



Independent Living Group

Young adults will work together with peers and support workers to develop critical independent living skills required to move out of home.

Therapist will also provide support and education to support workers to create opportunities to develop independent living skills.

Skills to be developed:

- Term 1 – cooking, food budgeting and shopping
- Term 2 – budgeting - bill management and banking
- Term 3 – cleaning within the home
- Term 4 – travel training – buses, taxi, and orientation while walking.

Requirements for individuals to participate:

- Age 18-25 years old
- Have support worker or adult that can stay and contribute to the group
- Have small budget to buy cooking ingredients
- Have basic language skills – Able to put a simple sentence together
- Have basic fine motor skills – e.g., cutting with a knife and scissors, stirring with a spoon, pushing, and pulling of equipment

Dates:

Monday during school terms 2023

Program Times:

9am – 11am

Venue:

Pinarc Disability Support – Bonshaw
300 Tait Street, Bonshaw

How Much Does it Cost?

The cost of the program is \$1750.00 for 10 week program (per term)

How do I register:

Call Amy Brockman on 5329 1312 or Administration on 5329 1300.

Other important info:

A parent or support worker will need to be present for the duration of the sessions.