



# FAMILY RESOURCE

DAY OPTIONS, SUPPORTED EMPLOYMENT,  
ACCOMMODATION & RECREATION SERVICES IN NORTHERN ADELAIDE



University of  
South Australia





This resource was developed by University of South Australia students from the Occupational Therapy and Physiotherapy programs in 2017 and 2018 for use by the staff and parents of students at Modbury Special School.

The Occupational Therapy and Physiotherapy students and University of South Australia clinical supervisors acknowledge the support and encouragement from the staff at Modbury Special School for hosting students completing clinical placements.

This resource includes information about services offered by community service providers which may be most appropriate for people living in the Northern and North-Eastern suburbs of greater Adelaide. Services include; day options, supported employment, accommodation, respite, and recreational opportunities. Disability service providers who presented good quality, NDIS registered, and responsive services were included in this resource to ensure families of Modbury Special School are linked with services appropriate to their individual needs.

This edition was printed in November 2018

For further information about the services offered by the service provider in this resource please contact them directly.

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# Summary of Service Providers

Service Providers	Day options	Supported employment	Accommodation & Respite	Recreation	Other services
Autism SA					
Barkuma					
Bedford					
Cara					
Centacare					
City of Playford					
City of Salisbury					
Community Bridging Services					
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# Summary of Service Providers

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Xlent Disability Services					

# Glossary of terms

Accommodation	Supported accommodation is housing that provides care for people with particular needs.
Budget	The amount of money a participant receives from the NDIS, which falls into three categories – core supports, capacity-building supports or capital supports.
Capacity building supports	Supports that help a participant build their skills, resources and confidence to participate in the community or have the same kind of opportunities or services as other people.
Capital supports	Physical supports such as assistive technologies, equipment or home/vehicle modifications.
Community services	Activities and interests (not supplied by government groups), which are available to everyone in the community e.g. social, study and sports.
Core supports	Supports that enable a participant to complete activities of daily living and work towards their goals and meet their objectives.
Day Options	Programs for people with disabilities run by providers that last most of each day to provide opportunities for capacity building and socialisation.
Eligible	People with disabilities must show that they are eligible for funding from the NDIS. The NDIS requires that a disability is both <b>significant</b> (impacts the person's capacity to independently live their everyday life) and <b>permanent</b> (a disability that is lifelong and will not improve over time).
Formal Supports	Supports a person has to book and pay for out of their NDIS plan funds.
Goals	Things a young person wishes they could do or achieve in the future, with the help of the NDIS. There should be short term goals (to achieve in the next 12 months) and long term goals worked into an NDIS plan.
Guardian	A person in a formal caring role, acting for a person with a disability. Parents are usually guardians.
Informal Supports	The unpaid supports participants get from the people around them, for example family, friends, neighbours.
Local Area Coordinators (LAC)	LACs are local organisations working in partnership with the NDIA, to help participants and their carers access the NDIS. LACs will help participants write and manage their plans and also connect participants to mainstream services and local and community-based supports.
Mainstream services	The government systems providing services to the Australian public e.g. health, mental health, education, housing, and employment services.
NDIA (National Disability Insurance Agency)	The Commonwealth government organisation administering the NDIS.
NDIS (National Disability Insurance Scheme)	The scheme that delivers funding set out by the NDIA.



NDIS Act 2013	The legislation which underpins the NDIS/NDIA. <a href="https://www.ndis.gov.au/about-us/governance/legislation">https://www.ndis.gov.au/about-us/governance/legislation</a>
Open employment	Employment in the open market where support is generally not provided by the employer to a person with disabilities.
Participant	A person with a disability who meets the NDIS eligibility requirements and has an NDIS plan in place.
Person with disability	A person who has any or all of the following: impairments, activity limitations (difficulties in carrying out usual age-appropriate activities), and participation restrictions (problems a person may have taking part in community, social and family life).
Plan	A written agreement worked out with the participant, stating their goals and needs, and the reasonable and necessary supports the NDIS will fund for them. A person's plan is reviewed annually.
Plan management options	<b>Agency Managed:</b> The National Disability Insurance Agency (NDIA) manages your plan, and pays your support providers directly. You must choose registered NDIS providers if you are agency-managed. <b>Plan Managed:</b> Is when an organisation or individual, also known as a Financial Intermediary, helps you manage your funding. Plan managers may be funded by the NDIS in your plan. <b>Self Managed:</b> You and your family manage the funding and supports in your NDIS plan yourselves. The NDIS pays you, and you pay your providers.
Plan review	Each year a participant's plan is reviewed by the NDIS or the LAC, in consultation with the participant (and their guardian), to determine what changes are required. A participant can seek a review if their circumstances change, for example if they are about to leave school.
Provider (Service Provider)	A person or company who has products or services to help participants achieve the goals in their plan. Providers are paid for their services from a person's NDIS plan budget.
Registered provider	A disability support provider that has met the NDIS requirements for qualifications, approvals, experience, capacity and quality standards to provide a product or service.
Respite	A temporary break from a caring role. Respite can be in a participant's home, at a centre or in the community. Under the NDIS, respite might also be called: short-term accommodation, assistance in living arrangements, assistance with self-care overnight.
SLES (School Leavers Employment Scheme)	SLES offers school leavers individualised support for up to 2 years after finishing school to prepare for working in open employment. A separate funding line for SLES will need to be included in an NDIS plan.
Support coordinator	A person who helps a participant (and their guardian) implement their plan, manage their supports and build their capacity to manage their own supports. Support Coordinators may be funded by the NDIS.
Supported employment	Service provision wherein people with a disability are supported to maintain employment in an environment where their productivity does not need to meet the requirements of open employment.



## DETAILS

**Address:**

1/262 Marion Rd, Netley 5037 (Head office)  
Shop 1/57 Elizabeth Way, Elizabeth 5112

**Website:**

<http://www.autismsa.org.au>

## CONTACTS

**Phone:** (08) 8379 6976 (Netley)

(08) 8209 0300 (Elizabeth)

1300 288 476 (info line)

**Email:**

[admin@autismsa.org.au](mailto:admin@autismsa.org.au)

### ***Day Options:***

The day options program in the Northern suburbs offer both group and individual programs.

*Group:* Focused on community based activities including shopping, exercise, and use of public transport and dining out, and in home skills such as independent living development and recreational activities. These group programs run between 9am and 3pm, Monday to Friday. This program can be accessed through individual funding and transport may be negotiated at an additional cost.

*Individual:* A support worker can work with you to build a program individualised to your own goals. This program can promote independence, well-being, dignity and quality of life. The quantity and length of this program can be negotiated and quoted.

For more information, contact the Info Line for further details on Community-based or Centre-based Day Options Programs on: 1300 288 476 or email [mypathways@autismsa.org.au](mailto:mypathways@autismsa.org.au)

### ***NDIS planning/support:***

For registered Autism SA clients, a meeting to provide support prior to your NDIS planning meeting is offered. These meetings can help determine goals and identify what you may be able to ask for from the NDIS. Autism SA can also help provide connections to support services once the NDIS plan is in place. Contact Autism SA info line for support.

### ***Other services:***

#### *iMsocial*

- For children aged 8-12

- The program uses video based interventions and information technologies to teach socio-communicative skills and self-protective behaviours in a group setting, with a focus on improved retention and generalisation of learned skills over time.
- Available as a free online program <http://www.imsocial.org.au/>

#### Autism SA Social Digital Enterprise Program (Tuesday evenings)

- For clients aged 10-21
- The program seeks to increase the social development and community participation, for those who have an additional interest in Information Technology skills
- Visit <http://www.autismsa.org.au/social-digital-enterprise-group> for more information

#### Adult Social Development Group (Thursday evenings)

- For registered Autism SA clients over the age of 18
- These workshops focus on social and communication skills, friendships and relationships, coping strategies for anxiety and goal planning
- These workshops are highly interactive with visual aids, videos and activities.
- Visit <http://www.autismsa.org.au/adult-workshops> for more information

#### Occupational therapy

#### Speech therapy

#### Psychology

#### Brief individualised support



## DETAILS

**Address:**

191-193 Philip Highway, Elizabeth 5112

**Website:**

<http://www.barkuma.com.au>

## CONTACTS

**Phone:**

(08) 8414 7100 (Elizabeth)

(08) 8252 8666 (Holden Hill)

**Email:**

Use the "Contact Us" form on the website

### ***Work options:***

Can be part-time or full-time employment;

- Work hours are usually 8am-4pm up to 5 days per week
- Provides assistance in transition to employment, with opportunities for site visits and gradual transition to employment throughout senior school

### ***Transition program:***

- 12 month program designed to assist final year high school students in making the transition from school to employment or further study.
- The program is open to students aged 16 years or older, with the capacity and desire to work for a minimum of 8 hours per week post school
- Must be able to access transport independently
- Applications are received in term 3 of the preceding year, with interviews conducted with students and parents/carers in term 4. Students must be referred by a school teacher.

***Supported employment:*** there are 2 sites of employment in a Barkuma owned business (one at Elizabeth and one at Holden Hill)

- Must be 16 years of age, have an intellectual disability or be eligible to receive a disability support pension from Centrelink
- At the packaging business (SAPAC), employees receive wages, have set hours of work, leave entitlements, superannuation and other benefits
- Offer a range of training opportunities that result in nationally recognised qualifications

- Barkuma can refer to other employment services such as carpentry, warehouse, administration, forklift, quality auditing, light assembly, packaging, process work and machine operation

**Open employment:** Employment in the mainstream workforce, where clients can work in a variety of roles and industries with 300 other local employers (industries include: aged care, business and administration, fast food, hospitality, maintenance and cleaning). Barkuma works with the young person to make sure that they are supported throughout their employment and have a process to make sure they reach their goals.

Support is available for the process of: enquiring to intake coordinator, access eligibility and sign up, meeting the support team, pre-employment activities, job searching, work experience and paid employment.

**Transport to employment:** Employees independently organise transport to the workplace. There is a bus-stop outside the Holden Hill site. Barkuma are able to support clients with their transport, such as assisting them to locate/board the correct taxi, and/or providing transport training if a client's NDIS plan has this listed as a goal.

**Accessibility:** Barkuma is wheel-chair friendly, and they are able to assist in finding tasks for employees of all abilities, including those with vision impairments or difficulty with manual dexterity.

***NDIS planning/support:***

Staff members at Barkuma can act as a Support Coordinator, which assists with finding, connecting with, and maintaining the supports that the young person and their family choose.

***Accommodation:***

**Supported independent living:** provides personalised living support in individual and shared settings. Support can be given to live in own home, with family, or in a shared house with other people.

- Can provide 24 hour support for people on an as-needed basis
- Can help with: managing money, communication, life planning, developing skills, and supporting goals
- Involvement with Shine SA relationships services

***Other services:***

**School Leaver Employment Supports (SLES):** This program assists a young person's transition from school to work, providing up to 24 months of support for school leavers to prepare them to find and keep a job. With assistance from a SLES Case Manager the family can choose the supports that best match the individual needs of the school leaver. This is a specific line of funding that needs to be in a plan before the young person finishes school and will require one of the young person's goals to be entering open employment in the future.

Better pathways: This program provides one-on-one support with a dedicated worker for students to engage with the community and their education. It is available for students from year 10 up to one year after school finishes.

Daily living skills: Can provide support in daily living skills of: personal care needs, accessing public transport, accessing medical and health care supports, shopping, healthy eating and food preparation.

Effective Education for Quality Independence Program: This program runs across 12 weeks with a weekly 3-hour workshop focusing on a different life skill. You will be provided with information and resources so you can implement your newly learned skills at home. After completing the program, you will be able to identify any gaps or changes needed in your current supports.

Skills and support services: Provide 1:1 support to anyone experiencing difficulties finding and keeping a job. Can assist with counselling, legal work, housing, finances, health, advocacy, recreation, and education.

Support and family education: Can help with: developing skills in basic financial management and planning, general household task planning, providing practical 1:1 support and mentoring, planning around and access to appropriate healthcare/welfare services/educational services, modelling positive interactions, recognising and acting on hazards to self, supporting referral of clients to other services.

# BEDFORD

## DETAILS

**Address:**

Sites include: Torrensville, Edinburgh, Gepps Cross, Elizabeth, and Pooraka (work options vary)

**Website:**

<https://bedfordgroup.com.au>

## CONTACTS

**Phone:**

(08) 8275 0211

**Email:**

[headoffice@bedfordgroup.com.au](mailto:headoffice@bedfordgroup.com.au)

***Day Options:***

Bedford offers stimulating and safe day option programs to people with high support needs in Adelaide. The program is designed to meet each person's individual needs and encourage greater independence, development of life and social skills and offer tailored support and training in a caring and supportive environment. The centre-based day options program is offered at the Panorama site.

Carer to Client ratio = 1:3.

***Work options:***

Bedford offers flexible work options to suit your skills and capacities. They offer on the job training and support to help you get to work, feel comfortable when you're there and learn new everyday skills. Their career options include:

- Packaging
- Landscaping
- Timber processing
- Administration
- Machine operating
- Gardening
- Hospitality
- Forklift driving
- Warehouse support

**Eligibility:**

- 16 years or older

- Have a disability and need support
- NDIS Participant and have a plan with 'Finding and keeping a Job' as part of a goal
- Receiving the Disability Support Pension or are getting another income support payment
- Satisfactorily pass a confidential police check
- Willing to participate in a trial period so Bedford can review training and support needs so the young person can decide if they wish to work at Bedford
- Able to travel to and from Bedford via own means
- Prepared to provide a Pre-Placement Health Assessment completed by their Doctor.

Supervision: Employees ratio – varies depending on the jobs and the capacity of the employee. All employees are required to be able to attend to personal care independently.

### The Orange Brick Road

- Provides participants with a tailored way to navigate career opportunities and supports within Bedford, while achieving life goals inside and outside of work.
- Designed to meet individual goals, capacities and aspirations. They offer different options to suit each person and each stage of their career path.

Bedford will assist with; Work readiness workshops, mentoring, individualised support and case management.

### ***NDIS planning/support:***

Yes, general advice.

### ***Accommodation:***

Bedford offer supported accommodation at Balyana Residential Centre as well as in the community.

### ***Other services:***

School Leaver Employment Supports (SLES): This program assists a young person's transition from school to work, providing up to 24 months of support for school leavers to prepare them to find and keep a job in open employment. With assistance from a SLES Case Manager the family can choose the supports that best match the individual needs of the school leaver. This is a specific line of funding that needs to be in a plan before the young person finishes school and will require one of the young person's goals to be entering open employment in the future.





## DETAILS

**Address:**

Unit 1/2-4 Adam Street, Hindmarsh 5007

**Website:**

<https://www.cara.org.au>

## CONTACTS

**Phone:**

(08) 8347 4588

**Email:**

[contact@cara.org.au](mailto:contact@cara.org.au)

### ***Accommodation:***

Cara provides accommodation for young people and adults looking for full time support. Cara can provide a range of supported accommodation for people with disabilities and are committed to finding the place that is right for individuals and their families. Accommodation is provided by Housing SA, private landlords and a number of community housing associations. Cara provides the staff to support the individual in their accommodation.

Accommodation options include:

- Traditional share housing with other people who also have disabilities. This option provides the individual with their own room (sometimes their own bathroom), whilst the living spaces and outdoor areas are shared with the other tenants. There is also a staff bedroom in the house.
- Cluster accommodation includes a group of units on one site. Individuals have their own unit with a bedroom, kitchen, bathroom and courtyard or backyard. There is a staff unit on the same site.
- At Woodville West Cara have apartment buildings which include a “concierge” apartment in the same building. Concierge staff can support tenants remotely to control the lights, air conditioner and open the apartment door if the tenant wishes.

### ***Respite:***

Children's respite: Cara has comfortable family-style homes throughout Adelaide and in Murray Bridge, Mt Barker, Port Augusta, Port Pirie and Port Lincoln where children can go for a break to have fun, make new friends and learn new skills. Each child has their own room, living areas and backyards are shared spaces for play with other children. The service offers a Kids in Action Program (KAP) where volunteers partner with children for activities, including craft, games and play.

Adult's respite: Similar to above, Cara has family-style homes to accommodate adults with disabilities all over Adelaide and in Murray Bridge, Mt Barker, Port Augusta, Port Pirie and Port Lincoln. At these sites, adults can go for a break to have fun, make new friends and learn new skills. Each individual has their own room, however, living areas and backyards are shared spaces. Respite can be for a couple of nights right up to a month or longer.

FARM STAY respite:

Farm Stay is located in Blakiston in the Adelaide Hills. Farm house sleeps up to five adults with room for a staff member to sleep over. At Farm Stay, everything is accessible, from the kitchen bench to the raised garden beds and the chicken house, and they have farm animals. For ages 18 and over. Funding through NDIS plan.

Care to client ratio = 1:2 (Can bring their own support worker if needed)

***Other services:***

GETAWAYS Program:

Age group: 18-40 years old

Carer to client ratio = 1:2

Transport options: Available to a destination, the pick-up points are in the Northern, Eastern and Southern areas.

Getaways program is especially for adults to take short breaks with their peers or for adults who enjoy getting out and about in the community. Program is about being active in the community and doing things any adult in that group would do, including having BBQs, watching live sport, café hopping or visiting wineries, going to the cinema etc.

Home & Community Support: One-to-one to Supports include but are not limited to personal care, in-home support, cleaning and laundry, cooking and shopping, holidays and sports, organising and attending appointments and recreational activities.

Specialist Services: Work alongside children and adults with disabilities, and their supporters, to find personalised and creative ways to get more out of life, e.g. increase confidence and skills with independent living, community involvement, shopping/ food preparation, communication skills, time management and planning social skills, budgeting and financial planning, positive behaviour support, IT and media and transition planning.



## DETAILS

**Address of local site:**

17 Laverstock Rd, Elizabeth North 5113

**Website:**

[www.centacare.org.au](http://www.centacare.org.au)

## CONTACTS

**Phone:**

(08) 8215 6818

**Email:**

[disability@centacare.org.au](mailto:disability@centacare.org.au)

### ***Day Options:***

Day Option programs located at Plympton and Elizabeth. Program activities include:

- Life Skills development – eg: grocery shopping, cooking, personal care, gardening
- Improved Health & Wellbeing – eg: education, group fitness activities
- Literacy and Numeracy – eg: tailored programs to suit learning ability, money handling, budgeting, reading and writing skills
- Recreational – eg: ten pin bowling, music, dancing, picnics, art and craft
- Community access – eg: library, music works, community events, shopping

Clients engage in both centre-based and community activities and are encouraged to contribute to weekly activity planning. Programs facilitate practical learning opportunities for life skill development and support clients to explore their personal interests.

Carer to Client ratio = 1:3 unless 1:1 is funded and required.

### ***NDIS planning/support:***

Centacare can offer additional assistance to families in discussing their NDIS Plan, breaking down their goals, and recommending Centacare services that can work towards these goals.

### ***Accommodation:***

Centacare supports a number of individuals in accommodation and group homes. Staff provide consistent support to individuals with daily living and personal care. Staff are respectful of individuals homes, ensuring duty-of-care and dignity is maintained for all residents. Tailored support to suit individual needs and goals includes:

- Personal care

- Daily living tasks – meals, laundry and cleaning
- Support to access the community
- Home and garden maintenance
- Finances and budgeting
- Health care management and support
- Contact with family and friends

***Respite:***

Centacare’s centres offer weekend and school holiday short-term stays that can provide people with disability with the opportunity to meet new people, increase their independent living skills and participate in their choice of community and recreational activities.

Centacare offers a ‘holiday-like’ program at either Auricht House in Elizabeth or Kolbe Cottage in Plympton.

- Auricht House offers weekend centre-based overnight stays and day respite for youth and adults.
- Kolbe Cottage offers overnight stays and day respite on weekends and during school holidays for children.

Short-term stays and respite services provide opportunities to enjoy positive experiences while developing social skills and independence.

***Other services:***

1:1 support including:

- Assistance with Household Tasks
- Community, Social, and Civic Activities
- Development of Daily Living and Life Skills
- Assistance with Daily Life/Personal Care

# CITY OF PLAYFORD

## DETAILS

**Address (main office):**

Playford Civic Centre  
10 Playford Boulevard, Elizabeth 5112

**Website:**

<https://www.playford.sa.gov.au/disabilityservices>

## CONTACTS

**Phone:**

(08) 8256 0333

**Email:**

[playford@playford.sa.gov.au](mailto:playford@playford.sa.gov.au)

***Day Options:*****Friends Groups:**

Recreation and skills programs for adults with a disability, encouraging independence and self-growth through group interaction.

- Group includes centre-based activities (e.g. fitness, craft, cooking, music and various workshops) and regular community outings.
- Group meets Monday, Wednesday and Friday from 10am to 3pm.
- Where: John McVeity Centre (182 Peachey Road, Smithfield Plains)

***Recreation:***

**Friends after hours:** Recreation program for adults with a disability.

- Thursdays fortnightly from 6pm to 9pm (Centre-based and outings)
- Saturdays 10am to 4pm (out and about program)

**Club unity disco:** an opportunity for young people with a disability to socialise with their peers in a supported environment in their local community.

- Occur once a month on a Saturday night from 7pm-10pm and cost \$5 (carers free).
- At Grenville Hub, Playford Boulevard Elizabeth.

***Other services:***

**Career Jump Start:** A free six-week course providing practical information and advice to help young people obtain employment, traineeship or volunteering opportunities.

# CITY OF SALISBURY

## DETAILS

**Address (main office):**

12 James Street, Salisbury 5108

**Website:**

[http://www.salisbury.sa.gov.au/Live/Community/Disability\\_and\\_Access/Disability\\_Programs](http://www.salisbury.sa.gov.au/Live/Community/Disability_and_Access/Disability_Programs)

## CONTACTS

**Phone:**

(08) 8406 8222

**Email:**

[city@salisbury.sa.gov.au](mailto:city@salisbury.sa.gov.au)

***Day Options:*****The Shed at Edinburgh:**

Involves activities to meet other people and learn new skills in a friendly, supportive environment. Shed is open Monday to Thursday from 9am to 3pm. Shed is located at Peter Badcoe VC Complex off Taranaki Road, Edinburgh. Shed is open to adults aged 18 and above living with a disability. Activities include:

- Wood work
- Arts & crafts
- Social interaction
- Basic computer training
- Metal work
- 8 ball, snooker & darts
- Lunch outings

Enquiries to Craig on 8255 4201 or email [has@salisbury.sa.gov.au](mailto:has@salisbury.sa.gov.au)

***Recreation:*****Fun on Friday**

- Every Friday from 9am to 3pm for adults aged 19 to 65 living with an intellectual disability.
- Enquires to Jennie on 8406 8225 or email [has@salisbury.sa.gov.au](mailto:has@salisbury.sa.gov.au)
- Located at Burton Community Centre (386 Waterloo Corner Road, Burton).

### Salisbury Social Group

- Group is run fortnightly on Thursdays from 7pm to 9pm for adults aged 18 and above with an intellectual disability.
- Evening Activities such as arts and crafts, dinners, social outings, group activities, table tennis and dress ups.
- Group is held at Jack Young Centre (1 Orange Avenue, Salisbury).
- Enquires to Kelly on 8406 8225 or email [has@salisbury.sa.gov.au](mailto:has@salisbury.sa.gov.au).

### Salisbury Connect:

The City of Salisbury will help connect people with disabilities to local sporting groups designed for people with a disability. Some examples of sports include:

- AFL
- Indoor cricket
- Boccia
- Basketball
- Goalball

City of Salisbury can assist in linking individuals with other sports that are not listed here. Email [sport@salisbury.sa.gov.au](mailto:sport@salisbury.sa.gov.au).



## DETAILS

**Address:**

147 Pirie St, Adelaide 5000  
Other office sites include Elizabeth & Salisbury

**Website:**

<https://communitybridgingservices.org.au>

## CONTACTS

**Phone:**

(08) 8207 1210 (Gilles Plains office)

**Email:**

[cbs@cbsinc.org.au](mailto:cbs@cbsinc.org.au)

### ***Day Options:***

Choice CBS:

- Capacity building through supporting participants to make choices, meet people, make friends and go places.
- Focus is on having fun, developing skills, increasing self-esteem and confidence.
- Programs run from one day a fortnight to five days a week.
- Activities can include: swimming, movies, museums, events (e.g. Fringe Festival), restaurants.

Socialize:

- Participants are aged 18-30 and live in the northern, north-eastern and western suburbs.
- The program runs Monday-Friday, 48 weeks of the year.
- Community-based activities include visits to playgrounds and the Adelaide Aquatic Centre and participating in the music-based events.

Carer to client ratio is 1:3. 1:1 support may be negotiated if needed.

### ***Recreation:***

Recreation/Skill Development: An opportunity to increase skills and knowledge through a range of recreational experiences such as, outdoor adventure, art and craft, Westenders social (evening) group and the independent Living Skills Program.

Art: CBS offers four weekly art programs under the direction of a professional art facilitator. Regular exhibitions including SALA (South Australian Living Artists) Festival in partnership with Eastwood Community Centre and the Hahndorf Academy.



Independent Living Skills and Craft: this program is held at the Hillcrest Community Centre and supports the preparation of a variety of meals, budgets and shopping. Craft is held at TAFE SA, Gilles Plains Campus and participants are involved in making a variety of items.

Tea Tree Gully Lifestyles Link: Programs designed for people with acquired brain injury or intellectual disability. A focus on providing a range of community and centre-based experiences.

**Other services:**

School2work Supports: an individualised pathway that assists participants to develop their interests, discover strengths and work towards future employment goals. This program is for students in year 11, year 12 or newly graduated from school and can be accessing funds in an NDIS package (including School Leaver Employment Support – SLES). School2work Supports is provided for up to 48 weeks in modules with some small group activities, 1:1 work and planned work experience. Activities include: workplace literacy and numeracy, work readiness; workplace visits and independent living skills (e.g. budgeting, shopping, cooking, etc)

Psychology: services in city, Gilles Plains, Elizabeth and Warradale.

# COMMUNITY LIVING PROJECT

## DETAILS

**Address:**

31 Saltash Avenue, Christies Beach 5165

**Website:**

communitylivingproject.org.au

## CONTACTS

**Phone:**

(08) 8384 7866

**Email:**

use the “contact us” form on the website

### ***Work options:***

Community Living Project can assist in setting up a Micro Enterprise Project (MEP) to enable a participant’s personal interests and talents to become a business and source of income. A Micro Enterprise Project is a small business that is set up so that certain aspects of the business, such as handling financial matters, are handled by a professional in that field, while the participant does the work required in the job.

Examples of MEPs include:

- Lawn mowing and grounds maintenance services
- Artists displaying and selling their works
- Floristry businesses.

### ***NDIS planning/support:***

Community Living Project can assist participants and their carers to self-manage NDIA plans.

### ***Other services:***

Community Living Project can assist with daily living activities, household tasks, and social and community participation.



## DETAILS

**Address (Head Office):**

315 Unley Road, Malvern 5061 (various program locations around Adelaide)

**Website:**

<http://comrec.com.au>

## CONTACTS

**Phone:**

(08) 7009 4900

**Email:**

[contact@comrec.com.au](mailto:contact@comrec.com.au)

**Day Options:**

COMREC venues have a focus on creating a relaxed and homely environment for clients. COMREC offer group programs, and there are 3 different activity options available each day, which clients can pick from. The programs change monthly and client input is encouraged. Program hours are 9:30am to 3:30pm.

Activities on offer include:

- Centre-based activities, such as photography, singing lessons, computer skills, understanding emotions, cooking, first aid skills, arts and craft, and Wii fit. Singing classes are run by an experienced staff member, and COMREC Modbury Heights site has a music studio with microphones, speakers and costumes, which are used by clients who regularly perform at COMREC events.
- Recreational activities, such as swimming, bowling, laser skirmish, Dolphin Cruises, zoo visits, meals at The Gov and more. Clients also have the opportunity to participate in 'Club Slick' – a monthly dance event for adults with disabilities.

COMREC staff look for different events held in Adelaide, such as music/stage shows, or football games, and organise group outings for clients to attend if clients are interested.

Transport to and from COMREC site if clients live in one of the pick-up regions. Cost for pick-up and drop-off is \$12 return per day.

Trial options are available, as each COMREC site has a different feel, and COMREC staff encourage families and clients to find the right fit for them, e.g. for varying sensory needs.

Carer to client ratio = 1:4, with 1:1 support available if needed

***NDIS planning/support:***

NDIS Coordinator is Trish Lock (0431 237 312) and she can offer Support Coordination. Program Coordinators from COMREC are also able to provide support during the NDIS planning process, as well as during a planning meeting.

***Accommodation:***

Accommodation will be offered in Mt Gambier early in 2019 and in Adelaide in late 2019.

***Respite:***

Short term respite is available in Mt Gambier and long term respite is available in Adelaide on request. Weekend and evening 1:1 respite is now available subject to staff availability in Adelaide and Mt Gambier.

***Other services:***

- Professional hairdresser and beauty salon at the Modbury Heights site. Hair and beauty days are included in the monthly program, with the option of booking in individual services at affordable prices for all clients. Beauty shoots can also be done after a hair and/or beauty treatment.
- Registered nurse available on call
- Behaviour Support services and plans available if needed

# EBL DISABILITY SERVICES

## DETAILS

**Address:**

Endeavour House, Module 5, Fourth Avenue,  
Mawson Lakes 5095

**Website:**

[ebldisabilityservices.org.au](http://ebldisabilityservices.org.au)

## CONTACTS

**Phone:**

(08) 8252 1000

**Email:**

[admin@ebldisabilityservices.org.au](mailto:admin@ebldisabilityservices.org.au)

***Day Options:***

EBL hosts Day Options programs at centres in Davoren Park and Glenside. Activities include bowling, swimming, cooking, art, gardening, doing puzzles & games, karaoke, and excursions to the beach, Gumeracha, or out for mini golf. The program offered in Glenside is aimed at higher-functioning participants and the site offers a computer hub providing opportunities to practice online search skills. Most days involve giving participants choice between two or more options for the day so participants can exercise their choices in what they do.

The programs run 50 weeks of the year and participants can nominate to attend every day or selected days depending on their funding and preferences.

EBL is supportive of young people to trial the program with the support of a carer to see if the program is a good fit for them.

***NDIS planning/support:******Financial Intermediary Service:***

A specific service which serves to assist participants to understand and maximise their NDIS funding.

Includes initial consultation around the funding process and a monthly report on how much funding has been used and how a participant can use their funding effectively.

During planning meetings with an LAC a participant can request plan management and financial intermediary service to include funding for this service as it aids a participant to maximise the use of their funding.

***Respite:***

Short stays at Yarnbrook Cottages (Davoren Park) are designed to enhance social interaction, build relationships, support independence and create peace of mind for participants and carers. Regular short stays at Yarnbrook Cottages provides access to a range of tailored programs which may incorporate activities such as community inclusion, socialisation, peer group development as well as learning and life skills development. An onsite coordinator and qualified permanent staff provide individualised support from a single night, up to four weeks, depending upon each person and family's circumstances. The cottages have sensory gardens and outdoor entertaining areas which can be utilised in all weather.



## DETAILS

**Address:**

58 Marquisite Drive, Salisbury East 5109

**Website:**

<http://empoweringfutures.com.au>

## CONTACTS

**Phone:**

(08) 8285 3313

**Email:**

[cathy.r@empoweringfutures.com.au](mailto:cathy.r@empoweringfutures.com.au)

### ***Recreation:***

Monthly 'Out and About Friends' Program: (Saturday mornings) Designed for learning social skills and etiquette in the community, and extend friendship groups. Includes activities such as going to the zoo, museum, bowling and mini golf, Botanical gardens, laser skirmish, and movies.

Sports sessions: basketball games, bowling games and participating in Special Olympics on Thursday / Friday evenings.

### ***Other services:***

Various 2 - 4 hr. x 12 week Capacity Building programs including:

Living skills program: Learning household duties, e.g. laundry, cleaning skills.

Healthy Hearts program: Growing own vegetables, preparing nutritious meals, and a gentle enjoyable exercise program.

Job Ready program: Covers skills of writing resumes and cover letters, common interview questions, presentable attire, body language etc.

### Personal awareness and grooming group:

i) Men's group is an opportunity for men to interact with each other and share ideas, learn new skills and tips around personal care, dress sense, healthy relationships and the importance of men's health and wellbeing.

ii) Young Ladies group is an opportunity for girls to get together and share ideas, learn new tips around personal care and hygiene, and play around with makeup, nail polish and accessories, and discuss the importance of women's health and wellbeing.

Transport training: can be individual or group training sessions which run in the day and evening.

# FOCUS DAY OPTIONS

## DETAILS

**Address:**

129 Salisbury Highway, Salisbury 5108

**Website:**

<https://www.focusdayoptions.com.au>

## CONTACTS

**Phone:**

(08) 7372 7008

**Email:**

[admin@focusdayoptions.com.au](mailto:admin@focusdayoptions.com.au)

### *Day Options:*

Community based activities including shopping, exercise, use of public transport and eating out, general life skills such as cooking, computer learn and play, numeracy and literacy, as well as various recreational activities for adults aged 18 - 64 with various levels of physical, intellectual, developmental and/or social disabilities. These group programs run between 9am and 3pm, Monday to Friday. This program can be accessed through individual NDIS funding.

Focus Day Options offers:

- TV lounge with game consoles
- Art room
- Kitchen and dining room
- Vegetable garden
- Shed (for wide scale art projects, sport equipment and foosball/pool table) etc.

Focus Day Options is developing a sensory room and a computer corner.

The group size limit of 15 clients per facility ensures the clients receive ample attention from their support workers. Clients are welcome to bring in their own carers if preferred.

Carer to client ratio = 1:3 in hall (on site), and 1:2 out hall (in the community).

Wheelchair and lifter available to assist movement between locations, when required

Service trial days can be arranged

*Fees:* \$5.00/day for activities expense



# HIREUP

## DETAILS

**Website:**

<https://hireup.com.au/>

## CONTACTS

**Phone:**

(02) 9113 5933

**Email:**

[hello@hireup.com.au](mailto:hello@hireup.com.au)

Hireup is an online booking app that enables people to book support workers for shifts. The sort of things that a carer might like to have a support worker with their young person for might be going to the movies or events. Clients and support workers all have individual profiles, so clients can tell support workers about themselves (or carers can tell support workers about their young person), and clients can look at the support workers' profiles to see if they think that the worker will be a good fit for the job.

Clients can find a range of support, from in-home personal care to support at work or in the community. Support may include having a worker acting as a social coach, workplace mentor, swimming teacher, study buddy, or companion at a community event.

Clients can find workers by posting an ad on the Hireup job board or by searching and messaging individual workers in their area. Bookings are created and finalised using the online booking form.

When a shift has been worked, Hireup will pay the support workers and issue the client with an invoice. If the client self-managed, Hireup will send the invoice to the client directly; if the client is plan-managed, Hireup will send the invoice to the client's plan manager for payment; and if the client's funding is being managed by the National Disability Insurance Agency Hireup will arrange to have invoices paid through the online NDIS participant portal.

# HOLIDAY EXPLORERS

## DETAILS

**Address (main office):**

1 Brand Street, Beulah Park 5067

**Website:**

<http://www.holidayexplorers.com.au>

## CONTACTS

**Phone:**

8331 2399

**Email:**

[travel@holidayexplorers.com.au](mailto:travel@holidayexplorers.com.au)

Holiday Explorers provides holidays with a wide range of activities for people with intellectual disability from 16 to 100 years of age. They provide support to enable real choice, engagement and participation in the community, and assist carers by giving them a break while their family member is away.

Holiday Explorers are approved providers of disability services within the National Disability Insurance Scheme (NDIS), the My Aged Care – Commonwealth Home Support Program (CHSP), and for the South Australian Department of Communities and Social Inclusion (DCSI) – Disability Services.

***Respite:***

(Note: holidays and tours may change, a list of upcoming holidays can be found on their website in the latest issue of "Holidaytime" and the ones listed below are from their October 2018 issue)

Holiday Explorers provide one day tours such as:

- Trip to Monarto Zoo
- River Murray Lunch Cruise
- Adelaide Zoo and Popeye
- Alladin High Tea

Holiday Explorers provide weekend tours such as:

- Victor Harbor Train and Cruise
- Australian Beach Games
- BBL Twenty20 Cricket
- Macclesfield Strawberry Fete
- UFC Fighting
- Pampering and Be a Chef

Holiday Explorers provide longer holidays (3-10 days) such as:

- Gold Coast (6 days)
- Kangaroo Island by Ferry (5 days)
- South Australian Cruise (5 days)
- Narnu Farm (3 days)

Carer to client ratio = 2:5 for majority of trips (can go up to 2:6 or lower)



## DETAILS

**Address:**

19-21 Belmore Terrace, Woodville 5011

**Website:**

<https://www.homeplace.com.au>

## CONTACTS

**Phone:**

(08) 8445 9900

**Email:**

[admin@homeplace.com.au](mailto:admin@homeplace.com.au)

### ***Accommodation:***

*Accommodation support:*

HomePlace offer tenancy support, support with all aspects of your housing and SDA coordination (Specialised Disability Accommodation).

*Supported living:*

HomePlace offer a supported living program that encourages and supports clients to be responsible for running a home and managing their daily living expenses as much as possible. Areas of focus within the program include household tasks such as self-care, cooking and cleaning, as well as focusing on skills in accessing the community, such as shopping, transport training and social interaction skills.

### ***Respite:***

*HomePlace Host:*

HomePlace Host is a Short Stay Hosted Accommodation Service which offers people living with a disability the opportunity to have an experience away from their family. Hosted within the safe environment of a Host Worker's home, a participant can make new friendships, be independent, learn new skills and get out and about.

### ***Other services:***

- *Daily living skills:* HomePlace can offer support to people living with disabilities who are after a more personalised and flexible type of support in their own homes. The Daily Living Skills program can support the customers to build capacities and work towards their goals of independence in tasks such as personal care, shopping, cooking, cleaning and laundry, meal preparation, yard maintenance, money management and development of routines.

- *Mentoring and peer support*: HomePlace can offer support through this program to learn new skills, find and access disability service providers, helping someone to find and keep employment, and assisting customers to become involved in the community and build relationships.
- *Finances*: HomePlace can offer assistance in building capacities in money management, paying bills, budgeting, and navigating the financial side of being a participant in the NDIS.
- *Support with medical needs*: HomePlace can offer support with medical needs, medication administration, support with medical appointments and monitoring of healthcare.
- *Support with other organisations*: HomePlace can offer support attending specialist appointments, supporting with legal issues, assisting with medical appointments, and advocating with the Public Trustee.

# I CAN JUMP PUDDLES

## DETAILS

**Address:**

Mobile

**Website:**

<https://www.icanjumppuddles.org>

## CONTACTS

**Phone:**

0410 950 760

**Email:**

[info@icanjumppuddles.org](mailto:info@icanjumppuddles.org)

***NDIS planning/support:***

Support coordination: I Can Jump Puddles can help participants research and negotiate with providers to help participants reach their goals, participate in the community and support their family.

***Other services:***

Developmental Educator Support: Multidisciplinary Developmental Educators can work with young person and the family to develop effective strategies to support their learning goals.

Social Worker Support: The Social Workers provide knowledge, skills and expertise to support overall wellbeing and help the young person achieve their goals. Can provide supports including: therapeutic supports (individual and group), early intervention supports, behaviour supports, specialised assessment of skills, abilities and needs, assistance in coordinating life stages, transitions and supports, and assistance with accommodation and tenancy.

# INCLUSIVE SPORT SA

## DETAILS

**Address of main office:**

Level 1, Aldi Arena, 1a Meyer Street, Torrensville

**Website:**

[www.inclusivesportsa.com.au](http://www.inclusivesportsa.com.au)

## CONTACTS

**Phone:**

(08) 8122 6730

**Email:**

Fill in the form on the 'Contact Us' tab on website

### ***Recreation:***

Inclusive Sport SA supports various sport programs and works with SA sporting organisations and various recreation centres to promote the philosophy of inclusion. This enables people living with disability to access regular sporting opportunities in the general community. These opportunities range from introductory levels to competitions. Sports include:

- AFL Football (ages 14+) – Sundays during winter
- Basketball (ages 12+) – various times
- Netball (ages 14+) – Saturdays May to September
- Futsal (all ages) – Fridays during the school terms
- Indoor cricket (ages 14+) – Thursdays during school terms
- Indoor rowing (ages 10+) – Wednesdays during school terms
- Lawn bowls (ages 12+) – Mondays during school terms
- Soccer (all ages) – various

Rapid Swim: 14 different swimming programs at 7 locations around Adelaide.

- Swimming lessons: all ages, tailored to goals of individual
- Aquatic therapy: all ages, sessions aims to improve everyday functioning (e.g. improve gross and fine motor skills), therapist to student ratio of 1:1.

Sports Therapy, Positive Behaviour: Aims to improve quality of life and self-esteems through inclusion of sports and fitness-based activities into their life.

- Young people with a disability 6-18 years old who are experiencing challenging behaviours.
- Link families with sporting communities and develop a positive behaviour support plan.



## DETAILS

**Address:**

6 George Street, Stepney 5069

**Website:**

[www.interchangesa.org.au](http://www.interchangesa.org.au)

## CONTACTS

**Phone:**

(08) 8132 5300

**Email:**

[enquiries@interchangesa.org.au](mailto:enquiries@interchangesa.org.au)

### ***Respite:***

#### The Host Family Program:

- For people aged 5-21 years of age.
- Matches a child with an individual volunteer or family who cares for the young person regularly in their own home.
- Families often find that as they get to know the young person, a lovely relationship develops – like an extended family.
- The young person has the opportunity to experience friendships and adventures within a caring and safe environment.
- Some activities they may share include both outdoor and indoor activities, e.g. going to the beach, the park or the shops and gardening, games, cooking and visiting friends.

### ***Other services:***

#### The One to One Mentoring Program:

- For people of all age groups.
- Provides individual support to participants of all ages. The program allows the participant to focus on specific learning outcomes with a carefully matched mentor.
- This program gives young people the opportunity to access activities in the community and whilst having fun with someone who enjoys their company.
- These activities aim to improve social inclusion, confidence, sense of belonging, skill development, improving self-esteem and many more.
- All mentors are trained and have DCSI clearances.





## DETAILS

**Address:**

383 Paracombe Road, Paracombe 5132

**Website:**

[www.knhquality.com.au](http://www.knhquality.com.au)

## CONTACTS

**Phone:**

(08) 8389 9288 or 0408 087 394

**Email:**

[knhquality@bigpond.com.au](mailto:knhquality@bigpond.com.au)

### *Day Options:*

KnH provide services to the North-Eastern regions of Adelaide and Adelaide Hills for clients 18 and older.

Currently, 40 participants are enrolled at KnH. The group programs are quite small to ensure that the clients receive individual attention with aim of achieving their goals. There are three different groups based at Paracombe which offer a range of different activities.

The structure of the program is a:

- 48-week program with one week off in the winter school holidays and three and half weeks off over the Christmas and New Year period.
- Clients choose their services on an individual basis.
- Program is run from Monday to Friday (excluding Public Holidays).

KnH Day Option themes include:

- Recreation: Music, art & craft, cooking and gardening.
- Outdoor Activities: Gardening, outdoor sports and fruit picking at a local farm (Drury Orchards).
- Sports: Modified cricket, soccer and tennis.
- Environmental: Forestry Program, Bird and Insect Watching, etc.
- Cooking on a camp fire in winter months.
- Forestry Program/Capacity Building Programs on Tuesday, Wednesday & Friday.
- Capacity Building Programs: work with local wild life park, enclosure cleaning, chopping up food for animals and Forestry SA.
- Outings for music programs and Royal Adelaide Show.

Features of services that KnH offer include:

- Wheelchair accessible activity hall and other facilities within the site (e.g. toilets and garden area).
- A pick up and drop off service, offered to people in the areas of Oakden, Enfield, Salisbury, Elizabeth, Mt Baker and Ashton at an affordable cost (varies according to the areas). However, buses are not wheelchair accessible. Alternatively, you may drop off and pick up directly at the centre.
- Can cater for clients with high needs e.g. PEG feeds, if required can bring in your own support worker.
- Provides leisure and quality lifestyle experiences, with aim of improving individuals' skills through community access and other activities.

Carer to Client Ratio = 1:4

***Work options:***

There is opportunity for a Voluntary Work Program. This program aims to improve an individual's skills with focus on a working environment (e.g. 'signing off' and 'signing on').



## DETAILS

**Address of SA Office:** Level 10/44 Waymouth Street, Adelaide (YMCA programs run at different recreation centres across the state)

**Website:**  
[www.sa.ymca.org.au/leap](http://www.sa.ymca.org.au/leap)

## CONTACTS

**Phone:**  
(08) 8298 7422 or (08) 8200 2508

**Email:**  
[leap@ymca.org.au](mailto:leap@ymca.org.au)

Founded on principles of inclusion and person-centeredness, LEAP supports people with disabilities to try new things, engage with the community and live an active, healthy life. Most of all, LEAP is about meaningful fun. Various day-option and evening programs run to cater for different personalities and interests.

### ***Day Options:***

#### Leap Takers Program:

4 days a week (Tuesday to Friday 9 – 3:30). Appropriate for all independently mobile young people. Activities shaped around young peoples' level of ability and functioning. Engagement in the community through:

- Visits to the library, pool and other community facilities, and fitness and recreation classes.
- Cooking and nutrition sessions, shopping and banking in local shopping centres.
- Learning about road safety, using public transport.
- Various literacy and computer skills programs.
- Volunteer activities and day trips to tourist spots and expo events.

Leap Takers Program is based at the John McVeity Centre in Smithfield Plains.

Carer to client ratio = 1:4 for most sessions, and 1:1 support is available if required.

### ***Work options:***

Opportunity to volunteer at YMCA to help young people build job-ready skills.

### ***NDIS planning/support:***

YMCA workers with backgrounds in Occupational Therapy and Psychology will support families who are self-managing their NDIS plans to be prepared before NDIS interviews.

### ***Recreational:***

#### Move & Include:

Sports-based program for young people with a disability. All-inclusive and personalised program that focuses on building skills and enhancing exposure across a number of different sports.

- Takes place 4 mornings a week at the John McVeity Centre in Smithfield Plains.
- Potential for therapist involvement as an adjunct, based on recreational-based goals for therapy.

#### Leap into Life (Recreation Consultancy Service):

It connects the participant with recreational activities of all kinds and with whatever level of support they need. Helps young people get out and about, try new things and make new friends. Provides information, planning and introductory assistance for people living with disability, tailoring the program to each person's goals and interests.

Services can be customised to map individual skill development based on interests & abilities

#### YMCA Camping:

Opportunity for groups of up to 10 young children with disabilities to participate in an overnight camp in the wider metropolitan area (e.g. local caravan parks).

- NDIS-supported extensive opportunity to socialise/participate in various camp-based activities.

#### Leap Aquatics:

Offers a water education experience adapted to the individual. These classes allow students to apply therapeutic interventions and build social connections with others, progressing at their own pace.

- Participating centres: Aquadome, Fleurieu Recreation/Sports Centre, Port Lincoln Leisure Centre, The Parks Recreation Centre.

### ***Other services:***

- Transport training and driving assessments
- LEAP Konnections Plus - a social group for 18-30-year-olds with ASD to develop social connections with other young people and engage in a range of activities that build confidence and independence. This program runs at Holdfast Bay Community Centre on a Wednesday evening 5:00pm to 7:00pm.
- LEAP Youth Konnections - a social group for 12-18-year-olds with ASD, which provides a place to be, learn, experience, and have fun. This program allows the individual to be with people their own age who share their passions and interests, and learn new skills that translate into home and school life.

# LIGHTHOUSE DISABILITY

## DETAILS

**Address of Head Office:**

101 Park Terrace, Salisbury SA 5108

**Website:**

[www.lighthousedisability.org.au](http://www.lighthousedisability.org.au)

## CONTACTS

**Phone:**

(08) 8256 9800

**Email:**

[info@lighthousedisability.org.au](mailto:info@lighthousedisability.org.au)

### *Accommodation:*

Lighthouse Disability's services provides accredited 24/7 assistance with living arrangements in the north and north-eastern suburbs. Services include 24 hour support and accommodation for people between late teens and early 60's, living with complex and diverse disabilities.

Each home has between two and four individuals living together in a shared home or adjoining units. Lighthouse Disability currently provides supported accommodation to over 90 individuals living in 28 homes.

Personalised plans are developed to identify the unique needs, dreams, and supports required, giving each person greater choice and control in their life. Lighthouse Disabilities work closely in partnership with families and guardians, according to the individual's preferences, to ensure health, happiness and safety. Lighthouse Disability assess the individual's capacities and fit with the current capacities and services offered, followed by a matching process to assess compatibility with other individuals in a sharing house arrangement.

Site visits are available, as well as meet and greet opportunities with potential house mates to ensure each person is matched with others who share similar interests, goals and have compatible personalities. Staff are always present, with a typical staff to client ratio of 2:4, depending on the needs of the individuals. The 24 hour support provided at Lighthouse Disability includes day options and/or support at work as tailors or decided upon in the personalised planning process.



## DETAILS

**Address:**

Classes are held in Elizabeth Downs, Campbelltown, and Windsor Gardens

**Website:**

[www.lollyjarcircus.org](http://www.lollyjarcircus.org)

## CONTACTS

**Phone:**

0435 828 443 (Judy, CEO)

**Email:**

[lollyjarcircus@gmail.com](mailto:lollyjarcircus@gmail.com)

**Recreation:**

Lolly Jar Circus uses social circus to create social change by helping young people gain fitness, friendship and confidence. Lolly Jar Circus provides an exercise and inclusion program for all young people, including those with intellectual and physical disabilities.

Experienced trainers encourage participants to improve their fitness, group socialisation skills, fine and gross motor skills and confidence, while having fun through weekly one hour classes.

Mondays: Uley Road Hall, 806 Forrestall Road, Elizabeth Downs.

Classes at 4pm and 5:10pm

Wednesdays: The ARC Leisure Centre, 531 Lower North East Road, Campbelltown.

One-on-one classes at 4pm

Group classes at 5:10pm and 6:20pm

Thursdays: Windsor Gardens Community Hall, Danby Avenue, Windsor Gardens.

Classes at 4pm and 5:10pm

Cost per session:

\$25 with NDIS funding for Capacity Building, Innovative Community Participation, Increased Social and Community Participation.

\$12.50 paying privately with concession.

\$17.50 paying privately without NDIS funding or concession.

Lolly Jar Circus are an arts body that welcomes young people with disabilities, not a disability body, so if a young person needs one-on-one support to participate this will need to be organised independently.



## DETAILS

### Address of local sites:

928 North East Road, Modbury 5092  
Shop 3, 53-57 Elizabeth Way, Elizabeth 5112

### Website:

[www.mindainc.com.au](http://www.mindainc.com.au)

## CONTACTS

### Phone:

(08) 8422 6200

**Email:** [Michelle.Palmer@minda.asn.au](mailto:Michelle.Palmer@minda.asn.au) (or leave a message on their website via the 'contact us' tab)

Minda aim to create an environment where people with disability can embrace and enjoy the experiences of life. Their main site is in Brighton, however they have sites in Elizabeth, Modbury, Kadina and Mount Gambier that offer majority of their services.

### *Day Options:*

A Day Options program is run in Elizabeth. The program aims to promote independence, develop skills and respond to the interests and choices of individuals. Transportation can be arranged from home to Elizabeth. The Day Options program includes topics such as:

- Life skills
- Adventure and recreation
- Culture & the arts
- Gardens & environment
- ICT information communication and technology'.

Carer to client ratio = 1:4-6, but can be adapted to suit client needs.

### *Work options:*

- Currently only available in Brighton
- Electronics Recycling Australia – involves recycling, sorting and re-using electronics parts.
- Envirocare – involves garden and home maintenance, and waste collection.
- My Job Placement employment services – provide training and work placement opportunities to transition individuals into open employment.

### *NDIS planning/support:*

Minda can support families with NDIS, including helping families prepare for planning meetings with the NDIA. Support is available with Minda through face to face meetings (including Modbury office), over the phone or online. Minda staff also provide general support regarding issues such as accessing the Disability Support Pension, setting up a Power of Attorney, applying for a Community Housing Application and more.

### ***Accommodation:***

Minda provide a wide range of accommodation services, including:

- Specialised disability accommodation (Brighton).
- Community-based accommodation.
- Services to assist individuals explore independent or supported housing options.

### ***Respite:***

Respite and vacation services are available at Minda's Brighton site; please view Minda's website for further information.

### ***Other services:***

- Mentoring program: Involves a mentor accompanying the individual whilst they participate in leisure activities, employment, volunteering, or other community activities. The mentor's role is tailored to an individualised support plan; for example, the mentor could provide home support or assist with increasing independence during engagement in self-care or household tasks.
- Access to allied health services (e.g. Speech Pathology, Occupational Therapy, Physiotherapy, Hydrotherapy, Exercise Physiology, Nutrition, Social Work, Developmental Education).
- In-home supports
- Employment assessment and counselling



# MOBO GROUP

## DETAILS

**Address:**

47 King William Street Kent Town 5067  
191-197 Hilltop Drive Oakden 5086.

**Website:**

<http://www.mobogroup.com.au/>

## CONTACTS

**Phone:**

**(Head Office)** (08) 8130 1800  
**(Oakden)** (08) 8201 4000

**Email:**

[enquiries@mobogroup.com.au](mailto:enquiries@mobogroup.com.au)

Mobo Group exists to help people with all types of disabilities to be the best they can be. To achieve this, they provide employment and other related support services. The team at Mobo Group is committed to consistently deliver quality and value to all of their customers.

***Work options:***

Mobo Group offers a secure and nurturing environment which enables people to take part in paid employment, building existing skills and developing new skills across an ever growing array of jobs. These jobs are offered at a range of sites listed below:

- Packaging and Process Operations (Kent Town and Oaken)
- Salvage and Save (Elizabeth, Goolwa, Windmill Hill, Mount Barker and Brinkley)
- South Coast Firewood (Victor Harbor)
- Lawns and Gardens (Victor Harbor)
- In Stitches (Mount Barker)
- Document Destruction (Mount Barker and Victor Harbor)

These employment facilities offer a variety of different opportunities for their employees and allow the exposure to a variety of services and products, some of which are listed below:

- Food Packaging, Labelling and Processing services.
- Lawns and Gardens
- Product Assembly
- Sewing Services
- Donate Household Goods

To be eligible for supported employment, a person will need to meet the following requirements:

- Have a disability support pension (DSP) or have approval from Centrelink for Disability Employment Assistance or have an approved NDIS Plan (including funding for 'Finding and Keeping a Job').
- Be able to work a minimum of 8 hours per week.
- Be 16 years of age or over.

#### Employment Services:

Mobo group aims to determine the best possible pathway to paid employment and how they can support individuals with personal goals. To be eligible for this service, the individual needs to be an Australia resident/citizen between 14 and 65 years of age. This service assists in:

- Accessing training and support from other agencies.
- Work experience placements to assist the young person to build skills and confidence.
- Work related financial support for when the young person commences work.
- Ongoing support after starting the job to assist with any issues that may arise.

#### Transitioning from School to Work Programs:

Mobo Group can assist individuals in the transition process between school and work through a variety of program types. This service program helps students with the following:

- Set employment goals and prepare individuals for the workplace.
- Connect individuals with employers.
- Support individuals in the workplace where necessary.
- Advocate for individuals and connect them with additional support where required.
- Assist individuals with Centrelink enquiries.
- Liaise with an individual's families and/or carers.

To be eligible for this service, the individual must:

- Be in their final 12 months of full time, secondary school.
- Be of legal working age.
- Not be currently employed for 8 hours or more per week
- Have a disability

#### ***NDIS planning/support:***

Mobo Group offers supportive services that can assist you to understand the NDIS, the changes that are occurring within the NDIS and can offer support in preparation to establishing your NDIS plan. They have an NDIS section on their website where more information can be found about the role Mobo group plays in the NDIS.

# NEXT GENERATION TAEKWONDO

## DETAILS

**Address:**

Various locations including Craigmore, Hollywood Plaza, Kilkenny, Norwood and Woodcroft

**Website:**

[www.ngtkd.com.au](http://www.ngtkd.com.au)

## CONTACTS

**Phone:**

1300 65 60 65

**Email:**

[admin@ngtkd.com](mailto:admin@ngtkd.com)

***Recreation:***

Next Generation Taekwondo offers a “Special Needs” program. They aim to help children with a variety of disorders and disabilities to discover the numerous benefits Taekwondo can bring to their lives. Program is delivered in a controlled and friendly atmosphere, with a strong emphasis on basic Taekwondo skill development, maintaining an active lifestyle and boosting self esteem and confidence.

- Gyms are located in Craigmore, Hollywood Plaza, Kilkenny, Norwood and Woodcroft.
- Offers a \$20 trial
- NDIS funding can be used to cover costs of sessions

# NEXTT

## DETAILS

**Address:**

Unit 4, 53 – 57 Glen Osmond Rd, Eastwood 5063

**Website:**

[www.nextt.com.au](http://www.nextt.com.au)

## CONTACTS

**Phone:**

(08) 8172 6210

**Email:**

[intake@nextt.com.au](mailto:intake@nextt.com.au)

***NDIS planning/support:***

Nextt offers support coordination for NDIS. Nextt support coordinators assist clients to maximise the benefits of their plan and connect clients to specialist and community-based services to meet their goals. They can arrange required assessments, manage the budget to get maximum value, resolve problems that resolve and assess the funding and services available.

***Other services:***

Offers core supports in a 1:1 ratio with a support worker including:

- Daily activities (e.g. self care, daily routine, shopping, meal preparation, cleaning etc.)
- Community access – encouraging clients to connect with other people and build skills they are interested in (e.g. art classes, sport activities, camping etc.)
- Transport – enable clients to access their community safely.



## DETAILS

**Address:**

66 Nelson Street, Stepney 5069

**Website:**

<http://www.nostringsattached.org.au>

## CONTACTS

**Phone:**

(08) 8363 5970

**Email:**

[contactus@nostringsattached.org.au](mailto:contactus@nostringsattached.org.au)

### ***Recreation:***

No Strings Attached (NSA) Theatre provide theatre-based workshops tailored for individuals with a range of needs, skills and abilities. The workshops, led by professional mentors, employ a strength-based approach to develop participants' performance skills in a supportive, social environment. The workshop and ensemble groups work together to create original, award-winning theatre which explore powerful themes and motives from the perspective of individuals with disabilities. The participants and tutors work collaboratively to find creative pathways for participants to develop new skills and express themselves to an audience.

Participants can engage in the theatre workshops recreationally, feature in professional performances, or tour around the world with performances.

No Strings Attached Theatre offer a range of workshops and ensembles throughout the school term to cater for varying interests and schedules, including:

- Mixed Ensemble (Tuesday nights) – consists of individuals with a vast range of abilities who are currently staging and rehearsing a performance.
- Tracking Culture (Fridays) – consists of several participants with an Indigenous background. This group utilises a range of visual arts, music and theatre to creatively express their cultural heritage.
- Men's Ensemble (Saturday mornings) – is similar the mixed ensemble group with an interest in comedic theatre.
- Comedy Club – in collaboration with Interchange SA, NSA run a free comedy club in Terms 3 and 4, which is available for a wide range of ages and skillsets.

# NOVITA

## DETAILS

**Address:**

171 Days Rd, Regency Park 5010

**Website:**

[www.novita.org.au](http://www.novita.org.au)

## CONTACTS

**Phone:**

(08) 8349 2029

**Email:**

[Enquiries@novita.org.au](mailto:Enquiries@novita.org.au)

***Day Options:***

Novita's Day Options program includes both on-site and community-based activities to be enjoyed independently or as a group. On-site activities include cooking, crafts, board-games, access to a sensory room space, watching movies, enjoying the outdoor space and more. Novita also offer weekly trips into the community; where the groups visit places such as museums, cinemas, and shopping centres. The activities offered give participants opportunities to increase their independent living skills, such as money handling, hygiene and cooking.

A transition day is offered, where an individual may come in with a support worker and participate in activities to help decide if Novita is suitable for them.

Carer to client ratio = 1:3, with 1:1 support available where needed.

Participants will need to be dropped off and picked up from Novita Day Options centres.

Other metropolitan day options:

***NDIS planning/support:***

NDIS planning and support can be provided by the Manager of Community Inclusion. Contact Novita Day options for details of this.

***Recreation:******Novita Fitness:***

Physiotherapists work one-on-one with participants with a disability or movement disorder. Sessions include a fitness and strengthening program for 10 to 18 year olds, helping them use gym equipment confidently. Exercise program is tailored to their needs.

### ConnectABILITY

Provides a means of linkup between children living with a disability and community sporting groups.

#### ***Other services:***

- Transition to work program – this Certificate II in Skills for Work and Vocational Pathways is designed to equip individuals with disabilities with the skills to succeed in a hospitality career. Individuals will train and advance their skills at Novita’s Regency Park on-site cafe, to develop employment capabilities required to work as a barista, waiter, kitchen hand, and other hospitality roles.
- Access to a wide range of Novita NDIS health services - e.g. physiotherapy, speech pathology, swimming classes etc.

# ORANA

## DETAILS

**Address:**

26 Watson Avenue, Netley 5037

**Website:**

<https://www.oranaonline.com.au>

## CONTACTS

**Phone:**

(08) 8375 2000

**Email:**

[orana@orana.asn.au](mailto:orana@orana.asn.au)

***Work options:***

Orana offers supported employment. Sites for working within the Adelaide metro area are at Para Hills West, Netley & Ridleyton.

Types of work offered at these sites are; furniture manufacturing, gardening and grounds maintenance, packaging and assembly, and wine packaging.

If an applicant is successful in applying for work at Orana they will commence a 3 month paid work trial. Wage assessments are performed at the start and end of the trial and every 12 months thereafter.

***NDIS planning/support:***

Yes

***Accommodation:***

Orana provides housing support ranging from community living and independent apartment style living in Orana's own residence, through to support services provided in a person's own home.

Community Living locations are; Clarence park, Marleston, Netley, and some regional towns.

Support for independent living can include showering, dressing, menu planning, budgeting, shopping, and medication management.

***Respite:***

Orana can provide in-home short term accommodation, and have short term accommodation in the Adelaide metro area and Whyalla.



*Other services:*

Capacity building programs:

- Cooking with confidence
- Budgeting and money handling
- Nutrition and healthy eating
- Safety in the community
- Social skills and communication
- Transport training
- And more.

# OTFC+

## DETAILS

**Address:**

13 Rosslyn Street, Mile End 5031

**Website:**

otfcplus.com.au

## CONTACTS

**Phone:**

(08) 8410 4522

**Email:**

admin@otfc.com.au

### Recreation:

Run by Occupational Therapists, this supergym offers therapy to young people and young adults. The gym offers a ninja warrior course, trampoline, basketball hoop and much more, all designed to provide the sensory feedback required for young people with autism combined with the opportunity to improve their cardiovascular fitness.

Sessions run for 50 minutes offering a one-on-one participant-lead therapy session. NDIS funding is available.

### Treatment/ program options:

Based on the initial consultation and in collaboration with the client/carer(s), an OTFC+ therapist will determine what services would be best suited in addressing their identified needs and having the potential to meet their goals. Currently, OTFC+ core services include:

1. **Individual Sensory motor/ sensory modulation therapy sessions** – 30-60 min sessions Clients will be able to access individual therapy rooms if required or the therapy centre where they will be supported by a treating therapist 1:1 to access a range of therapy spaces to address sensory motor deficits as well as supporting sensory regulation.
2. **LIFEskill Group Program** – ran for 2 hours, once a week in small groups and focus on life skills such as cooking.
3. **SOCIALskill Program** – ran for 2 hours, once a week aimed to improve social skills of participants.



## DETAILS

**Address:**

64 OG Road, Klemzig 5087

**Website:**

[www.productaction.com.au](http://www.productaction.com.au)

## CONTACTS

**Phone:**

(08) 8261 2288

**Email:**

[info@productaction.com.au](mailto:info@productaction.com.au)

Product Action is an Australian Disability Enterprise that provides supportive employment for people with intellectual disabilities, particularly with high needs.

***Work options:***

Product Action offers a supportive and nurturing work environment with the supervisor to employee ratio being around 1:4, and 1:1 employees support provided when required. As a culturally competent enterprise, Product Action supports individuals to meet their cultural needs. Wheelchair accessible entrance, work areas and toilet are available at Product Action.

Product Action opens from 8.30 am - 4.30pm, Monday to Friday. It closes on public holidays and has a one week break over Christmas and New Year.

To become an employee at Product Action, you need to:

- Be 16 or over
- Have a disability
- Be keen to work
- Be able to undertake manual tasks
- Be able to work a minimum of 10 hours per week
- Either proof of Disability Support Pension or NDIS: Finding and keeping a job

The roles and responsibilities at Product Action include:

- Blister packing
- Labelling
- Assembly
- Collating

- Liquid filling
- Packing
- Shrink wrapping
- Skin packaging

Offer parent or preferred support worker attendance for initial visits

In order to support and up-skill the employees on an ongoing basis (typically each month), Product Action offers:

- Vocational skills training
- Ongoing support with work tasks
- Workplace conditions negotiation
- Referral to other agencies or community facilities
- Information provision

# SCOSA

## DETAILS

**Address of local sites:**

926a North East Road, Modbury 5092  
15 Sunnybrook Drive, Wynn Vale 5127  
3 Kirk Street, Elizabeth Park 5113

**Website:** <https://scosa.com.au/>

## CONTACTS

**Phone:**

(08) 8347 2664

**Email:**

[info@scosa.com.au](mailto:info@scosa.com.au)

SCOSA is a South Australian organisation which supports people living with physical and intellectual disabilities in a fun and energetic environment. SCOSA has a number of activity hubs across Adelaide, where young people can engage in a range of exciting and meaningful activities, whilst feeling safe and having a sense of belonging.

***Day Options:***

SCOSA hubs offer a wide variety of programs and activities, including (but not limited to):

- Sports - e.g. soccer, bowling, sailing, bocchia, walking, exercise fitness club.
- Leisure - e.g. gardening, social lunches, massage, sensory activities, yoga.
- Arts - e.g. dance and music therapy, drawing, painting, photography, performing to audiences.
- Life skills programs - e.g. numeracy and literacy, computer and iPad skills, cooking classes.
- Leadership programs – several graduates from this program have proceeded to supported employment or further study.
- Young men’s and women’s social, community and activity groups (18 – 25 years) – e.g. Young adult’s men’s group named the ‘Titans’ with a specific interest in video games.

Carer to client ratio = 1:3 with 1:1 support available if needed, such as when out in the community.

***Work options:***

Whilst SCOSA does not provide employment opportunities, they offer support to find training opportunities to prepare individuals for future employment; this can include modified TAFE courses, or Australian Workplace Training to help young people develop job-ready skills (e.g. phone etiquette, photography skills and more).

***NDIS planning/support:***

Support is available for families going through the process of developing NDIS plans. This can be through a phone call or face-to-face meeting with a SCOSA team member.

***Other services:***

- Community events – SCOSA run a variety of fun community events for SCOSA participants and their families to build social connections (e.g. discos, sailing races, quiz nights and more).
- Participant Consultative Committee – a board consisting of client representatives from each hub who are voted in by peers to advocate for the needs and wants of participants. This committee values the voices of all participants and incorporate their ideas into activities and programs.
- Transition plan for high school leavers – this program allows young people to access SCOSA’s services part-time during the school holiday break between high-school graduation and the beginning of the next year. This plan, which is individualised to the young person’s wants and needs, will help to determine if SCOSA is the right fit for them and to smoothen the transition into potential full-time attendance.
- Public transport training.
- Independent living skills and behavioural supports – many of SCOSA’s programs and activities teach every-day living skills which promote independence and autonomy.

# SPECIAL NEEDS JUDO

## DETAILS

**Address:**

St Agnes Community Building  
148 Smart Road, St Agnes 5097

**Website:**

<http://www.specialneedsjudo.org.au>

## CONTACTS

**Phone:**

0437 692 168

**Email:** Fill in the form on the 'Contact Us' tab on the website

### ***Recreation:***

Elizabeth Special Needs Judo club focus on ability rather than disability. Their members have a wide range of disabilities. Martial arts provides a means to build strength and fitness, improve coordination and motor planning and encourage socialisation.

- Special Needs Judo motto is determination, courage & spirit.
- Classes are held twice weekly.
- Contact them for more information regarding class times etc.

# TAFE SA

## DETAILS

**Address:** Multiple campuses including Elizabeth, Gilles Plains, Parafield, Regency, Salisbury & Tea Tree Gully

**Website:** [www.tafesa.edu.au](http://www.tafesa.edu.au)

## CONTACTS

**Phone:** 1800 882 661

**Email:** General enquires can be made by filling an enquiry form found on the 'Contact Us' tab of website

TAFE SA provides vocational education and training for a large variety of courses including arts and design, hair and beauty, information technology, hospitality, literacy and numeracy. There are multiple campuses across metropolitan Adelaide, each offering a selection of courses.

### Career Counselling:

TAFE SA provides career counselling, where the students with various levels of needs develop their career plans with their career counsellor based on their strength and goals.

### Disability support for completing studies:

Students with disabilities, mental health or medical conditions can receive support to assist their study in a range of courses. 'Student Services' at TAFE SA can provide support to assist individuals living with disabilities, mental health or medical conditions to achieve their learning goals, and are available to confidentially discuss support at any stage during studies. These include:

- Creating Access Plans (created collaboratively with the individual and assists in disclosing your disability-related support needs to lecturers so that reasonable adjustments can be negotiated)
- Assistive Technology and Equipment
- Information and guidance

### Counselling and Welfare Services including:

- Personal issues
- Strategies for coping with study stress, anxiety and depression
- Problem-solving strategies
- Motivation and time management
- Support dealing with crisis or trauma



- Financial assistance information
- Dealing with conflicts and complaints
- Referral to outside agencies
- Support for issues impacting on study and communicating with your lecturers

# UNI SA CLINICS

## DETAILS

**Address of clinics:** Magill, Adelaide CBD

**Website:** <http://www.unisa.edu.au/Campus-Facilities/community-clinics/> & <https://unisasport.edu.au/>

## CONTACTS

**Phone:**

Details on website

**Email:**

Details on website

Uni SA clinics are teaching clinics, run by Uni SA students under the supervision of a fully qualified and experienced practitioners.

### ***Recreation:***

#### Uni SA Sport:

Uni SA campuses (Mawson Lakes, City East, City West and Magill) offer gym memberships to the general public and they accommodate and offer assistance for higher functioning members with a disability. Under 15s must be accompanied by a parent or guardian.

### ***Other services:***

Uni SA operates a number of clinics that are open to the general public, providing professional and cost-effective services (in some cases free). Services are delivered by students supervised by highly qualified and experienced health professionals. Services include:

- Occupational Therapy
- Physiotherapy
- Podiatry
- Exercise Physiology
- Dietetics
- Psychology

# UNITING COMMUNITIES

## DETAILS

**Address of main office:**

10 Pitt Street, Adelaide 5000

**Website:**

[www.unitingcommunities.org](http://www.unitingcommunities.org)

## CONTACTS

**Phone:**

1800 668 685

**Email:**

[enquiries@unitingcommunities.org](mailto:enquiries@unitingcommunities.org)

### ***Day Options:***

#### Social and Community Participation:

Uniting Communities offers a wide range of supports that are all tailored to the client in order to facilitate optimal community participation. Uniting Communities primarily offers:

- Individual assistance to access community, social and recreational activities,
- Group-based community, social and recreational activities
- Centre-based group activities

The Social and Community Participation programs aim to develop and maintain social networks, and develop community living and independent living.

Carer to client ratio is 1:3.

### ***NDIS planning/support:***

Uniting Communities offer NDIS support coordination for existing clients through preparation for plan review meetings with their Pre-Planning Booklet. Uniting Communities also provide support and assistance in phrasing and articulating needs in language that is preferred by NDIS.

### ***Accommodation:***

- Accommodation/tenancy assistance
- Assistance with daily personal activities
- Assistance with daily life tasks in a group or shared living arrangement
- Short term accommodation is available

### ***Respite:***

Take Five: A respite services for carers of people living with a disability. Respite is provided through helping the person with a disability access their community in social groups, outings, programs and activities. Short term accommodation can be provided through Uniting Communities.

***Other services:***

- Training for independence in travel and transport
- Assistance to integrate into school or other educational program
- Assistance with travel/transport arrangements
- Development of daily living and life skills
- Participation in community, social and civil activities.

# WINDAMERE PARK

## DETAILS

**Address:**

493 Carmelo Road, Buckland Park 5120

**Website:**

<http://www.windamere.com.au/>

## CONTACTS

**Phone:**

(08) 8380 9303 or 0402790014

**Email:**

windamere@adam.com.au

Windamere provides programs and activities for people living with intellectual disability or acquired brain injury, regardless of whether their support need is low or very high. Due to the nature of the environment at Windamere, participants must have unaided mobility.

Windamere Park work closely with participants to develop their social, leisure and, independent living skills, community integration, pre-vocational skills, as well as positive behavioural activities if required; all while having a fun experience in a safe and unique environment.

***Day Options:***

The program is available 5 days per week, for 48 weeks of the year including school holidays

**Windamere Park Program**

Program is developed for 8 week period where clients will have a chance to experience a wide range of activities. The programs are balanced and negotiated with clients.

Clients are scheduled to arrive at Windamere Park by 9:30-10:00am. On arrival clients are allocated into the programs as per the schedules and handed over to the relevant program leaders. Clients are split into groups of around 7-12 depending on the program and the group's abilities and go to the allocated program area for the day.

The program works with participants to develop their social skills and behaviour, improve their everyday life skills and ultimately help them achieve their goals. Pre-vocational and training opportunities are offered using many of the on-site facilities.

Daily Transitional activities include:

- Arts and Crafts
- Cooking

- Sport and Gymnastics
- Animal Care and Farm Activities
- Gardening
- Bush Cooking and Craft Activities
- Computer Literacy
- Healthy Living Skills
- Pre-Vocational Training
- Aquatics and Fishing
- Wetlands Watch
- Hiking
- Music and Dancing
- Sensory Awareness
- Woodcraft and Woodwork
- Community access opportunities e.g. transport training, visits to museums, shopping centres and cinemas

Carer to client ratio = 1:5. May change according to client needs.

Transport is available through mini buses. Clients are picked up either from their home or from collection points between 8:30-9:00am (e.g. Salisbury, Elizabeth, Gawler).

#### Single day visits

Available for individuals or small groups to participate in a range of activities.

#### ***Work options:***

##### Vocational training

Specific and/or Specialised Programs are conducted at the Special Intervention Centre and/or the Respite House for those with special needs requirements. Interventions can be vocational in nature.

#### ***Respite/Accommodation:***

Windamere Park provides short-term accommodation in times of need, as well as transition accommodation for school leavers and people living at their parental home. Many participants want to increase their independence and living skills to be able to seek supported accommodation or other integrated opportunities in the community. The overnight accommodation is available both during the week and on weekends, in a property at Buckland Park. The accommodation fits up to 8 people, plus staff, at any one time. Guests regardless of when they stay, will participate in many of the Day Options activities and pre-vocational opportunities offered throughout the week.



## DETAILS

**Address:**

48 Barnett Ave, Glynde 5070

**Website:**

[www.xlent.org.au](http://www.xlent.org.au)

## CONTACTS

**Phone:**

(08) 8165 2023

**Email:**

[info@xlent.org.au](mailto:info@xlent.org.au)

### ***Day Options:***

Xlent provide a wide variety of activity options primarily based in the community. There are various program groups which are tailored to the support needs of the group member's, their individual goals, interests and abilities. Day Option themes includes: Recreation, sports, fitness, outdoor, environmental, arts, sensory activities & work skills, etc. Though participants usually stay in the same program with allocated staff, there is the option for participants to move programs as their needs change.

An outcome focus is fostered through annual reviews which reassess individual goals followed by the implementation of learning or lesson plans for each program which incorporate the goals of each individual. Each program group has their own vehicle and there is access to various centres for centre-based activities. Xlent have developed specialist support groups for individuals who present with significant behaviour concerns, with staff implementing positive behaviour support strategies.

Xlent provide a pick up and drop off system, at a cost of \$8.50 each way or alternatively you may drop off and pick up directly at centres, buses leave for the day's activities at 9am. All daily activities attract a daily activity charge of \$6.00 per day, which is invoiced monthly. Xlent also provide annual quotes for the yearly costs covering 47 weeks. They offer x2 trial days.

Carer to client ratio = 1: 4. May change according to client's care needs.