



Participate Australia

Empowered living

NDIS REGISTERED PROVIDER

As a registered NDIS provider Participate Australia will work with you so that you get the supports that you need to meet your agreed NDIS goals. Our supports and activities are designed to align with these goals. Talk to us about how our classes can help you achieve your NDIS agreed plans.

As Participate Australia is a NDIS provider you can easily access information and your services through us. Our NDIS Provider Number is 4050002920.

Participate Australia

111 Edwin St North Croydon NSW 2132
PO Box 210 Croydon NSW 2132

Telephone 02 9799 4333

Facsimile 02 9798 5115

enquiries@participateaustralia.com.au
participateaustralia.com.au



ABN 39 136 853 895
ACN 613 814 654
CFN 14593
NDIS Provider No.
4050002920

Life Skills Activities





LIFE SKILLS ACTIVITIES

Participate Australia offers a range of Life Skills supports that are designed to help people with a disability live active, healthy and independent lives. These supports include a broad range of skills activities, such as financial literacy, road safety, safe use of public transport, housekeeping, healthy eating and cooking, swimming, water safety and skills necessary for developing and maintaining rewarding friendships and safe sexual relationships.

Computer Skills classes help participants learn practical computer skills, practicing on their preferred devices — laptops, tablets or desktop computers. They will learn how to use a variety of software, emailing, browsing the Internet and using social media safely. Participants will learn how to use common programs like Excel, Powerpoint, Outlook and Word.

Cooking Skills classes teach participants the importance of eating balanced and portioned meals. Participants learn the basics of meal organisation and preparation, build upon fine motor skills, as well as developing social skills. Our participants are involved in the entire process, from shopping for ingredients, preparing and cutting ingredients, to cooking the dish, and finally serving and eating what they have cooked, before putting everything away and doing the dishes!

Financial Literacy Skills classes help participants learn counting and money handling skills so they can become more financially independent by applying skills learned in the classroom to everyday life. The program has three levels, which build upon the skills learned in the previous course.

- Basic — Participants develop a basic understanding of maths and learn to identify and count money.
- Intermediate — This group focuses on more complex money operations and shopping.
- Advanced — Participants focus on how to budget for everyday life, use online shopping and gain a better understanding of banking services.

Social Skills aim to increase the confidence of our participants in accessing their community. These classes teach real world skills, such as road safety, using public transport and social skills like making new friends and developing rewarding relationships.

During these courses participants learn valuable socialisation skills as they interact with their peers in a safe and supported environment.

CLASSES AND CHOICES

Our classes occur throughout the year, at time which is convenient for you. They are run during school terms and each course runs for approximately eight weeks. Our supports and activities can be tailored to suit your needs including individualised, small or larger group goals.

Places are limited so call now to find out when the next class is starting and to secure your spot!

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**Call us now on
02 9799 4333 to discuss
the supports and activities
that we can provide.**