



Supported by:

Background

Income management's primary focus is to improve the overall health of children. The **ADD'EM UP** is an innovative budgeting tool specifically designed to assist people with household budgeting, which in turn leads to better health outcomes on the ground. Improved nutrition has a major impact on primary health and these benefits are directly linked to money management. The **ADD'EM UP** is a tactile tool that provides a practical solution to money management and is ideal for ESL clients.

People need to be able to take control of their spending and make informed decisions. Most consumers reach the cash register in a supermarket not knowing the value of the goods in their trolley. With the help of the **ADD'EM UP** customers can now arrive at the cash register knowing the value of the goods selected and with the confidence they have enough money to pay for their shopping.

Functions

To demonstrate how simple and effective this tool is please follow the example below. A pre-defined budget is inputted into the calculator, in this case \$20. The consumer then proceeds to shop by adding items to the **ADD'EM UP**. Cereal is entered in the top line by pressing the \$1 tab three times. Once the plus tab is pressed the \$3 moves into the actual spent line and the budget line has now reduced to \$17. Note the black bar has also reduced to give a visual reminder that the budget is getting lower.

This calculator is unique in that it gives an audio warning when 10% of the budget is remaining and also for the last \$10. This serves to remind consumers they have limited funds and need to prioritise their shopping.



Funding for service delivery models

Training workshops are available and can be customised to suit your requirements.

1. A one day workshop for clients on the ground delivers how to create a household budget, use the **ADD'EM UP** calculator, prioritise spending and understand consumer rights. In addition attendees will be provided with on-line training resources.

A resource kit has been developed that includes the calculator, a training manual with easy step by step instructions and a nutritional tick list which has been created to assist consumers in making informed choices for healthier food selection.

One day workshop of ADD'EM UP for up to 10 people* \$8,900

The one day workshop includes the kit comprising of calculator, training manual, nutritional tick list, and access to on-line training for 12 months.

*travel expenses are additional

2. A one day "Train the Trainer" workshop delivers the training material on how to create a household budget, use the **ADD'EM UP** calculator, prioritise spending and explain consumer rights. In addition attendees will be provided with on-line training resources. Best practice service delivery models are covered as well as innovative evaluation techniques.

A resource kit has been developed that includes the calculator, a training manual with easy step by step instructions, a power point presentation and a nutritional tick list which has been created to assist consumers in making informed choices for healthier food selection.

Train the trainer one day workshop for up to 10 people* \$8,900

Regional based workshops to accredit trainers to deliver **ADD'EM UP** training:

- Includes kit comprising of calculator, client training manual, train the trainer resources, power point presentation, nutritional tick lists, access to on-line training, and evaluation tools.

*travel expenses are additional

Additional ADD'EM UP client resource packages can be purchased per unit \$114 (includes calculator & training manual)

Resource packages can be ordered by OT3 accredited trainers:

- Evaluation sheets must be completed and a copy returned to OT3 Tools for data compilation;
- OT3 Tools reserves the right to do spot checks on training delivery.

OT3 Tools owns all Intellectual Property around the **ADD'EM UP** and associated resources:

- No replication of any resources without expressed written consent from OT3 Tools is permitted.

Packages can be customised to suit your requirements. We would be happy to provide an online presentation to best demonstrate the tool's capabilities.

For additional information on how this tool can support better health outcomes, or to simply place an order for our training and resource packages, please contact:

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