

Independent Living Skills (ILS) program update September 2018

Dear Customers and Families

Term 3 has been busy time across all 3 sites (Otway St/Golden Point/Bonshaw). Our customers and their support teams have provided feedback which has value added to the successful introduction of the site timetables. We would welcome your feedback on term 3, please follow the following link as your feedback is important to us.

<https://www.surveymonkey.com/r/ILSTerm32018>

A time table for term 4 activities is now available and covers activities across all 3 ILS sites (Otway/Golden Point/Bonshaw). You will be able to select activities you are interested in, and what site you would like to attend. The following activities have an activity fee for each session:

- Community Access \$5.00
- Cooking \$3.00
- Introduction to Arts \$2.00
- Swimming at Otway St \$3.00
- Barista making at Bonshaw \$2.00

Invoices will be sent out for activity fees, if this causes difficulty please contact me on 0407 156941

The support teams based at each site can assist with subject selection during week 1 and 2 of term 4, so don't worry if your selections are not in prior to the commencement of term 4. Just come along as usual and we will go from there.

Please be aware that Pinarc is unable to offer transport between sites. If you or your family member want to have half days across 2 sites, you will need to arrange your own transport. In the meantime, feel free to come and see Sara Cavanagh (Executive Manager NDIS Services) or myself, or call me on 5329 1328 or 0407 156941.

Looking forward to seeing you all in term 4.

Kindest Regards



Gary Humphrey
Manager Active Living Options

Term 4 Timetables

Bonshaw					
Mon	Tue	Wed	Thu	Fri	
cooking	physical activity	work pathways	health and wellbeing	numeracy and literacy	9.00am (1)
homecare	gardening/ horticulture	intro to arts	online	social skills	9.00am (2)
intro to arts	online	numeracy & Literacy	physical activity	work pathways	12.30pm (1)
health and wellbeing	social skills	cooking	gardening / horticulture	homecare	12.30pm (2)
barista	barista	barista	barista	barista	elective 1
Horticulture	Horticulture	Horticulture	Horticulture	Horticulture	elective 2

Otway					
Mon	Tue	Wed	Thu	Fri	
numeracy & literacy	cooking	physical activity	work pathways	health and wellbeing	9.00am (1)
social skills	homecare	gardening	homecare	online	9.00am (2)
community access	intro to arts	online	numeracy	physical activity	12.30pm (1)
work pathways	health and wellbeing	social skills	cooking	gardening	12.30pm (2)
swimming	woodwork		woodwork	swimming	elective 1

Golden Point					
Mon	Tue	Wed	Thu	Fri	
social skills	numeracy & Literacy	homecare	intro to arts	cooking	9.00am (1)
physical activity	work pathways	health and wellbeing	social skills	online	9.00am (2)
homecare	community access	cooking	physical activity	numeracy & literacy	12.30am (1)
online	gardening	gardening	health and wellbeing	work pathways	12.30pm (2)

**Pinarc Disability Support
Independent Living Skills Program - 2018**

Core Subjects	Activities to develop the confidence and skills required for independent living.
Community Access \$5.00 / session	<ul style="list-style-type: none"> • To learn about the groups and activities available in the local community • To gain confidence in accessing a broad range of community activities • To participate in travel training • To learn money handling skills • To act as a pathway to accessing groups and activities independently
Cooking \$3.00 / session	<ul style="list-style-type: none"> • To cook independently • To learn about healthy eating choices • To participate in a Pinarc Master Chef each term
Health and Wellbeing No fee	<ul style="list-style-type: none"> • To participate in a range of relaxation and exercise activities • To learn about hygiene and personal care • To learn about healthy weight and food choices • To improve self-esteem and respect for others
Home Care No fee	<ul style="list-style-type: none"> • To learn about shared responsibility for home care tasks • To practice activities of daily living such as cleaning floors and washing up • To practice washing, ironing and folding of clothes • To practice specific skills identified by the participant/family
Introduction to Arts \$2.00 / session	<ul style="list-style-type: none"> • To participate in a range of art activities using a variety of techniques • To try out a range of music activities • To experience movement, dance and theatre • To explore a range of craft activities • To act as a pathway to accessing more focussed arts programs
Work Pathways No fee	<ul style="list-style-type: none"> • To learn about communication and teamwork in the workplace • To improve computer skills • To practice problems solving • To prepare a resume and practice for interview • To work towards volunteer placements
Numeracy & Literacy No fee	<ul style="list-style-type: none"> • To practice the skills required for independent living • To improve money handling skills • To learn to use mobile phone and remembering important numbers • To be able to read community signs, menus, timetables etc.
On-line with iPads No fee	<ul style="list-style-type: none"> • To learn about on-line safety • To learn to search for information • To learn about social media and email • To manage photos
Physical Activity No fee	<ul style="list-style-type: none"> • To improve general fitness • To experience a range of physical activities such as yoga, tai chi, walking, dance etc. • To learn about the health impacts of exercise • To act as a pathway to encouraging regular exercise
Social Skills No fee	<ul style="list-style-type: none"> • To learn about social communication • To explore emotions and responding to others' feelings • To learn about on-line and personal safety • To provide opportunity to form meaningful relationships
Gardening No Fee	<ul style="list-style-type: none"> • To develop independent gardening skills • Understanding of seasonal growing cycles • Participating in the planting, growing and harvesting of produce

Payment of fees for the term is required before the start of each term
If this will cause difficulty we are happy to negotiate monthly billing

**Pinarc Disability Support
Independent Living Program - 2018**

Electives	Activities to develop the confidence and skills required for independent living.
Barista Training (Tait St, Bonshaw) \$2.00 / session	<ul style="list-style-type: none"> • To learn to make the perfect coffee, tea and hot chocolate • To learn coffee machine operation • To learn coffee presentation • To learn about cleaning and maintenance of equipment
Woodwork (Otway St) No fee	<ul style="list-style-type: none"> • To learn to use woodworking tools safely • To participate in the creation of wooden products • To learn about design and planning • To learn about maintaining a clean and safe work environment
Volunteer Placement Travel + 1:1 staffing during placement will be negotiated	<ul style="list-style-type: none"> • To undertake tasks as agreed in volunteer placement with local business/organisation • To be supported by 1:1 support worker to learn requirements of role • To work toward independence in role within the workplace • To participate as a member of a workplace team • To learn independent travel to place of work if relevant
Swimming (Otway St) \$3.00 / session	<ul style="list-style-type: none"> • To develop confidence in the water • To provide relaxation and gentle exercise • To act as a pathway to accessing public swimming facilities
NEW!! Horticulture (Tait St, Bonshaw) No fee	<ul style="list-style-type: none"> • To participate in seed propagation and growing plants for wholesale to local nursery • To understand about workplace health and safety • To learn about weeds, pests and diseases • To learn about the watering and feeding requirements of plants • To work as a member of a team • To complete volunteer work with local nursery • To act as a pathway for future study, volunteering or employment

Payment of fees for the term is required before the start of each term

If this will cause difficulty we are happy to negotiate monthly billing