



SKILLS FOR LIFE

Registered
NDIS
provider



Sunnyfield
For a brighter future

IT'S YOUR TIME TO SHINE

About Sunnyfield

Sunnyfield is a leading disability support services organisation that provides trusted and flexible support services across NSW and the ACT for people with disability, their families and carers.

Skills for Life

Sunnyfield's Skills for Life have been developed utilising Sunnyfield's person-centred active support philosophy. These activities are designed for people with disability of all ages, to support you to achieve your goals and aspirations.

Skills for Life provide a range of practical tools and techniques to support you to develop social skills, communication skills, strengthen problem solving skills, increase self-awareness and build independence.



I AM LEARNING NEW SKILLS AND GETTING THE SUPPORT I NEED

Theresa, Sunnyfield client

Social Skills

- Knowing myself
- Relationship circles
- Conversations
- Hellos and goodbyes
- Friendships
- Boundaries
- More than friends-dating

Money Skills

- Budgeting
- Numeracy
- Purchasing
- Money recognition

Cooking

- Food safety
- Following a recipe
- Planning a menu

Out and About

- Public transport
- Travel training (practical)
- Road safety
- Being a vehicle passenger

Digital

- Using an iPad[®]
- Cyber safety

Personal Appearance

- Dental hygiene
- Handwashing
- Identifying appropriate clothing

To find out more start the conversation today and contact our friendly Client Engagement Team
T 1300 588 688
E enquiries@sunnyfield.org.au



Feedback

We are not only in the business of improving lives we are also in the business of improving the way we do it.

So if you have any feedback, about the things we have done well, or the things we could do better, then please get in contact and send an email to our confidential email address feedback@sunnyfield.org.au

Contact Us

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