

DAY PROGRAMS



Everyone has the right to exercise choice and control over their life goals. This is why our experienced team works one-on-one to help each person find the best way to achieve their goals.

Our flexible, highly skilled staff make sure the needs of social interaction, safety, personal care and overall enjoyment are fully met for every individual.

WHAT WE DO

As a part of Able Australia's day programs, we have day centres in Melbourne and Tasmania, and therapy programs which run during the week in Melbourne.

Day Centres

Our day centres provide daily programs throughout the week that are focused around centre-based, group activities that encourage individual participation and choice and have a key focus on person-centred support.

Our flexible, highly skilled staff ensure your needs of social interaction, safety, personal care and overall enjoyment are fully met. We promote independence and seek to support you in developing a variety of social and life skills.

We will support you to improve skills such as road safety, using public transport, positive communication, money and food handling and using technology.

Therapy Programs

Creative Arts Therapy is based on the belief that creative expression within a therapeutic context supports change in a person's inner world and helps them develop a more integrated sense of self. We offer both art therapy and music therapy programs in Melbourne.

Art Therapy

Art is a non-verbal method of communication and can support people with alternative communication styles to access mental health support. The program offers individuals and groups the opportunity to be creative in a safe and welcoming environment.

Music Therapy

Research has shown that music provides a range of therapeutic benefits in the areas of psychological,

physiological, social, emotional and cognitive function. Our music therapists are highly skilled musicians and are university accredited in music therapy.

Both therapy programs can be run either in a group or one-on-one setting and include consultancy, assessment and evaluation of your individual needs.



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.

 **Able**
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Together we are able

1300 225 369
www.ableaustralia.org.au

