ConnectGV

See the possibility, not the disAbility

Individual Support Program Booklet

Term 4, 21 September – 18 December 2020

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What is the Individual Support Program?

The Individual Support program enables participants to maximise opportunities to increase their skills to transition through various stages to reach their goals, in education, vocation or community and social participation. Individual Support encourages a high degree of autonomy as participants take an active role in planning their futures. Participants learn practical skills that they can use in their community every day.

The Individual Support Program supports a holistic approach for each participant. The program is divided into three focus areas:

Pathway Program area actively focuses on promoting independence in everyday life, through development of skills, educational based and employment skill sets. Participants are given the opportunity to develop their independence with an emphasis on accessing public transport, money handling and gaining practical experience in a workplace environment. The Pathways team, works with school leaver's (SLES) who have finished Year 12 and are wanting support to get ready for work. Pathway Program assist with employment options and develop tailored activities to meet each client's needs. E.g., work experience in an inclusive employment environment. Employability and/or vocational specific skills.

Community, Social & Inclusion area supports participants within the community or provides support in their home. Individuals are assisted to access and participate in community & recreational activities. Participants who live in the community (not within a residential home) are assisted and supported to maintain their accommodation and everyday life skills.

Engagement & Participation delivers meaningful activities centre based that promote social inclusion and participation, sensory development and integration. In this area, we work with participants who may have complex and high intensity needs with varied support requirements. Programs focus on engaging client participation and are tailored to the individual.

The Individual Support program is committed to empowering participants to advocate for themselves through the development of communication skills and aims to build confidence and foster resilience.

Participants are supported to make their own decisions in order to develop a more mature sense of responsibility and accountability.

As participants' skills, knowledge and experiences grow, they are empowered to become active and valued members of their community. Building independence and inclusion is what drives everything we do at ConnectGV.

We believe that everyone should be responsible for their own life choices. Individual Support Programs provide opportunities for participants to extend their own expectations of themselves as they develop practical and meaningful day-to-day skills.

It's all about constantly improving participants' independence and their ability to take part in everyday life, confident in the knowledge that they will be supported every step of the way.

Individual Support Program Information

Programs and Participant Rosters:

This booklet contains programs that are on offer for Term 4, commencing Monday, 21 September with last day of term Friday, 18 December 2020.
Participants are asked to select activities that they would like to part-take throughout the term and return their Individual Support Program selection form (Appendix 1) to melissaj@connectgv.com.au or Day Options site. The Service Leaders will review your activity choices and confirm with you your term program roster and fees.

Service Agreement and Schedule of Support:

In accordance with ConnectGV service agreement, all participants/nominees will receive a Schedule of Support for the Individual Support Program confirming funding requirements.

Program venues:

Programs delivered on site will operate:

- Day Options, 12 Bowenhall Street, Shepparton — Telephone: 0427 895 928
- Billabong Sweets & Treats Factory, 8 New Dookie Road, Shepparton — Telephone: 03 58 221716

Community venues as listed in the program descriptors.

ConnectGV Administration – 71B Wyndham St Shepparton Vic 3630 — Telephone: 03 58 212466

Service Leaders Contact Details

Pathways – Irene Timm **– irenet@connectgv.com.au**
Community, Social & Inclusion – Daniel Falla **– danielf@connectgv.com.au**
Engagement and Participation – Melissa Joyce **– melissaj@connectgv.com.au**

Program Restrictions due to COVID-19 Pandemic

Government Regulations are to be announced in the coming week, please be mindful, that some of our activities may not be available or timetables will need to be altered accordingly. To date we have had to maintain a set number of people on sites, maintain social distancing, wear masks, comply with community access and venue restrictions.

If a program you choose needs to change due to the restrictions, we will contact you to discuss what alternatives are available:
We anticipate that Pathways and Engagement & Participation Programs will continue to provide:

- Group activities at Day Options site or Pathways site – maintaining social distancing requirements and number of people on site
- 1:1 access for personalised support
- Online programs

Community, Social & Inclusion: some activities maybe affected however, we are available to provide the following supports:

- 1:1 Community Access – Exercise
- 1:1 Access for personalised support

When choosing your programs please include community programs you would like to try in the event Stage 3 restrictions do remain in place.
Please also include the type of personalised Individual support if you would like a personalised roster during Stage 3 restrictions and we will speak with you to arrange a personalised schedule that suits your needs.

On-line sessions

Programs are available to be delivered in both Pathways and Engagement and Participation online are identified by the * icon.
Please specify in your selections if you would like this option.

Changes to where participants will start and end programs

In the past participants have always arrived at Day Options and then proceeded to their scheduled programs on site or transported to the venue.
Since the pandemic ConnectGV, transport arrangements have significantly changed due to the safe distancing requirements and confined space.
ConnectGV bus runs in the morning (pickups) and evening (drop off) will not be running for Term 4.

All participants accessing ConnectGV scheduled programs will be required to meet at the venue of their ***first program*** and to be collected from their ***last scheduled program site***. As outlined in our program descriptions we have included the meeting points for all activities that are in the *Community, Social & Inclusion program.*
Individual Support staff will assist participants to move between programs throughout the day.

Costs/Fees (not covered by NDIS Funding)

NDIS funding does not cover the cost of some portions of programs/activities undertaken with ConnectGV.
Additional expenses (i.e. things that are not included as part of a Participant's NDIS Funding) are the responsibility of the Participant/their Nominee.
Items such as program fees, entry fees (Sports stadium, RDA, Sailing, tickets to special events etc.), program materials, meals and other items cannot be paid for via NDIS Funding.

For term 4 Program fees/materials will be invoiced in advance to Participants/their Nominees to cover program material requirements.
Where there is no specific, program fee listed that is operated Centre based or on ConnectGV site is charged $2.50.

Participants/Nominees are responsible for paying their program costs direct on the day of the program when accessing community activities that incur a cost (entry to venues, cost for community activities – swimming/bowling/cricket/basketball/fishing, etc.).

Pathways

We can support you to learn a range of daily living and life skills encouraging independence in everyday life activities. Programs are focused on skill development, education based and pre-employment. It's up to you what you'd like to learn. We will work with you to design a program that meets your NDIS goals.

Pathway Program actively focuses on promoting independence in everyday life, through development of skills, educational based and supports individuals seeking employment. Participants are given the opportunity to develop their independence with an emphasis on accessing public transport, money handling and gaining practical experience in a workplace environment.

The ***School Leaver Employment Supports (SLES) program*** is a 2-year pre-employment program for school leavers up to 22 years of age looking for a pathway to employment. The program is tailored to individual's needs and NDIS goals and delivered in a range of formats including, small groups, personalized activities and on line sessions. You will be able to learn at your own pace in a secure, fun, and supportive environment. SLES works with you to identify your interests & skills, build on your Job skills training and your communication skills, workplace presentation and personal presentation skills along with travel training.

Pathways - Program schedule education

Times	Monday	Tuesday	Wednesday	Thursday	Friday
9.00am -10.30am	Reading writing *	Reading writing *	Reading writing *	Reading writing *	Reading writing *
10.30am -12.00pm	Working with numbers*	Working with numbers *	Working with numbers *	Working with numbers *	Working with numbers*
12.00pm – 12.30pm	Lunch break	Lunch break	Lunch break	Lunch break	Lunch break
12.30pm -2.00pm	Computers *	Computers *	Computers *	Computers *	Computers *
2.00pm -3.00pm	Communication *	Communication *	Communication *	Communication *	Communication *

Pathways Program Education descriptors

Program	Level 1	Level 2	Level 3
Reading & Writing	• Recognising the alphabet • Writing the alphabet • Learning 3 letter words • Reading and writing own name and family members	• Recognising everyday words • Recognising community signs • Writing short sentences to longer sentences	• Writing resumes • Stories, Letters • Understanding forms • How to fill out forms • Basic texting /introduction to social media

Working with numbers 	• Basic counting • Counting and matching numbers • Working up adding numbers together • Money recognition	• Being able to add and take away numbers • Money recognition • Giving and receiving change	• Basic math's - height, length, shapes, games, volume • Value of products and budgeting • Giving and receiving change • Using a bank account
Computers 	• How to use a mouse • Using the keyboard • Games that increase mouse usage	• Make cards write messages • How to find things on YouTube, Google. Etc.	• Using Word program to write letters, resume • Insert pictures in documents • Learn to use other Microsoft programs (Excel, PowerPoint, Emails) • Podcasts
Communication 	• Talking to others using word sign and other tools/aides. • Communicating with family • Communicating with friends • Communicating with strangers • Communicating with your support person	• Responding to questions from people in the community. • Social skills and the internet • Cyber bulling and safety online • Levels of messaging	• Appropriate use of communicating in the work place • Social skills and the internet • Ask Appropriate questions • Self-advocacy • How to participate in a meeting

Pathways- Program Schedule living & work Skill Development

Times	Monday	Tuesday	Wednesday	Thursday	Friday
9.00am - 10.30am	Workplace rights & responsibilities*	Personal care & Domestic skills *	First aid *	Personal care and domestic skills *	Social skills and human relations*
10.30am - 12.30pm	Healthy Lifestyle *	Travel training	Healthy Lifestyle *	Meals on Wheels	Meals on Wheels
12.30pm - 2.00pm	OH&S practical	Advocacy *	Workplace rights and responsibilities *	Social skills & Human relations*	Meals on Wheels Travel training
2.00 pm - 3.00pm	Workplace communication*	Develop work ready tools and skills *	Workplace Communication *	Advocacy*	Travel training

Pathways Program - Living and work skills development descriptors

Program	Description	Program	Description
Healthy lifestyle 	• How to make an appointment • Dietary awareness • Fitness • Staying safe at home, work and in the community • Goal setting	**Work place rights and responsibilities** 	• Appearance • Following workplace instructions • Giving & receiving feedback • Having a safe work place. • Respecting others in the workplace • Sexual Harassment-Respect
Personal care and Domestic skills 	• Personal grooming • Dressing appropriately • Cooking • Independent shopping • Hygiene & Cleanliness in the home • Household chores	**Workplace Communication** 	• Forms of Communication • How to communicate in a group • Understand cultural differences • Ask appropriate questions • Self-advocacy
Social skill and human relations 	• Circle of support • Understanding relationships (family, friends, other). • Who am I? • Appropriate and safe relationships • Creating a profile online • Cyber bulling and safety online • Where to seek support and assistance	**Advocacy** 	• Decision making • Building Confidence • Getting along at home, work • Communicating your needs • General consent • What is consent? • Using social Media • Cyber bulling and safety online • What is Leadership?
OH&S practical 	• What is a safe workspace • What is a risk and finding solutions? • Knowing safety signs • Manual Handling • Evacuation procedure	**Develop work ready tools and skills** 	• Starting work & what to consider • Paid or volunteer work • Getting job ready & the interview process • What is expected in the workplace • What is time management?

Travel training 	• Modes of transport in our area. • Safety when travelling in the community • Using public transport • What I need to think about in the community		**Meals on Wheels** 	• Delivering meals to the elderly in their homes • Using communication skills • Respecting people in their home • Helping others
First aid training 	• What is first aid? • Calling 000 • Modified first aid course		**SLES** 	• Pre-employment program for school leavers looking for a pathway to employment. • Tailored to individual needs and goals. • Job skills training, communication skills, job presentation, personal presentation skills & travel training.

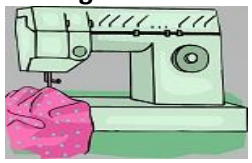
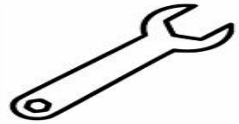
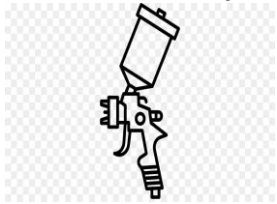
Pathways - Program Schedule Practical Skills

Times	Monday	Tuesday	Wednesday	Thursday	Friday
9.00am - 12.00pm	Cooking*	Woodwork	Cooking*	Woodwork	Cooking*
9.00am - 12.00pm	Sewing	Kindling/ Ragz	Kindling/ Ragz	Powerful flowers	Sewing
12.30pm - 3.00pm	Photography*	Art/ Airbrushing	Projects and Metal work	Gardening	Motor Mechanics
12.30pm - 3.00pm	Art*	Ragz	Ragz	Powerful Flowers	Art*

Pathways - Program descriptions Practical Skills

Program	Description
Cooking COST $5.00 weekly 	• How to use utensils • Cutting up vegetables • Different ways of cooking vegetables • Using a stove • Using a Microwave

Program	Description
Powerful flowers 	• Explore interests • Build confidence • Pathway to Supported Employment • Flower & Foliage Care & identification • Skills to create arrangements • Measures and template • OH&S

Sewing 	• Hand sewing • Sewing on a button / mending clothes • Using a sewing Machine • Completing a project • How to use a pattern		**Gardening** 	• Using gardening tools correctly • Preparing a garden bed • What is a weed? • Planting the garden bed • Visiting a Nursery
Photography 	• How to take photos on a camera or your device • Printing photos at home • Where to get photos printed. • What makes a good photo • Looking at how light affects photography • What settings mean on your camera • Be aware of the surrounding		**Projects and metal work** **COST $5.00 weekly** 	• OHS/PPE • Hand tools and correct use. • Workshop safety • Metal shaping • Soldering • Welders and which is suitable for its purpose • Power tool use and safety
Woodwork **COST $5.00 weekly** 	• What are tools used for? • Using hand tools. • Safety around tools		**Motor mechanics** 	• Develop skills with vehicle maintenance • Checking the oil/ tyres /radiator/battery • What tools to use • Looking after your tools
ART / Airbrushing **COST $5.00 weekly** 	• What is an airbrush and how do they work • Learning airbrush and fine artist's brush control • Surface preparation • Paint types and mixing • PPE • Trigger techniques • Start with painting dots and lines to learn control, advance to techniques that are more complex • How to make stencils and use them • Airbrush care and maintenance • Paint a Picture		**ART** **COST $5.00 weekly** 	• Drawing • Designing a picture • Brush strokes / Pallet knife • Paint types and mixing mediums • Shading • Card making • Crafts • Art to take home / SAM Exhibition • Learn to use scissors and cutting a straight line • OH&S/PPE
Kindling / Ragz 	• Delivering kindling to the elderly in winter months • Cutting and bagging rags for sale • Delivering rags to businesses		**Ragz** 	• Cutting and bagging rags for sale • Delivering rags to businesses • Using a cutting machine • OH&S

Community, Social & Inclusion (CSI)

Participants are supported, both in their home environment and within the local community. ConnectGV support participants to implement strategies that enable them to cope successfully within a variety of different situations that they may encounter in their day to day life.

We will provide support to assist you to live independently in your own home. Assistance with everyday living support needs, life skills (problem solving, communication, conflict resolution, social inclusion) and skill development. E.g. Shopping, appointments, household tasks (cooking, cleaning, etc.).

Our range of activities are a great way to make friends and try new things!

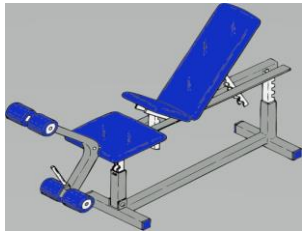
You can participate individually or within a group in these activities during the week or weekends at a time, that suits you! E.g.: Special events, AFL Football, Concerts. We will work with you to design a program that you will love. It's up to you what you'd like to get involved in.

Community Social & Inclusion (CSI) – 9.00am – 10.00am

Times	Monday	Tuesday	Wednesday	Thursday	Friday
9.00 -10.00	Bushwalking at the Botanical Gardens Exercise at the Lake Gym at Anytime Fitness	Bushwalking at the Botanical Gardens Exercise at the Lake Table Tennis	Bushwalking at the Botanical Gardens Exercise at the Lake Gym at Anytime Fitness	Bushwalking at the Botanical Gardens Exercise at the Lake Table Tennis	Bushwalking at the Botanical Gardens Exercise at the Lake Gym at Anytime Fitness

Community Social and Inclusion (CSI) - Program descriptors 9.00am – 10.00am

Program	Description	Program	Description
Bushwalking at the Botanical Gardens 98 Botanical Gardens Ave Kialla (Meet at the front entrance) 	Meet at the Botanical Gardens and enjoy a morning walk.	**Exercise at the Victoria Lake** Victoria Lake Shepparton 25 Tom Collins Dr Shepparton (Meet at the Hill around the back beside the All Abilities Park) 	Walk around the Victoria Lake. Utilise the exercise equipment at The Victoria Lake to enhance your fitness.

Gym at Anytime Fitness 62 Railway Parade Shepparton (Meet outside the front entrance) 	Access the Local Gym to achieve your fitness goals. Provide your own program to implement; staff will support you to complete your session. **COST - Entry $5.00 weekly**	**Table Tennis** Victoria Lake Shepparton Wyndham St Shepparton (Meet at the Table Tennis Tables) 	Become a Table Tennis champion. Learn the skills of table tennis Enhance your hand eye coordination while having fun in a 1:1 match or doubles.

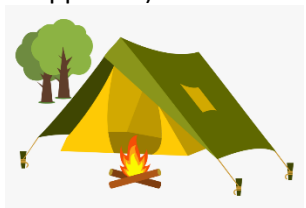
Community Social and Inclusion (CSI) – 10.00am – 12.00pm

Times	Monday	Tuesday	Wednesday	Thursday	Friday
10:00am –12:00pm	Basketball Indoor cricket Golf Ten Pin Bowling	Swimming Sailing Badminton Bike Riding	Wanderers Indoor Soccer Golf Lawn Bowls Fishing/ Camping **(ALL DAY EVENT 9am – 3pm)**	Swimming Basketball Badminton Sailing Ten Pin Bowling	Golf Lawn Bowls Indoor Cricket Ten Pin Bowling

Community Social and Inclusion (CSI) - Program descriptors 10.00am – 12.00pm

Program	Description		Program	Description
Basketball Shepparton Sports Stadium 120 Numurkah Road Shepparton (Meet inside foyer) 	Enhance your basketball skills. Learn how to bounce the ball, pass the ball, shoot a goal, be part of a team and learn the rules of basketball. Increase your hand eye coordination Improve your fitness whilst having fun **COST Entry $5.50 weekly**		**Indoor cricket** Shepparton Sports Stadium 120 Numurkah Road Shepparton (Meet inside foyer) 	Enhance your cricket skills Learn how to bat, bowl and field Be part of a team learning the rules of cricket Increase your hand eye coordination Improve your fitness whilst having fun **COST Entry $3.00 weekly**

Swimming AquaMoves 25 Tom Collins Drive Shepparton (Meet outside front entrance) 	Work on your muscle strength in the Hydro pool. Bring your allied health exercise program to be implemented. Safety in the water. Utilise the lanes and work on your swimming strokes and techniques. **COST Entry $5.50 weekly**		**Golf** Kialla Golf Club 360 Central Kialla Rd Kialla (Meet in the Carpark) 	Enhance your Golf skills Learn about the different types of clubs, how to putt, how to drive, practise on the driving range and build up to having a few rounds of golf. **COST Entry $15.00 weekly**
Sailing Victoria Lake Tom Collins Drive Shepparton (Meet at the Boat Ramp around the back) 	Our dedicated volunteers from Sailability will provide you the opportunity to sail on the Lake with either support or work towards sailing independently. **COST Sailing fees $5.00 weekly (invoiced to participant)**		**Badminton** Shepparton Sports Stadium 120 Numurkah Rd Shepparton (Meet inside the front foyer) 	Enhance your Badminton skills Learn how to hold the racket, to serve the shuttlecock, to hit the shuttlecock, the rules of badminton and build up to play a game of or doubles. **COST Entry $4.70 weekly**
Bike Riding - DECA 145 Wanganui Rd Shepparton (Meet in the carpark) 	Enhance your skills to ride a 3-wheeler or 2 wheeler bike. Practice road rules in a secure environment. How to maintain your bike and maintenance that is required. **COST $5.00 weekly**		**Ten Pin Bowling** Star Bowl 112 -122 Fryers St Shepparton (Meet inside the front entrance) 	All players of abilities welcomed Players can utilise the bumpers or play without lane bumpers. Play individually or in teams, compete with your peers in a game of Ten Pin Bowling. **COST Game & Shoe hire $6.00 weekly**

Wanderers Dookie Park, Mary Street, Dookie (Meet at Day Options) 	Travel to Dookie Park located in Mary St, Dookie Start your morning with a leisurely drive to Dookie, access the enclosed park for some gentle exercise. Tailored for people who require high levels of support when accessing the community, this is a stepping stone to building your confidence and safety to access the community. **COST $5.00 weekly**		**Indoor Soccer** Shepparton Stadium 120 Numurkah Road Shepparton (Meet inside the front entrance) 	Enhance your Soccer skills Learn how to kick the soccer ball, to kick a goal, defend a goal, how to play as a member of a team and learn the rules of soccer. Work on your coordination, balance and footwork. **COST Entry $3.00 weekly**
Fishing/Camping **ALL DAY EVENT 9am – 3pm** Greens Lake Recreation Reserve Campground Corop (Meet at Shepparton Library, 41-42 Marungi St, Shepparton) 	How to put on bait How to cast a fishing line How to real in your big catch Maintenance of you equipment Camping – building a fire, cooking in the camp fire, putting up & down a tent, equipment you need for a camping trip, sharing of camping stories **COST $10.00 weekly**		**Lawn Bowls** Shepparton Golf Club 13 Golf Drive Shepparton (Meet in the Carpark) 	Learn the art of Lawn Bowls Learn how to bowl the kitty, to hold a bowl and release the bowl, different ways to bowl to get as close as you can to the kitty. Learn to play as an individual and as a member of a team. Learn the rules of the game and how to score. Learn the rules of soccer. Work on your coordination, balance and footwork. **COST Grounds fee $10.00 weekly**

Community Social and Inclusion (CSI) - Meal Time Supports 12.00pm – 1.00pm

Times	Monday	Tuesday	Wednesday	Thursday	Friday
12.00pm - 1:00pm 	Living Skills Meal assistance	Living Skills Meal assistance	Living Skills Meal assistance	Living Skills Meal assistance	Living Skills Meal assistance

Community Social and Inclusion (CSI) - Program descriptors – Meal Time Support

Program	Description		Program	Description
Meal Assistance 	Following Speech assessment recommendations Assistance with setting up and packing up at Meal time Providing you with 1:1 support to enjoy your lunch		**Living Skills**	Access different shops in the Shepparton community to enhance your communication and money skills, with the possibility of purchasing personal items.

Community Social and Inclusion (CSI) – 1.00pm – 3.00pm

Times	Monday	Tuesday	Wednesday	Thursday	Friday
1.00pm – 3.00pm	Swimming Computer Gaming Activities at the HUB Exploring the Community	Swimming RDA Library Activities Exploring the Community Ten Bowling	Activities at the HUB Exploring the Community Bowling Table Tennis Jets Gym	Swimming Library Activities Exploring the Community Computer Gaming	Lawn Bowls Activities at the HUB Exploring the Community Fishing

Community Social and Inclusion (CSI) - Program descriptions 1.00pm – 3.00pm

Program	Description		Program	Description
Swimming AquaMoves 25 Tom Collins Drive, Shepparton (Meet outside front entrance) 	Work on your muscle strength in the Hydro pool. Bring your allied health exercise program to be implemented. Safety in the water. Utilise the lanes and work on your swimming strokes and techniques. **COST Entry $5.50 weekly**		**Computer Gaming Gamers Resort** 135 Maude Street, Shepparton (Meet outside the front entrance) 	Play online gaming with your peers from a variety of options including: • Minecraft • PS4 Games • Computer Games Any game you are looking for is an option. **COST Entry $10.00 weekly**
Jets Gym 170 McLennan St, Mooroopna (Meet at front entrance) 	This class focuses on teaching the fundamentals of Gymnastics and improving your balance and coordination. **COST Entry $10.00 weekly**		**Fishing** Tom Collins Drive, Shepparton (Meet at All abilities park) 	How to put on bait How to cast a fishing line How to real in your big catch Maintenance of your equipment **COST $8.00 weekly**

at the HUB **MEAC** 23 Alexandra Street, Mooroopna (Meet in the main entrance) 	Each Term participate in a variety of programs on offer from – Dancing, Line Dancing, Tai Chi, Exercise and Art. **COST Entry $TBA weekly**		**Exploring the community** Pick up Cnr Tom Collins Drive & Welsford Street Shepparton (Meet at carpark near toilet block) 	Spend time exploring different places in our local community from – such as Art Gallery, Car museum and Retail outlets. Use public transport or walk around the local community. **COST Entry $TBA + $ spending money - weekly**
Riding for Disabled Association (RDA) William Orr Campus 260 Wanganui Rd, Shepparton (Meet in the Carpark) 	Register for the Year prior to commencing with Riding for Disabled Association. Weight limit of 90kg for riders. Weekly lesson with a warm up of basic instructions. Start, Stop, Using reins to steer the horse, points of the horse & parts of the horse gear. Do some activities/games (relay of plastic shopping items to collect, flag & drum relay, mug shuffle, etc.). Conclude the lesson with a short trail ride or a one on one lesson. **COST RDA fee $140.00 (Paid at beginning of year)**		**Library Activities** Shepparton Library 41-42 Marungi Street, Shepparton (Meet outside the front entrance) 	Spend quiet time in the Library choosing books, magazines or movies to borrow or just read through while accessing a quiet environment. Participate in library activities. Bring your library card; if you do not have, one then we can assist you set one up.
Ten Pin Bowling Star Bowl 112 -122 Fryers St Shepparton (Meet inside the front entrance) 	All players of abilities welcomed Players can utilise the bumpers or play without lane bumpers. Play individually or in teams, compete with your peers in a game of Ten Pin Bowling. **COST Game & shoe hire $6.00 weekly**		**Table Tennis** Victoria Lake Shepparton Wyndham Street, Shepparton 	Become a Table Tennis champion. Enhance your hand eye coordination while having fun in a 1:1 match or doubles.

Community Social and Inclusion (CSI) – Personalised Individual Support - Program descriptions – Times tailored to your individual needs

Support	Description	Support	Description
Medication Administration 	Staff will attend your home at specific times to support you to administer your regular medication	**Living skills – In Home Supports** 	Staff will support you to learn the skills of: • menu planning, shopping and cooking • management of money and general personal banking (working within budget) • management of written communication • maintain your home e.g.: cleaning
Accessing Appointments 	Staff will support you to arrange and attend appointments such as – Medical appointments, VicRoads, Housing, Employment, etc.	**Social events** 	Staff will support you to access personal social events you would like to attend. These could be a family function, a Special event within your local community or beyond.

Engagement and Participation (EP)

Programs are centre based and are provided for participant's who have complex and high needs with varied support requirements. We can support you to learn a range of meaningful activities that promote social inclusion and participation. Sensory development and integration, provides a foundation for further learning and improved behaviour. It supports language development, cognitive growth, fine and gross motor skills, problem solving skills and social interaction. Capacity building maximizes independence and functional skills of the participant. It's up to you what you'd like to learn, we work with you to design a program that meets your goals.

Engagement & Participation (EP) - Exercise

Times	Monday	Tuesday	Wednesday	Thursday	Friday
9.00am -10.00am	Armchair Exercise* Interactive Dance* Physio Fitness Around the Block Wii Fitness	Armchair Exercise* Interactive Dance* Physio Fitness Around the Block Wii Fitness	Armchair Exercise Interactive Dance * Physio Fitness Around the Block Wii Fitness	Armchair Exercise Interactive* Dance * Physio Fitness Around the Block Wii Fitness	Armchair Exercise Interactive* Dance* Physio Fitness Around the Block Wii Fitness

Engagement and Participation (EP) - Program descriptions – Exercise

Program	Description	Program	Description
Armchair Exercise 	Wheelchairs, armchairs any way to be seated. Stretch to a tailored exercise routine that suits your needs.	**Interactive Dance** 	Dance to structured routines and maintain your fitness levels whilst having fun.
Physio Fitness 	Tailored plans provided by your Physiotherapist implemented.	**Around the Block** 	Spend time walking around the block at your own pace. This program will focus on improving your ability to access the community with support from staff to improve your safety awareness.
Wii Fitness 	Have fun and improve your fitness using a digital platform that tracks your progress. Focusing on your hand eye coordination.		

Engagement and Participation (EP) - Communication

Times	Monday	Tuesday	Wednesday	Thursday	Friday
10.00am – 12.00pm	Social Stories* Have a Chat* Key Word Sign* Compic	Social Stories* Have a Chat* Key Word Sign* Compic	Social Stories* Have a Chat* Key Word Sign* Compic	Social Stories* Have a Chat* Key Word Sign* Compic	Social Stories* Have a Chat* Key Word Sign* Compic

Engagement and Participation (EP) - Program descriptions - Communication

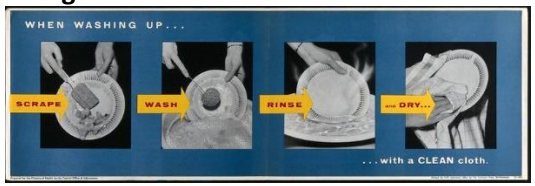
Program	Description		Program	Description
Social Stories 	Social stories use words or images to explain specific occurrences, behaviours, social interactions, concepts, or skills. Create your own Social Stories to enhance your communication		Keyword sign 	Learn and maintain Keyword sign to implement in your everyday life.
Have A Chat 	Learn how to communicate effectively with others using verbal communication and body language. Learn to be patient when others are communicating. Improve your listening skills.		Compic 	Create a compic board to build your confidence in communicating with others. You decide on the items to go on the board.

Engagement and Participation (EP) - Program Schedule – Meal Time 12.00pm – 1.00pm

Times	Monday	Tuesday	Wednesday	Thursday	Friday
12.00pm - 1:00pm 	Living Skills* Meal assistance	Living Skills* Meal assistance	Living Skills* Meal assistance	Living Skills* Meal assistance	Living Skills* Meal assistance

Engagement and Participation (EP) - Program descriptions – Meal Time

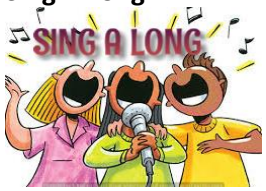
Program	Description
Meal Assistance 	Following Speech assessment recommendations Assistance with setting up & packing up at Meal time Providing you with 1:1 support to enjoy your lunch

Program	Description
Living Skills 	Setting up & packing up your meal area Learning how to follow cleaning schedules Washing & drying the dishes you use whilst enjoying your lunch

Engagement and Participation (EP) - Program Schedule – Engagement and Participation

Times	Monday	Tuesday	Wednesday	Thursday	Friday
1:00pm - 3:00pm	Computer Games Story Telling* Make a Splash What's that sound? * Pancake Parlour* Theatre*	Sing a Long* Story Telling* Make a Splash What's that sound? * Pancake Parlour* Art Attack *	Computer Games Story Telling* Make a Splash What's that sound? * Pancake Parlour* Art Attack*	Sing a Long* Story Telling* Make a Splash What's that sound? * Pancake Parlour* Theatre*	Computer Games Story Telling* Make a Splash What's that sound? * Pancake Parlour* Art Attack *

Engagement and Participation (EP) - Program descriptions – Engagement and Participation 1.00pm – 3.00pm

Program	Description
Sing A Long 	- Create your own playlist and share your favourite songs with your peers - Using the microphone to show off your singing talent - Listen to different styles of music
Storytelling 	- Engage in a story narrated by staff - Join in the practical side of playing out the story narrative - Immerse yourself in the story with an environment to suit the story being delivered

Program	Description
Computer Games 	- Join in with a variety of computer games of your choice. - Shiny Learning - Switch Games - Puzzles - Any games you would like to play
Make a SPLASH 	- Water is singular in its ability to energize and simultaneously sooth, making it the perfect therapeutic asset for those who have an overactive sensory system. - Join in water play that will focus on improving fine motor skills. - Don't Forget a change of clothing

Theatre 	- Come and join us in our Annual Theatre production where everyone is welcome. - All ideas will be shared and a theme will be decided, each person will be given a part and staff will support you to practice your lines or moves to become a talented ConnectGV star **COST $5.00 weekly**		**Art Attack - Paint** 	- Create a work of art using paint. - Improve your fine motor skills, while tapping into your creative flare - Participate in a variety of different ways paint can be used to create your masterpieces. **COST $5.00 weekly**
What's that sound? 	- Play a game of recognising sounds. - Listen to sounds of the environment Thunderstorms, Rainforests even the Australian Bush in a calm and quiet setting		**Pancake Parlour** 	- Learn how to make pancakes - Follow a basic recipe - Follow food Hygiene - Maintaining a clean environment **COST $2.00 weekly**