

Out and About Group



Calling all teens to 24 year-olds!

The Out and About Group is an opportunity for you to develop independence and life skills within the wider community.

The group will involve collaborating with others to develop a plan, identifying a journey route using public transport, practising using money and participating in identified activities.

As we will be practising money skills, we kindly ask you to provide a small allowance each day of \$10 so you can purchase food or a drink when we are out in the community.

What are the requirements?

- SmartRider with sufficient funds,
- Ability to self regulate and manage behaviour
- Independence with self care i.e. toileting
- Prior completion of some community access skills
- Must be able to independently communicate needs and wants with others.

Why should I attend?

- Increase independence and confidence accessing the community,
- Improve money skills and build friendships with peers/support network,
- Develop social problem skills in the community,
- Up-skill strategies for support workers to continue their support.

Group Details

Dates: 12, 13, 14 and 15 April 2021

Time: 9:30am - 12:30pm

Cost: \$672 (12 hours at 1:4 + planning)

Venue: Therapy Focus Kingsley, 30 Cadogan Street
(Goollelal Primary School)

Register your Interest!

Call our Kingsley office on **(08) 9403 9500**
or email goollelalbaseadmin@therapyfocus.org.au.



Trang Thee
Advanced Occupational Therapist



Serina Vermeulen
Advanced Occupational Therapist

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