

# MY PROGRAM CHOICES

Term 3 : **Monday, 24th June to to Friday, 13th September 2019**

Name: \_\_\_\_\_

DSA Community Solutions site: **Macarthur**

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, 31st May 2019.**

**These are the DSA Programs I choose to participate in.**

Signature: \_\_\_\_\_

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For more information call Thomas Rao-Davies, Service Manager on

☎ 0490 435 772

☎ 1300 372 121

✉ [customerconnections@dsa.org.au](mailto:customerconnections@dsa.org.au)

🌐 [www.dsa.org.au](http://www.dsa.org.au)







# Mondays

Date/Time	Activity		Cost	Yes
Morning	<p><b>Coffee Club</b></p> <ul style="list-style-type: none"> <li>✓ Support on a 10 minute walk to the local coffee shop</li> <li>✓ Assisted to purchase morning tea</li> <li>✓ Enjoy socialising while having morning tea</li> </ul>		Please bring \$10-\$15 per day for morning tea	
	<p><b>Sensory Relaxation</b></p> <ul style="list-style-type: none"> <li>✓ Focus on relaxation and unwinding</li> <li>✓ Foot spas, massage and massage chair</li> <li>✓ Ambient environment with relaxing music and conversation</li> </ul>		No cost	
Afternoon	<p><b>Look good, feel good</b></p> <ul style="list-style-type: none"> <li>✓ Rotating weekly programs, choice of activities</li> <li>✓ Hand massages, nail painting, light morning tea</li> <li>✓ Listen to music, sing, play musical instruments</li> </ul>		\$2.50 per day	
	<p><b>Social group activities</b></p> <ul style="list-style-type: none"> <li>✓ Outings to play pool at the local club</li> <li>✓ Cricket and other outdoor games</li> <li>✓ Lunch in the local area</li> <li>✓ Weekly programs to be decided by the group</li> </ul>		\$2.50 per day for transport	



Please pack a hat, sunscreen and a water bottle. Please carry lunch from home or money to buy lunch, morning and afternoon tea, if desired.

# Tuesdays

Date/Time	Activity	Cost	Yes
<b>Morning</b>	<p><b>Cooking</b> (Essentials)</p> <ul style="list-style-type: none"> <li>✓ Cooking different dishes</li> <li>✓ Basic meal preparation skills</li> <li>✓ Learn chopping, grating, mixing, measuring and hygiene</li> <li>✓ Cook your own lunch</li> </ul>	 <p>\$5 per day</p>	
	<p><b>Keep Fit Gym session</b></p> <ul style="list-style-type: none"> <li>✓ Visit the local council gym</li> <li>✓ Exercise to your ability with support from staff</li> <li>✓ Keep fit and healthy</li> </ul>	 <p>\$2.50 per day for transport \$8 per day</p>	
<b>Afternoon</b>	<p><b>Celebration Craft</b></p> <ul style="list-style-type: none"> <li>✓ Creating craft around celebrations throughout the year</li> <li>✓ Birthdays, anniversaries, Christmas</li> <li>✓ Sharing ideas for craft</li> </ul>	 <p>\$4 per day</p>	
	<p><b>Shopping for me</b></p> <ul style="list-style-type: none"> <li>✓ Visit a local coffee shop for morning tea</li> <li>✓ Visit local shopping centres, eg MacArthur Square, Campbelltown mall, Minto mall</li> <li>✓ Buy what you need with tailored support</li> </ul>	 <p>\$2.50 per day for transport and \$10 or more for purchases</p>	



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# Wednesdays

Date/Time	Activity	Cost	Yes
<b>Morning</b>	<p><b>Bingo and Lunch</b></p> <ul style="list-style-type: none"> <li>✓ Campbelltown Catholic Club venue</li> <li>✓ Enjoy a few games of Bingo on iPads</li> <li>✓ Option of buying lunch at the Club, please carry \$20 for lunch/drinks</li> </ul>	 <p>\$6.50 per day \$2.50 per day for transport</p>	
	<p><b>Social Participation through games</b></p> <ul style="list-style-type: none"> <li>✓ Supported to participate in Xbox, board games or outdoor games</li> <li>✓ Encourage social participation in a group</li> <li>✓ Activities will be conducted in the centre or at the local park</li> </ul>	 <p>No cost</p>	
<b>Afternoon</b>	<p><b>Creative Tie Dying</b></p> <ul style="list-style-type: none"> <li>✓ Learn the art of tie-dyeing</li> <li>✓ Create different tie dyed items like tshirts, cushion covers, pillow cases, socks and bag</li> <li>✓ First weeks planning and shopping for the program</li> </ul>	 <p>\$3 per day</p>	
	<p><b>Sensory Relaxation</b></p> <ul style="list-style-type: none"> <li>✓ Focus on relaxation and unwinding</li> <li>✓ Foot spas, massage and massage chair</li> <li>✓ Ambient environment with relaxing music and conversation</li> </ul>	 <p>No cost</p>	

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# Thursdays

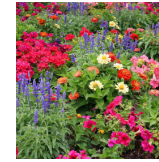
Date/Time	Activity	Cost	Yes
<b>Morning</b>	<p><b>Ten Pin Bowling</b></p> <ul style="list-style-type: none"> <li>✓ Venue: Campbelltown City Bowling</li> <li>✓ Social activity for small group</li> <li>✓ Option of buying lunch at bowling, please carry \$15 for lunch/drinks</li> </ul>	 <p>\$2.50 per day for transport \$7 per day</p>	
	<p><b>Creative Craft and Art project</b></p> <ul style="list-style-type: none"> <li>✓ Painting using different mediums</li> <li>✓ Paper craft, collages, mosaics</li> <li>✓ Sewing and repurposing old clothes</li> </ul>	 <p>\$3 per day</p>	
<b>Afternoon</b>	<p><b>Library Visit</b></p> <ul style="list-style-type: none"> <li>✓ Travel to Campbelltown Library</li> <li>✓ Browse books, magazines, comics, newspapers, CDs, DVDs and the library's computers</li> <li>✓ Option to borrow an item with support, if required</li> </ul>	 <p>\$2.50 per day</p>	
	<p><b>Afternoon Tea Treats</b></p> <ul style="list-style-type: none"> <li>✓ Prepare afternoon tea treats using basic recipes</li> <li>✓ Preparation of sweet and savoury items</li> <li>✓ Learn skills such as chopping, mixing, following a recipe and use of the oven/stove top</li> <li>✓ Supported activity in a group</li> </ul>	 <p>\$4 per day</p>	



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# Friday

Date/Time	Activity	Cost	Yes
<b>Morning</b>	<p><b>Lunch @ the Centre</b></p> <ul style="list-style-type: none"> <li>✓ Cook different dishes and cuisines</li> <li>✓ Learning kitchen skills like chopping, grating, cutting</li> <li>✓ Choosing a recipe, shopping for ingredients</li> <li>✓ Preparing the meal with support and enjoying lunch</li> </ul>	\$5 per day	
<b>Afternoon</b>	<p><b>Wind down for the week</b></p> <ul style="list-style-type: none"> <li>✓ Relax, play games, listen to music</li> <li>✓ Watch a movie (once a month)</li> <li>✓ Centre tidy up</li> </ul>	No cost	
	<p><b>Gardening</b></p> <ul style="list-style-type: none"> <li>✓ Planting and maintaining the centre's vegetable garden</li> <li>✓ Use produce in cooking programs</li> <li>✓ Take home what's left over</li> </ul>	No cost	



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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.

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**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 'Program Choices Guide' provides information about the program 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 \_\_\_\_\_



**Disability Services Australia**

*your life. your future. your choice.*