

Term 2, 2017

My Choice Adult Day Program

Adults with additional needs



Age Group: Adults with additional needs (**NDIS Participants**)

Transport: Pickup from home service is available

(Limited capacity available)

Meeting Point: Meeting point is Darebin Arts and Entertainment Centre for participants who will be dropped off and picked up to/from the program.

Please Bring: Food, drink or money to purchase.

Support Ratios: This program is suitable for people who can be supported in a group based ratio. If you require 1:1 support please contact us to discuss.

Program Booking: Please contact our office on **9090 7205** for more information or to make a booking.

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My Choice Adult Day Program

Day:	Time:	Activity:	Cost:	Location of Activity:	Transports Options Available
Tuesdays	9am to 2pm	Cooking Creations	FREE	Life Skill Centre (Tullamarine)	We provide a pick up and drop off from home service (limited capacity). or; Meeting Point: Darebin Arts and Entertainment Centre Corner Bell St & St Georges Rd, Preston VIC 3072
Fridays	9am to 2pm	Fast Forward Living & Travel Training	FREE	Life Skill Centre (Tullamarine)	

* We have a limited capacity to provide a pick up and drop off from home service. If you require this service please contact us to discuss.

www.lifewithoutlimits.net.au

Our Values: MOTIVATE CREATE SUPPORT

Program:	Description:
<p>Cooking Creations</p>	<p>At the beginning of each term we choose what we would like to cook each week and enjoy creating a variety of different meals each week! The best part of course is TASTING them!</p> <p>This program supports people to develop cooking skills including learning how to follow recipes, different cooking methods, different cooking utensils, kitchen safety and safe food handling practices.</p>
<p>Fast Forward Living & Travel Training</p>	<p>At the beginning of each term we develop a calendar of what we would like to learn each week.</p> <p>This program will cover areas such as:</p> <ul style="list-style-type: none"> ✓ Money and budgeting ✓ Community safety ✓ Health and fitness ✓ Learning to live as independent as possible for example, paying bills, cooking, maintaining a home environment and maintaining friendships. ✓ Learning to use public transport safely ✓ Self Defence

‘Start working towards achieving your goals today!’