

<b>Pinarc Disability Support Independent Living Skills Program - 2019</b>	
<b>Core Subjects</b>	<b>Activities to develop the confidence and skills required for independent living.</b>
<b>Community Access</b> \$5.00 / session	<ul style="list-style-type: none"> <li>To learn about the groups and activities available in the local community</li> <li>To gain confidence in accessing a broad range of community activities</li> <li>To participate in travel training</li> <li>To learn money handling skills</li> <li>To act as a pathway to accessing groups and activities independently</li> </ul>
<b>Cooking</b> \$3.00 / session	<ul style="list-style-type: none"> <li>To cook independently</li> <li>To learn about healthy eating choices</li> <li>To participate in a Pinarc Master Chef each term</li> </ul>
<b>Health and Wellbeing</b> No fee	<ul style="list-style-type: none"> <li>To participate in a range of relaxation and exercise activities</li> <li>To learn about hygiene and personal care</li> <li>To learn about healthy weight and food choices</li> <li>To improve self-esteem and respect for others</li> </ul>
<b>Home Care</b> No fee	<ul style="list-style-type: none"> <li>To learn about shared responsibility for home care tasks</li> <li>To practice activities of daily living such as cleaning floors and washing up</li> <li>To practice washing, ironing and folding of clothes</li> <li>To practice specific skills identified by the participant/family</li> </ul>
<b>Introduction to Arts</b> \$2.00 / session	<ul style="list-style-type: none"> <li>To participate in a range of art activities using a variety of techniques</li> <li>To try out a range of music activities</li> <li>To experience movement, dance and theatre</li> <li>To explore a range of craft activities</li> <li>To act as a pathway to accessing more focussed arts programs</li> </ul>
<b>Career mapping</b> No fee	<ul style="list-style-type: none"> <li>To learn about communication and teamwork in the workplace</li> <li>To improve computer skills</li> <li>To practice problems solving</li> <li>To prepare a resume and practice for interview</li> </ul>
<b>Numeracy &amp; Literacy</b> No fee	<ul style="list-style-type: none"> <li>To practice the skills required for independent living</li> <li>To improve money handling skills</li> <li>To learn to use mobile phone and remembering important numbers</li> <li>To be able to read community signs, menus, timetables etc.</li> </ul>
<b>On-line with iPads</b> No fee	<ul style="list-style-type: none"> <li>To learn about on-line safety</li> <li>To learn to search for information</li> <li>To learn about social media and email</li> <li>To manage photos</li> </ul>
<b>Physical Activity</b> No fee	<ul style="list-style-type: none"> <li>To improve general fitness</li> <li>To experience a range of physical activities such as yoga, tai chi, walking, dance etc.</li> <li>To learn about the health impacts of exercise</li> <li>To act as a pathway to encouraging regular exercise</li> </ul>
<b>Social Skills</b> No fee	<ul style="list-style-type: none"> <li>To learn about social communication</li> <li>To explore emotions and responding to others' feelings</li> <li>To learn about on-line and personal safety</li> <li>To provide opportunity to form meaningful relationships</li> </ul>
<b>Gardening</b> No Fee	<ul style="list-style-type: none"> <li>To develop independent gardening skills</li> <li>Understanding of seasonal growing cycles</li> <li>Participating in the planting, growing and harvesting of produce</li> </ul>

**Payment of fees for the term is required before the start of each term**

If this will cause difficulty we are happy to negotiate monthly billing

<b>Pinarc Disability Support Independent Living Program - 2018</b>	
<b>Electives</b>	<b>Activities to develop the confidence and skills required for independent living.</b>
<b>Barista Training (Tait St, Bonshaw)</b> \$2.00 / session	<ul style="list-style-type: none"> <li>• To learn to make the perfect coffee, tea and hot chocolate</li> <li>• To learn coffee machine operation</li> <li>• To learn coffee presentation</li> <li>• To learn about cleaning and maintenance of equipment</li> </ul>
<b>Woodwork (Otway St)</b> \$2.00 / session	<ul style="list-style-type: none"> <li>• To learn to use woodworking tools safely</li> <li>• To participate in the creation of wooden products</li> <li>• To learn about design and planning</li> <li>• To learn about maintaining a clean and safe work environment</li> </ul>
<b>Volunteer Placement</b> Travel + 1:1 staffing during placement will be negotiated and be part of your Service Agreement	<ul style="list-style-type: none"> <li>• To undertake tasks as agreed in volunteer placement with local business/organisation</li> <li>• To be supported by 1:1 support worker to learn requirements of role</li> <li>• To work toward independence in role within the workplace</li> <li>• To participate as a member of a workplace team</li> <li>• To learn independent travel to place of work if relevant</li> </ul>
<b>Swimming (Otway St)</b> \$3.00 / session	<ul style="list-style-type: none"> <li>• To develop confidence in the water</li> <li>• To provide relaxation and gentle exercise</li> <li>• To act as a pathway to accessing public swimming facilities</li> </ul>
<b>NEW!! Horticulture (Tait St, Bonshaw)</b> No fee	<ul style="list-style-type: none"> <li>• To participate in seed propagation and growing plants for wholesale to local nursery</li> <li>• To understand about workplace health and safety</li> <li>• To learn about weeds, pests and diseases</li> <li>• To learn about the watering and feeding requirements of plants</li> <li>• To work as a member of a team</li> <li>• To complete volunteer work with local nursery</li> <li>• To act as a pathway for future study, volunteering or employment</li> </ul>

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