

MY PROGRAM CHOICES

Term 2 : **Monday, 8th April to Friday, 28th June 2019**

Name: _____

DSA Community Solutions site: **QUEANBEYAN**

Thank you for choosing to purchase a place in one of our quality programs.

We offer a variety of group based and individualised programs in our centre and community locations.

There are four terms per year. You will have the opportunity to make a new program selection each term. To change your program choices or to make a new program selection within the term, please contact your Service Manager.

Here is a summary of the programs you can select, including costs, program locations, what you need to wear or bring with you each day.

To secure a place in your chosen program, please submit this signed form no later than **Friday, 30th March 2019.**

These are the DSA Programs I choose to participate in.

Signature: _____

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For more information call Eliza Field, Senior Service Manager on

☎ 0490 435 792

☎ 1300 372 121




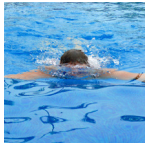



✉ customerconnections@dsa.org.au

🌐 www.dsa.org.au






Time	Activity	Cost	Yes
Mondays			
Morning	<p>Ready, Steady, Cook</p> <ul style="list-style-type: none"> ✓ Learn basic skills like chopping, grating, mixing, measuring & hygiene ✓ Choosing a recipe, shopping for ingredients, following the recipe ✓ Preparing the meal with support and enjoy it for lunch 	 <p>\$5 per week</p>	
Afternoon	<p>Indoor sport</p> <ul style="list-style-type: none"> ✓ Play basketball, table tennis, badminton, volleyball, cricket ✓ Have fun while learning teamwork skills ✓ Get some exercise through sporting activities 	 <p>\$12.50 per week + \$2.50 for transport</p>	
	<p>Pamper Party</p> <ul style="list-style-type: none"> ✓ Focus on unwinding and relaxation ✓ Enjoy foot spas, massage and massage chair ✓ Ambient environment with relaxing music and conversations 	 <p>No cost</p>	
	<p>Darts, pool and juke box fun</p> <ul style="list-style-type: none"> ✓ Centre based group activities, have fun with your peers ✓ Rock to your favourite tunes 	 <p>No cost</p>	
Tuesdays			
Morning	<p>Shopping for me</p> <ul style="list-style-type: none"> ✓ Travel training, catch a bus to local shopping centres ✓ Learn money handling skills and buying with support 	 <p>Cost of trip + shopping money</p>	
Afternoon	<p>Cafe critics</p> <ul style="list-style-type: none"> ✓ Visit various local cafes, socialise with your peers ✓ Learn to order independently and money handling skills 	 <p>\$10 per week + \$2.50 for transport</p>	
	<p>Op shopping</p> <ul style="list-style-type: none"> ✓ Visit local Op shops to find bargain buys ✓ Learn money handling skills, decision making skills and communication skills 	 <p>Money to shop + \$2.50 for</p>	

Don't forget to pack a hat, sunscreen and a water bottle for outdoor activities.

Time	Activity	Cost	Yes
Wednesdays			
All day	<p>Ten Pin Bowling</p> <ul style="list-style-type: none"> ✓ Enjoy a game of ten pin bowling ✓ Socialise with your peers ✓ Have fun competitions 	\$8.50 per week +\$5 for transport	
	<p>Sensory stimulation</p> <ul style="list-style-type: none"> ✓ Focus on senses - touch, smell, auditory stimulation & relaxation ✓ Making sensory items like stress balls, music, textured painting and art, massage and foot spas 	\$20 per term	
Afternoon	<p>Tech time</p> <ul style="list-style-type: none"> ✓ Have fun using touch screen technology ✓ Enhance and maintain fine motor skills ✓ Learn browsing and how to use digital devices 	No cost	
Thursdays			
Morning	<p>Swimming</p> <ul style="list-style-type: none"> ✓ Visit to the swimming pool ✓ Use pool noodles and floating devices ✓ Swimming for all levels 	\$10 per week	
	<p>Heart Moves</p> <ul style="list-style-type: none"> ✓ Dance/light movement fitness program ✓ Light exercise to your favourite music ✓ Fun way to keep healthy and active 	No cost	
Afternoon	<p>Library visits</p> <ul style="list-style-type: none"> ✓ Visit local libraries - Moss Vale, Bowral and Mittagong ✓ Browse through comics, newspapers, dvds, and books. ✓ Borrow an item with support 	\$2.50 per week	
	<p>Reduce - Reuse - Recycle</p> <ul style="list-style-type: none"> ✓ Creative recycling ✓ Turn old and unwanted goods into useful items ✓ Learn about the environment 	\$2.50 per day	

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Time	Activity	Cost	Yes		
Fridays					
All day	<p>Visit places of interest</p> <ul style="list-style-type: none"> ✓ Learn about your local community, its heritage and culture ✓ Visit art galleries, museums, historic sites ✓ Learn skills to access the community as independently as possible 	 <p>Cost depends on activity + \$5 for transport</p>			
Morning	<p>Go to the Gym</p> <ul style="list-style-type: none"> ✓ Get physically active through exercise ✓ Learn about looking after yourself and benefitting your health ✓ Develop independence and fitness techniques 			 <p>\$6.50 per week + \$2.50 for transport</p>	
Afternoon	<p>Cards, coffee and chit chat</p> <ul style="list-style-type: none"> ✓ Enjoy board and other games ✓ Learn to be a team player and communication skills ✓ Spend time with people who have the same interests as you 			 <p>No cost</p>	

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We value your feedback.

In this space, please tell us if there's any activity not included in this program that you would like to participate in.

PLEASE NOTE:

- Disability Services Australia (DSA) will endeavour to support you to participate in your chosen program selections.
- If DSA cannot deliver your program choice, we will contact you to discuss alternative program options.
- DSA can provide individualised programs with one to one staff support in the location of your choice. Please contact your Service Manager to request a quote if you would like to purchase an individualised program.
- In addition to the programs offered each day, DSA provides a variety of fun and interesting short activities to suit your interests that can be enjoyed: before a program starts, between programs or any time you would like a break from the structured program.
- Where you make a request for DSA to offer a new or different program based on your interests and what is available in the local community, DSA will make every effort to meet your request within your capacity to pay.
- Costs are shown in this document.
- The 'My Program Choices' Guide provides information about the program's aim, what it includes and what you will be doing.
- By signing this form you/your nominated decision maker agree to pay for the service you receive from DSA.
- Some program choices involve physical activity. You accept responsibility to check with your doctor before participating in these.

I understand this document is the record of my program selections with DSA. I understand DSA will claim the cost of staff support from my funding and any eligible activity expenses covered by my funding. I agree to pay any out of pocket activity expenses not covered by my funding.

Customer /Nominated Decision Maker - Printed Name

Customer / Nominated Decision Maker - Signature

Date Signed _____

