



# Options4u Program Information Booklet

We support the

**ndis**



Connect • Grow • Thrive



## Acknowledgement of Country

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Access4u acknowledges the Traditional Owners and Custodians of the Lands on which we live and work, and their connection to Land and Sea.

We pay our respects to Elders past and present.

# Overview

Access4u have launched a Day Options program, called Options4u, for adults with disability.

This is an innovative program designed to provide our customers with a wide variety of activities dedicated to their interests and NDIS goals. The aim of these programs is to enhance participants' quality of life, promote socialisation, and increase personal development.

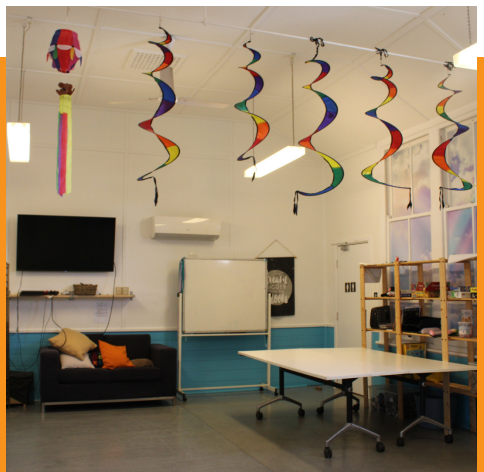
All our sessions are held in a space that prioritises safety, comfort, accessibility and meets the needs of individuals with varying abilities.

Our aim is to create a welcoming environment for all and we truly believe this space encapsulates this.

This location includes:

- an enclosed gated space
- 3 different zones with 2 separate buildings
- an outdoor area, that includes a playground, table tennis and BBQ area
- a kitchen
- and a sensory room!

You can find us at **9 Carlisle Street, Camden Park 5038** from 9.00am - 3.30pm.



# Monday Program

## Art in Action

In Art in Action, participants will have the opportunity to explore a range of activities that develop their creative skills, whilst also developing their ability to work in a team environment. There will be opportunities to work on short-term and/or long-term projects.

Through art activities, participants will be provided with the opportunity to safely express themselves, gain sensory stimulation and improve fine motor skills in a fun and social way.

We'll be doing lots of fun activities - everything from jewellery making, photography, knitting, to craft activities, music and dance.



### **Example Activity: Origami**

Origami is a fun and creative way to develop spatial visualisation and spatial orientation. Some benefits include: learning how to follow instructions, improving fine motor skills, increasing ability to focus attention, and developing patience.

### **Example Activity: Music and Dance**

Music and Dance classes will offer individuals the chance to explore their talents and express themselves while having fun with their peers. These sessions promote self-confidence, teamwork, and creativity.

### **Example Activity: Photography**

Photography sessions provide an avenue for individuals to explore their creativity through a visual medium. Participants will learn basic photography techniques, capture captivating images, and showcase their unique perspectives. This activity encourages self-expression and aims to boost confidence.

# Life Skills

In this program, we will cover a range of different life skills that will ensure each participant is growing and developing in order to reach their NDIS goals. Personalised sessions can be planned to reach the specific goals of each participant.



## **Example Activity: Expressing Emotions**

Depending on the individual, Mentors have access to different activities that will enable participants to enhance their knowledge of the different emotions that we all feel. The aim of this activity is for participants to learn and recognise what it feels like to experience different emotions and how to safely express them. In this specific activity, staff will have picture cards that display different emotions. Together, we will work with the group to identify which emotion the cards are expressing.

## **Example Activity: Printable Money**

This activity seeks to create an understanding of money values. Participants will work with staff to build their comprehension. In a fun and inclusive way, they will build scenarios to encapsulate how money is used in the real world. All sessions will be individualised to increase participants' level of understanding.

## **Example Activity: Money Matching Cards**

Money Matching Cards will be used to help each participant learn how pictures of money relate to numerical values. This resource contains the number and word amount for each Australian banknote. This activity can be used in small groups or individually. This task is fantastic for building the skills needed to use money in the real world. It will enable participants to become familiar with money values and understand the meaning of each when stated in different ways.

# Tuesday Program

## Cooking Creations

Participants will learn all the steps required to cook up a storm!

From writing a shopping list, to going to the supermarket, to prepping the food, participants will work to create a delicious and healthy meal to enjoy and share with their peers. Throughout this process, they will develop their teamwork skills and further their understanding of safe food practices.



### **Example Activity: Writing Shopping Lists**

Participants will create a shopping list of the ingredients needed to make our delicious and healthy meals. Through this, they will begin to understand the process of cooking and the value in being organised and prepared.

### **Example Activity: Grocery Shopping**

Participants will enjoy an outing with their peers to the local grocery store. They will work together to collect all the ingredients on their list, promoting independence and self-confidence.

### **Example Activity: Cooking Up a Storm!**

Participants will spend time in our kitchen, learning safe food practices and getting hands on. They will work with staff to build confidence in their cooking skills, by safely cutting vegetables, using an oven, and cooking on a stove. Participants will gain satisfaction by seeing the end product come to life and enjoying their delicious meals with peers. Meal examples include: homemade healthy pizzas and burgers, tacos, grazing boards and a variety of desserts.

# From the Garden

Our Gardening program gives participants the opportunity to connect with nature and learn the skills required to tend to and nurture our gardens. They will pick and plant fresh vegetables and watch them grow from seeds to fresh produce. (These will then be used in our cooking sessions!)



## **Example Activity: Planting Vegetables**

Participants will plant a range of vegetables in our veggie patch. They will learn the skills required for planting, from pouring the soil, to digging holes and watering their plants.

## **Example Activity: Tending to the Garden**

Participants will have the responsibility of tending to their plants by watering them, removing weeds and checking for any pests that may impact their growth. They will develop their cooperation skills and take responsibility for their own plants. With guidance from staff, participants will be able to watch their seeds flourish.

## **Example Activity: Picking Fresh Produce**

Once their vegetables are ripe and ready to eat, participants will be able to pick them and use them in our cooking sessions. They will gain a sense of pride and excitement watching their seeds grow into delicious vegetables that they can then turn into a meal to enjoy.

# Wednesday Program

## Wellbeing Wednesdays

Wellbeing Wednesdays will provide participants with an opportunity to connect with themselves and those around them. They will learn about emotional regulation, take time to unwind, and participate in different wellbeing activities.

Activities also include yoga, stretching and other movement exercises.



### **Example Activity: Colouring-In Exercises and/or Doodling**

Doodling is an unfocused art which can take many forms and is a fun and easy way to relax and de-stress. Studies have shown that doodling can enhance focusing skills, retention of information and even improve productivity. To reduce stress, participants may be encouraged to draw out their emotions creatively using doodles and fill it in with colours to represent their emotions.

### **Example Activity: Affirmations**

Affirmations are a great way to generate a sense of worth, positive self-talk, and build friendships through expressing positivity to one another.

### **Example Activity: Chilling Out in Our Sensory Space**

At all times, participants can chill out in our Sensory Room. Our Sensory Room is the perfect space to relieve stress and unwind. Participants will always have access to the sensory room as it is the perfect place to go to regulate their emotions and have time to themselves.



# Outdoor Excursion

During our outdoor excursions, participants will enjoy social time with their peers, getting active while gaining the therapeutic benefits of being outdoors.

They will develop social connections within the community and create a sense of belonging through visits to local cafes and exploring the local surrounds.

We'll be going for beach walks, bush walking and visiting local playgrounds, just to name a few activities!



Being out in nature and amongst the community can improve your mental and overall health in many ways.

Besides the physical benefits, being outdoors can improve your mood, reduce feelings of stress or anger, improve your confidence and self-esteem, help you meet and get to know new people, and connect you to your local community.

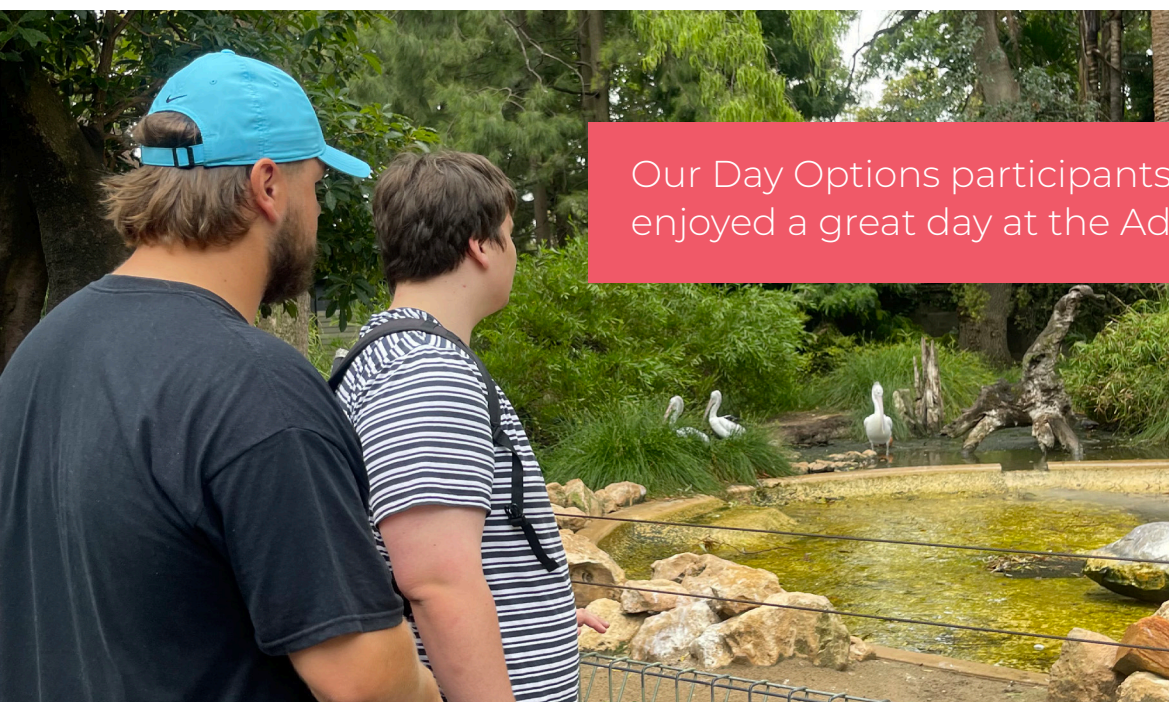
# Thursday Program

## Community Explorers

During our Community Explorers sessions, participants will discover our local community, visiting nearby landmarks and participating in fun experiences with their peers.

We value relationship building and encourage all participants to interact and build connections. Community engagement improves physical and emotional health and wellbeing, self-confidence, self-esteem, social relationships, and individual empowerment.

Activities include bowling and other fun activities, and exploring local landmarks, including the zoo and the Adelaide Museum.



Our Day Options participants recently enjoyed a great day at the Adelaide Zoo!

# Cyber Skills

We will dive into the world of technology in Cyber Skills. Participants will develop their computer skills and learn how to safely use the internet. They will also utilise a variety of computer programs to further their personal development and transferable skills.



## **Example Activity: Exploring Microsoft Platforms**

Participants will work with staff to develop skills in using different Microsoft Suite platforms including Microsoft word, PowerPoint and Excel. Having the skills to use these platforms confidently will help increase their level of independence.

## **Example Activity: Using Technology to Play Educational Online Games**

Using the computers provided, participants will get to have fun by learning how to play educational online games. These computer games have been specifically chosen as they promote problem solving, brain stimulation and are fantastic for social interaction.

## **Example Activity: Learning Internet Safety Practices**

Participants will learn the necessary skills involved in navigating the internet safely, with guidance from our staff. They will develop an understanding of the importance of safeguarding their privacy online, as well as tips to avoid mischievous online behaviour.

# Friday Program

## Free Choice Fridays

Friday afternoons will be a fantastic opportunity for participants to have time to themselves and do what they enjoy. This will be a relaxed afternoon, with the opportunity to continue with projects they have started or spend time with their peers having fun in our lovely space.

Activities may also include reading, drawing, playing games outdoors, chilling out in the sensory room, working on projects from the workshop, or watching a movie.



Want to know more about our program?  
Head to our website or email us at [info@access4u.org.au](mailto:info@access4u.org.au).



Or fill out an Expression of Interest  
Form by scanning here!



Our vision is to be a leader in providing access to quality supports that enable vulnerable people to achieve their goals.

Our values drive all that we do and the behaviours of our staff in providing outstanding customer service.

Fullarton • Mawson Lakes • Brighton • Christie Downs • Mount Barker • Yorke Peninsula

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