

Tele-Transition[®] Program

Learning Schedule



Our Tele-Transition[®] Program follows a specific week by week schedule which addresses individual learning modules. Participants will complete a combination of self-directed learning tasks and attend peer group meetings, facilitated by our experienced therapists.

| Schedule | Self-directed learning | Activities |
|----------------|--|---|
| 3 months prior | | Screenings completed to determine suitability. Place offers are sent to customers |
| 2 weeks prior | | Customer receives log in details and has access to modules |
| Pre-program | Introductory module: Tele-Transition [®] Program | Complete the introductory module |
| Week 1 | Module 1 - Becoming an Adult | First meeting with therapist: choose life areas to work on/goal setting |
| Week 2 | Module 2 - Employment | Group meeting: Module 1 - Becoming an Adult |
| Week 3 | Module 3 - Education | Group meeting: Module 2 - Employment |
| Week 4 | Module 4 - Finances | Group meeting: Module 3 - Education |
| Week 5 | | Individual therapy support meeting 1 |
| Week 6 | Module 5 - Housing | Group meeting: Module 4 - Finance |
| Week 7 | Module 6 - Health | Group meeting: Module 5 - Housing |
| Week 8 | Module 7 - Leisure | Group meeting: Module 6 - Health |
| Week 9 | Module 8 - Relationships | Group meeting: Module 7 - Leisure |
| Week 10 | | Group meeting: Module 8 - Relationships |
| Week 11 - 20 | | Individual therapy support meeting |
| Post Group | Participants complete post-test measures and interviews with other participants/therapists | |

Need help? Call us on 1300 135 373 or visit therapyfocus.org.au

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