



# SKILLS FOR LIFE

Registered  
**NDIS**  
provider



**Sunnyfield**  
disAbility Services

Sunnyfield's Skills for Life programs have been developed utilising Sunnyfield's person-centred active support philosophy. These programs are designed for people with disability of all ages to support you to develop social skills, communication skills, strengthen problem-solving skills, increase self-awareness and build independence.

### **Can I use my NDIS funding to access these supports?**

To access our social and community participation services, you must be an NDIS participant and have approval for funding in at least one of the following areas.

- Improved Daily Living (Capacity Building)
- Increased Social and Community Participation (Capacity Building)
- Assistance with Daily Life (Core Supports)
- Assistance with Social and Community Participation (Core Supports)





## **Social Skills**

### **Knowing myself**

This program is designed to support you to understand what things you're good at, and how to make the most of them. It also looks at trusting, showing respect, noticing and talking about how you feel, and how others might be feeling. As part of the learning, there's plenty of opportunity for group discussions and role-playing and you'll also make some new friends along the way.

### **Relationship circles**

There are all sorts of relationship circles in our lives. And it's important to understand each circle and what it represents. In this program we'll take a look at the concept of relationship circles and explore each circle using colour codes. These circles include Private, Trust, Friendship, Acquaintance, Community Helper, and Stranger Circles.

### **Conversations**

Now that you've learned how to meet and greet, it's time to start a conversation. This program will help you to get the conversation rolling. You'll learn how to know when it's okay to interrupt, how to join a conversation, how to keep the conversation going, getting to know someone new, and how to deal with conversations that don't quite go to plan.

## **Hellos and goodbyes**

This program is all about meeting, greeting and making a good impression. You'll learn about making eye contact, greetings, goodbyes, hand shaking, and how to pay a compliment. Participants will work with computers and activity sheets, through group discussion, role-play and fun interactive activities. Learning to meet and greet opens the way to some rewarding conversations.

### **Boundaries**

It's important to understand, recognise and respect each other's personal and social boundaries. This program looks at understanding the role of paid staff and their correct boundaries. We look at personal space, appropriate and inappropriate touch, what things support workers can do to help us and what they cannot do. Participants will have access to computers, activity sheets and join in on group discussions about the importance of setting and respecting boundaries.

## Money Skills

### Budgeting

Budgeting is a major life skill. Understanding where money comes from and how best to spend it starts with a budget. You'll learn how to put a budget together and save money to buy things.

### Numeracy

This program is designed to support participants to recognise numbers from one to one hundred and complete basic sums including adding up numbers and subtracting numbers.

### Money recognition

Money recognition is an important skill in life. In this program you'll learn how to identify coins, notes and understand numbers.

### Purchasing

This program teaches participants how to shop smart with fun practical sessions in the classroom and out and about. Shopping and paying for things is an important step to independence. You'll shop for basic things in a store and compare prices, learn how to pay for their items in the store, establish correct change and learn how to use a self-service checkout.

## Cooking

### Food safety

This program focuses on food safety, vital for participants that would like to prepare meals safely and confidently for themselves and others. You'll learn about foodborne illnesses, understand the idea of food safety and how to apply it practically.

### Following a recipe

In this program you'll learn how to follow a recipe from start to delicious finish. This is a valuable life skill for those who wish to do more things for themselves and live more independently. You'll learn about what makes a good recipe, where to find recipes and how to follow directions.

### Planning a menu

Get ready to plan a menu! This program will take you through everything you need to know including picking meals, writing a menu, writing a shopping list and getting ready to cook.





## **Out & About**

### **Using public transport**

Getting around on public transport is an important life skill. It opens up more choices and creates more independence. You'll learn all the basics involved in using public transport safely. You'll learn how to identify different types of transport and their symbols. How to read a timetable, understand different types of tickets, how to get on and off buses, trains, light rail and ferries, and how to catch a taxi or an Uber vehicle.

### **Travel training (practical)**

The best way to practice travelling is to take a trip, and this program will support participants do just that. It will begin with a session on planning where, how and when the trip will take place and throughout the program participants will learn how to develop strategies for the trip and address any anxieties around travelling.

### **Road safety**

Road safety is one of the most important things for us to learn. Crossing the road safely and identifying signage are a big part of road safety. In this program you'll learn about crossing the road, why we cross the road at certain places and what to do before we cross the road. You'll also learn about the signs on the road – what they mean and why we need to obey them.

### **Being a passenger**

It is important to know how to be a good driver, and a good passenger in a vehicle. In this program you'll learn about the rules for drivers such as following speed limits, not using mobile phones whilst driving and wearing a seat belt. You'll also learn about rules for passengers including why we wear seatbelts, why we must not distract the driver, what to do if we feel unsafe, and how to be a good passenger on trains, buses, ferries and other public transport.

## **Personal Appearance**

### **Dental hygiene**

This program is sure to bring out the smiles, it starts with the basics of brushing and flossing teeth effectively. You'll learn how to choose toothpaste and when to use mouthwash, what to eat (and not to eat) to keep your mouth healthy, what happens when we don't clean our teeth and what to expect when we go to the dentist.

### **Identifying appropriate clothing**

This program makes the decision of what to wear so much simpler. Knowing what to wear is an important life skill which enables us to enjoy choosing the best clothes for the weather and occasion. You'll learn about things that affect our choices of clothing, such as weather, occasion, appearance, style and cleanliness. You'll also learn how to wear things you like, that fit well and look smart, as well as learning how to read a weather forecast and how to ensure our clothes are clean and smell fresh.

Start the conversation today and contact our friendly Client Engagement Team

T 1300 588 688

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For a brighter future