



Taking part in social and community activities are important aspects of a well-rounded and fulfilling life.

We offer a range of options to help people with a disability get out and about and engage in activities that are meaningful, fun and most importantly, safe.

## WHAT WE DO

We work closely with every participant and their support network to identify the community-based activities they are most interested in doing. From there, we'll work through a range of options to identify the best way to support those goals.

This could be either a group activity, or one-on-one engagement with a carer who is appropriately matched to their individual requirements.

Our priority is to ensure every activity is aligned with each individual's interests and appropriate for their current social and communications skills.

Our experienced staff are highly skilled in working with a diverse range of disabilities, including those with complex needs.

For further information on these specialist areas, please refer to our information sheet, "Community Participation for individuals with behaviours of concern".

Our experienced staff are highly skilled in working with a diverse range of disabilities, including complex needs and behaviours of concern.



# THE CHOICE IS YOURS

We offer a wide range of high quality recreational, educational and therapeutic activities that assist people with a disability to socially connect and participate in their own community.

All community-based activities are tailored to meet the specific needs of each individual need. Current participants enjoy a range of community-based programs that they choose to participate in, including:

- Swimming, spa, bowling

- Communication and speech therapy
- e-communication facilities
- Art therapy
- Craft and cooking
- Music therapy
- Skill development programs.

At the end of the day, you are in control so start thinking now and speak to a member of our experienced team when you are ready.



We'd love to chat to you about how we can work with you to achieve your goals.

For further information and/or arrange a consultation, call us on 1300 225 369 or email us at [info@ableaustralia.org.au](mailto:info@ableaustralia.org.au).

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Together we are able



**1300 225 369**  
[www.ableaustralia.org.au](http://www.ableaustralia.org.au)