

## Day Programs: **Sydney Region**



### Who are House With No Steps?

We are one of Australia's leading service providers to people with a disability, offering employment, education, training and community support services to over 3000 people with a disability each week.

We support a wide range of people with a disability whether intellectual, physical, sensory or psychiatric. Our focus is on people's abilities rather than their disabilities.



### Options for School Leavers

#### Community Participation Program

*Locations: Nepean, South East Sydney, Northern Sydney, Inner West*

Leaving school is a big step in your life. At House With No Steps, we're here to help make the transition from school easier. Our Community Participation Program is designed for young people with a disability leaving school who require support to develop the skills they need to work towards their goals.

Our Community Participation Program can help you to develop skills and confidence, increase your independence and prepare and put in place a plan for the future. We will help you to learn ways to connect with new social and interest groups, find ways to be active and healthy, be involved and contribute to the community and experience life as a young adult.



### Types of Community Participation services provided

Our Community Participation Program provides three service types to allow flexibility, choice and involvement in both individual and group activities.

The three service types are:

- Centre Based with Community Access
- Individual Community Based Options
- Self Managed Packages

You will be able to choose which service type best suits your needs and as your needs and goals change over time, you will additionally be able to move between service types.

The difference between the self-managed package and a centre-based Community Participation Program is that the funding is controlled by you, not by a service provider. You then work with an intermediary, such as House With No Steps, to develop your personalised Community Participation Program.

Examples of activities provided include communication skills, arts and crafts, music therapy, health and fitness, travel training and independent living skills.

### Additional Services Provided

- Transport by arrangement
- Extended service hours

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### Transition to Work

*Location: Northern Sydney*

House With No Steps can help prepare you for employment after leaving school. Our 'Transition to Work' program is designed for young people with a disability leaving school who require support to develop the skills, qualifications and confidence to join either supported business services or open employment.



We are focused on getting you ready to start work, assisting you to achieve your career goals and helping to increase your independence and confidence. We provide a range of work experience options, appropriate skills training and assist to develop and implement a plan for your future.



Such skills training includes travel, banking, personal presentation, workplace communication and learning your rights and responsibilities. We also offer the opportunity for you to pursue a formal qualification or further training at TAFE.

- Extended service hours available

### Options for Adults

#### Active Ageing and Life Choices

*Locations: Northern Sydney, Nepean, Cumberland/Prospect, South West Sydney, South East Sydney, Inner West*

The House With No Steps Active Ageing and Life Choices programs provide day support for those who are unable to work in full-time employment.

Life Choices is for those aged 25–54yrs and Active Aging for those aged 55–64yrs. Each program ensures a focus on developing independence, life skills and social skills. We provide age appropriate daytime leisure and recreation activities matched to skills and interests.

Our Active Ageing and Life Choices programs provide the opportunity to develop living skills such as cooking, shopping and travel. We also focus on sporting and recreational activities, developing a future plan, connecting with social and interest groups and increasing inclusion in the local community.

### Contact Us

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