



Options4u Program

A Day Options program designed to provide our customers with a wide variety of activities dedicated to their interests and NDIS goals.





Our Program

Our Options4u Program operates Monday to Friday, offering a welcoming and flexible environment where participants can enjoy leisure activities, access the community and engage in structured programs throughout the day.

Our service offers a structured yet flexible program of activities each day, providing participants with meaningful opportunities to engage in activities that reflect their interests, goals, and preferences.

Scheduled activities are available for participants to join, however participation is always a choice. Participants receiving 1:1 or 2:1 support have the flexibility to follow an individualised schedule and may choose alternative activities supporting their goals.



Our Aim

Our aim is to provide you with a wide variety of activities dedicated to your interest and NDIS goals. After all, it's **your choice** and **your life** - we're just here to help!

We will work together to improve your quality of life and increase your personal development.



Public Holidays

Options4u does not run on public holidays.

This includes:

- Australia Day
- Adelaide Cup
- Good Friday
- Easter Monday
- Anzac Day
- King's Birthday
- Labour Day
- Christmas
- Boxing Day
- New Year's Day

Supports

We offer group and individual supports ratios of 1:1, 1:2, 1:3, and 2:1, ensuring personalised care tailored to individual needs.

We also provide convenient transport to and from Options4u, supported by our fleet of vans, enabling participants to enjoy a wide range of community-based activities.

Programs / Activities

Multiple activities are available throughout the day, with different options running alongside one another rather than following a fixed timetable.

For example, arts and crafts and transport training may be offered at the same time, allowing customers to select the activity that best suits their interests and support needs at any given time.

Mornings: 9.00am - 12.00pm

Afternoons: 12.00pm - 3.00pm

All day sessions: 9.00am - 3.00pm

Options4u offers supports between 8am and 5pm.

A **12-week program schedule is available online** and provided to all participants, outlining upcoming Community Explorer outings, recipes, craft activities, and other planned experiences.

Some activities may involve an additional cost for materials. Where applicable, participants will be advised of any costs in advance and can choose whether to participate.



Program Form

Fill out this Booking Form and return it to our Day Options Coordinator to book into your activities for the next block. Get in quick as space is limited!

Name Date

Monday

☐

Art in Action

☐

Life Skills
Learning

☐

On-Site
Leisure

Tuesday

☐

Cooking
Creations

☐

On-Site
Leisure

Wednesday

☐

Community
Explorers

☐

On-Site
Leisure

Thursday

☐

Community
Explorers

☐

Transport
Training

☐

On-Site
Leisure

Friday

☐

Gardening
Program

☐

On-Site
Leisure

Notes

*Please note sessions are subject to change. Due to high demand, some sessions may fill up quickly. Limited spots available.

Monday	Tuesday	Wednesday	Thursday	Friday
Art in Action (all day)  Life Skills Learning (afternoon)	Cooking Creations (morning) 	Community Explorers (all day) 	Community Explorers OR Transport Training (all day) 	Gardening Program (all day) 

On-Site Leisure Offered Monday - Friday from 9.00am-3.30pm.

Monday Program

All Day

Art in Action

Get creative with your peers
and unleash your inner artist!

*Activity costs applicable.

Activities include:

- jewellery crafting
- diamond art
- painting
- soap making
- clay modelling.



Afternoon

Life Skills Learning

A modulated program, covering daily living skills topics helping high school students transitioning into adulthood or adults wanting to develop the knowledge and ability to carry out everyday tasks independently.

The program content includes onsite based learning, and community access activities related to the topics.

Topics include:

- communication and conversations
- identifying feelings and emotions
- money handling and budgeting
- employment, education and volunteering
- safe relationships and community connections
- road safety and public transport awareness
- cyber-safety and technology
- my rights, the rules and the law
- health and wellbeing.

Our program covers topics over a 20-week cycle, with each topic explored across a two-week period. As the program runs continuously, participants can join at any stage and work through the modules at their own pace, with the flexibility to continue for as long as needed.

Tuesday Program

Morning

Cooking Creations

Work with your peers to shop for ingredients at the local supermarket. Then, cook up a storm!

*Activity costs applicable.

Activities include:

- food shopping
- collecting food from our garden beds
- learning about safe food practices.



Wednesday & Thursday Program

All Day (Both Days)

Community Explorers

Get out and discover our local community, visit nearby landmarks and participate in fun experiences with your peers.

Activities include:

- visiting landmarks around Adelaide, such as Adelaide Zoo and the museum, beaches & cafes.



Afternoon (Thursdays Only - All Day)

Transport Training

Learn how to use public transport around Adelaide including buses, trains and trams and joining the community activity group on their outing.

Activities include:

- public transportation to a set destination, joining the community explorers' group
- developing road safety awareness
- encouraging social interaction and engagement in community
- acquiring problem solving skills through navigation.

*Participants will be required to bring a MetroCard and a Companion Card.



Friday Program

All Day

Gardening Program Seeds of Success

Join our 'Seeds of Success' Gardening group, discovering the joy of gardening while building practical skills, confidence and community connections.

Utilising our Henley Beach Community Garden plot and our onsite garden beds, participants will enjoy a variety of hands-on activities.

*Activity costs applicable.

Activities include:

- planting vegetables, herbs, flowers and native plants
- propagating plants and growing seedlings
- creating worm farms and compost systems
- watering, weeding, mulching and maintaining garden beds
- harvesting seasonal produce
- basic pruning and plant care
- trips to Bunnings and local nurseries
- learning how to safely use and care for gardening tools.

