



STEP OUT
BUILDING
INDEPENDENT LIVING
SKILLS

Registered
NDIS
provider



Sunnyfield
disAbility Services

ARE YOU LOOKING TO DEVELOP NEW SKILLS AND PLAN FOR INDEPENDENT LIVING IN THE NEAR FUTURE?

'Step Out' is an eight week program designed for people with disability who would like to build on foundational skills to increase independence and prepare for the next stage in life.

The program is open to participants 18+ and commences February 6 2018.

Sunnyfield can support people with disability to

- Live independently
- Learn and develop everyday skills
- Access the community

**Prices are as per the NDIS Price Guide.*

**Additional \$50 cost for program materials.*



Sessions run each Tuesday 3.30pm – 5.30pm

Week 1 - Tuesday February 6

Health and well-being

Planning a menu

Following a recipe

Eating for health

Week 2 - Tuesday February 13

Social media and bullying

Online safety

Protecting your privacy

Recognising bullying

Week 3 - Tuesday February 20

Shopping in my community

Accessing your community

Asking for assistance

Purchasing items

Week 4 - Tuesday February 27

Self and personal care

Self-presentation

Dental and personal hygiene

Week 5 - Tuesday March 6

Money skills and budgeting

Money handling

Budgeting

Week 6 - Tuesday March 13

Out and about

Accessing your community safely

Catching public transport

Week 7 - Tuesday March 20

Clothing and appearance

Identifying appropriate clothing

Dressing for different occasions

Week 8 - Tuesday March 27

Technology in the home

Using kitchen and washing devices

Using an iPad®

Graduation

Presentation Ceremony

Upon completion of the program each participant will receive a Sunnyfield Certificate of Completion with a presentation ceremony for family, guardians and friends to attend.

Contact

Start the conversation today and contact our friendly Client Engagement Team.

T 1300 588 688

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www.sunnyfield.org.au

