development, while siblings offer unwavering love and understanding. Yet, even the most resilient families benefit from opportunities to **reconnect and recharge**.



Reconnect & Recharge

Juggling everyday responsibilities—caregiving, work, and personal time—can sometimes mean that moments of **family connection** are limited. It's not uncommon for families to feel stretched thin, but these moments of strain only highlight the importance of coming together as a unit. Creating opportunities for **shared experiences** and **meaningful interactions** is essential to maintaining the emotional health and harmony of the family.

At [MyTurf Autism Camp](#), we provide families with that opportunity. By offering a supportive space where families can focus on **connection** and **bonding**, we've seen how parents, siblings, and participants can flourish together. Whether it's through group activities that bring families closer or quiet moments in nature, the camp offers a refreshing break where families can relax, connect, and watch their neurodivergent child thrive.

FAMILY CONNECTION

SHARED EXPERIENCES

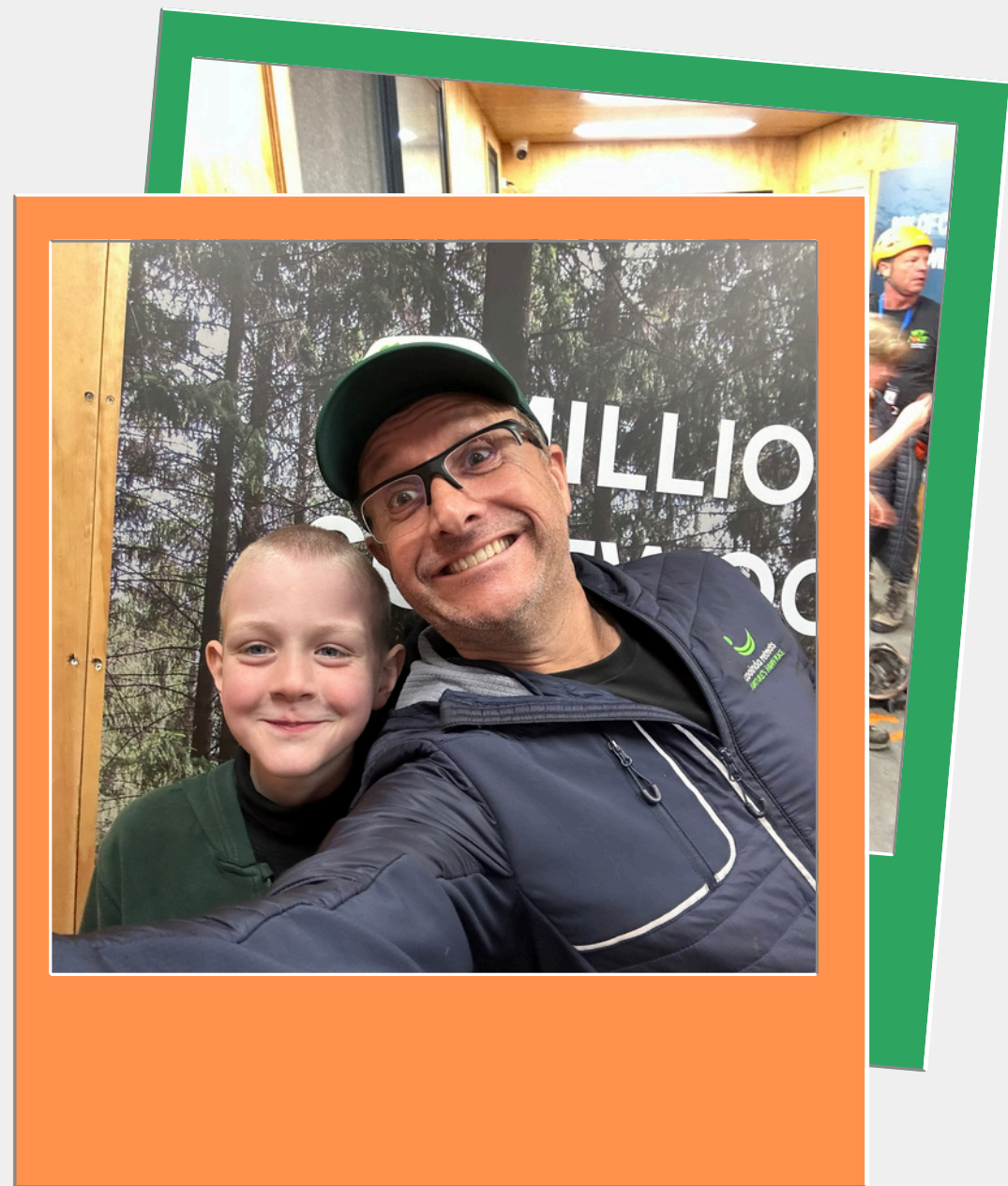
When families are given the chance to nurture their relationships, the benefits are clear: stronger bonds, better communication, and a renewed sense of unity. At MyTurf Autism Camp, we believe that when the family thrives, the child thrives—and that's at the heart of everything we do.

How MyTurf Autism Camp Supports Family Connection, Independence, and NDIS Goals

At **MTAC**, fostering independence in participants is central to everything we do. While participants receive the support they need through **NDIS funding**, we create a space where they can explore **new areas of personal growth**, all while feeling the safety and reassurance of having their family nearby. This balance allows participants to step out of their comfort zones, develop new skills, and build confidence in an environment that encourages both **independence and connection**.

Independence & Connection

What makes **MTAC** particularly special is its ability to foster meaningful social connections—a core NDIS outcome. Participants not only build relationships with their peers, but they also form connections with the **siblings and parents** of other families. This cross-family interaction strengthens social skills, emotional regulation, and communication—all essential elements in achieving NDIS goals.



These social outcomes directly support goals related to **community participation, social interaction, and building supportive relationships**.

Siblings **MTAC CREW**
Participants
Families *Volunteers*
Coinda Retreats Crew
Peers

Positive Outcomes

One of the unique aspects of **MyTurf Autism Camp** is the intentional design of each day's activities, structured around **themes** that align directly with the **NDIS goals** for participants. This thoughtful approach ensures that while participants and their families enjoy the camp experience, they are also working toward real, measurable outcomes that promote growth, independence, and social connection—exactly what the NDIS seeks to achieve.

Each day of the camp is dedicated to a specific theme, creating a blend of structured and spontaneous activities that engage both participants and family members.

Real-World NDIS

Goal Alignment

Day 1

New Connections

The focus is on building relationships kicks off the camp, helping participants and families form bonds with others from the very start. This aligns with NDIS goals around social participation and developing communication skills.

Personal Independence

Day 2

Adventure

Adventure-themed activities encourage participants to step out of their comfort zones and explore new experiences, fostering independence and resilience. These activities promote **self-management** and **personal independence**, key objectives for NDIS participants.



Day 3

Creativity

Through creative activities like art, music, and hands-on projects, participants tap into their imagination and self-expression. This builds emotional regulation and self-confidence, supporting NDIS goals related to **emotional health** and **cognitive development**.

Day 4 Nature

Time spent in nature provides a calming environment that encourages mindfulness and relaxation. The focus on well-being supports the mental and emotional health goals outlined in many NDIS plans, offering participants a break from overstimulation and a chance to regulate their emotions.



Day 5 Exploration

The final day revolves around exploration, allowing participants to reflect on what they've learned, push their boundaries, and grow in confidence. This day is designed to reinforce personal growth, independence, and self-reflection, aligning with the goal of fostering ongoing development and curiosity.



By **aligning these themed days** with NDIS goals, MyTurf Autism Camp ensures that participants are progressing toward real, actionable outcomes—whether it's improving their social skills, building confidence, or discovering new passions. At the same time, families are actively involved, strengthening their connection with one another through shared experiences and moments of growth.

For many families, the benefits of the camp go beyond the five days. The **positive changes** and **new connections** fostered at the camp create a foundation for continued development, offering practical strategies that families can incorporate into their daily lives long after the camp ends—ensuring the continuation of NDIS goal achievements.

New
Connections



Call to Action: Strengthen Your Family Connection and Achieve NDIS Goals



If you're raising a neurodivergent child, you know that family connection is crucial—but it can also be difficult to maintain amid the daily challenges of caregiving. **MyTurf Autism Camp (MTAC)** offers a unique opportunity for families to come together, strengthen their bonds, and watch their child grow in a supportive and inclusive environment, all while actively working toward **NDIS goal outcomes.**

Whether you're seeking a space where your child can gain **independence** while still feeling secure, or you're simply looking to reconnect as a family, **MTAC** provides the perfect balance of growth and connection. Through carefully designed activities that align with **NDIS** goals and foster real-world development, the camp is a space where both participants and families can thrive.



Ready to experience the transformative power of family connection while supporting NDIS goals?

Consider joining one of MyTurf's upcoming camps. With a philosophy that embraces the whole family and an intimate setting designed to encourage growth, these camps offer a priceless opportunity to build lasting relationships and equip your family with the tools you need for the future.



SEE YOU SOON