

Sprout

Build skills.
Build confidence.
Grow together.

Sprout is a five day program delivered from a 100 acre farm, that builds skills for autistic children & their families.

Sprout offers a chance to try a range of autism strategies in a supported environment. It is a short, intensive program for autistic children and their families, delivered by highly trained autism practitioners and support workers.

Our support is autism-specific.

Autism strategies

Each autistic child gets a 1:1 support worker for the majority of the program. We get to know the child and their goals, then suggest a range of evidence-based autism strategies to support them to feel safe, regulated and able to learn new skills. Parents see strategies implemented and learn in real-time.

A range of activities

The program is designed by behaviour support practitioners, speech pathologists and occupational therapists to be fun and build skills. It involves a balanced schedule with outdoor experiences, animal interaction, relaxation, nature, art and craft, yoga, games, healthy foods and exercise.

Health and wellbeing

We ditch the screens and engage in simple activities for health and wellbeing. We love getting outdoors and enjoying nature.

Parent training and follow up support

Parents receive individualised autism training from behaviour support practitioners and therapists. They increase their understanding of autism and see strategies in practice. We follow up after the program to support the transfer of new strategies to the home.

A supportive family atmosphere

Sprout is delivered from our 100 acre property in Mansfield in regional Victoria. Each program is capped at 6 autistic children and their families. This creates amazing connections: autistic children meet each other, siblings have their own activities, and parents connect and share time together.

2026 dates

Jan 19 - 24 | Apr 13 - 18 | Jun 22 - 27
Jul 13 - 18 | Sep 14 - 19 | Oct 5 - 10

We will be forever grateful for this opportunity and experience. We learned a great deal and are already seeing the difference!

The support we had at Sprout was unlike any support we've ever had. Allowed our family to experience many firsts for us.

Life changing experience for every member of our family - directly and indirectly.

Key details:

- Sprout is run from our beautiful 100-acre property in Mansfield, Victoria for five nights, from Monday to Saturday. Accommodation is in three-bedroom cabins with views over Mt Buller, with one cabin per family. Sprout is fully catered.
- Each autistic young person has a 1:1 support worker for the majority of the stay and engages in a range of activities. The activities are engaging and fun, and create many opportunities to try strategies and start to build skills.
- Siblings are supported in small groups with other siblings (funded separately).
- Parents receive autism training from behaviour support practitioners and are supported individually to learn effective ways to support their child.
- A behaviour support practitioner follows up with each family to assist the transfer of skills and strategies to the home.
- Core strategies include providing schedules, visual supports, consistent and predictable routines, implementing boundaries and providing clear guidance, teaching choice, task analysis, time delay and modelling.
- Sprout is for autistic young people up to the age of 18 years and their families. We also run Sprout for young adults aged 18-25 and their families.
- **NDIS funding:** Autistic children attending Sprout require funding in their Core and Improved Daily Living budgets to cover their support worker and behaviour support practitioner.
- **Non-NDIS funding:** There are funding options available to subsidise the cost of food, accommodation and sibling support for parents and siblings. We help you apply for funding. If this is successful, families pay only a registration fee of \$150 plus \$150 in non-NDIS charges per child with autism.
- We align our services with the recommendations set out in the [National Guideline for supporting the learning, participation, and wellbeing of autistic children and their families in Australia](#).

Contact us!
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Mansfield Autism Statewide Services are committed to promoting and protecting at all times the best interests of children and young people involved in its programs. Any child having contact with Mansfield Autism Statewide Service, has the right to feel safe and be safe. The wellbeing of children in our care will always be our first priority and we have zero tolerance to child abuse.

Sprout Costs

Below are the NDIS costs for a family with one child with autism. We have flexibility to quote for other family situations. We recommend families that are plan-managed seek pre-approval from their plan managers before registering for peace of mind. We can provide quotes to help with pre-approval - please ask our team.

Core funds = \$7,431.22

Improved Daily Living funds = \$4,681.73

Total NDIS cost = \$12,112.95

*there is some flexibility to adjust quotes to align with your NDIS budgets, just ask our team

Out-of-pocket costs:

Family registration fee = \$150

Non-NDIS cost per child with autism = \$150

Subsidised food, accommodation and sibling support

Families may be eligible for support from **Carer Gateway**. Carer Gateway provides free services and supports for carers. Upon application and approval, Carer Gateway may cover the cost of accommodation, meals, activities and sibling supports. Carers will be contacted by a Carer Gateway Assessment Officer, and funding may be provided based on individual needs and eligibility.

Other funding options are available for families who are not eligible for Carer Gateway support.



To register, visit autismmansfield.org.au

Information on this brochure is current from 4Jun26

