

MY PROGRAM CHOICES

Term 4 : **Monday, 16th September to Friday, 6th December 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 **2nd September 2019**.

These are the DSA Programs I choose to participate in.

Signature: _____

.....
For more information call Simon McSweyn, Service Manager on

☎ 0490 126 153


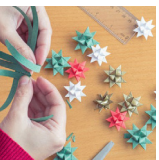
☎ 1300 372 121

✉ customerconnections@dsa.org.au

🌐 www.dsa.org.au



Mondays


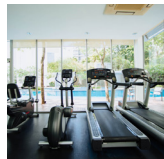


Date/Time	Activity	Cost	Yes
Morning	<p>Coffee Club</p> <ul style="list-style-type: none"> ✓ Trip to a local coffee shop ✓ Assisted to purchase morning tea ✓ Enjoy socialising while having morning tea 	Please bring \$10 - \$15 on the day for morning tea	
	<p>Gardening</p> <ul style="list-style-type: none"> ✓ Planting and maintaining the centre's vegetable garden ✓ Use produce in cooking programs ✓ Take home what's left over 	\$1.50 per day, invoiced per term	
Afternoon	<p>Sensory Relaxation</p> <ul style="list-style-type: none"> ✓ Focus on relaxation and unwinding ✓ Foot spas, pamper and massage chair ✓ Ambient environment with relaxing music and conversation 	\$2.50 per day, invoiced per term	
	<p>Celebration Craft</p> <ul style="list-style-type: none"> ✓ Creating craft around celebrations throughout the year ✓ Easter, Remembrance Day, Christmas, birthdays ✓ Sharing ideas for craft 	\$4 per day, invoiced per term	



Please pack a hat, sunscreen & a water bottle.

Please carry lunch from home or money to buy lunch, morning & afternoon tea, when required.

Tuesdays

Date/Time	Activity	Cost	Yes
Morning	<p>Cooking (Essentials)</p> <ul style="list-style-type: none"> ✓ Cooking different dishes ✓ Basic meal preparation skills ✓ Learn chopping, grating, mixing, measuring and hygiene ✓ Cook your own lunch 	 <p>\$5 per day, invoiced per term</p>	
	<p>Keep Fit Gym Session</p> <ul style="list-style-type: none"> ✓ Visit the local council gymnasium ✓ Exercise to your ability with support from staff ✓ Learn to use different equipment and fitness techniques 	 <p>\$8 per day, \$2.50 per day for transport invoiced per term</p>	
Afternoon	<p>Look good, feel good</p> <ul style="list-style-type: none"> ✓ Rotating weekly programs ✓ Activities include nail and hair days, high teas and floral art 	 <p>\$2.50 per day, invoiced per term</p>	
	<p>Out & about shopping</p> <ul style="list-style-type: none"> ✓ Enjoy afternoon tea at a cafe ✓ Visit shopping centres at MacArthur Square, Minto Mall & Campbelltown Mall ✓ Make required purchases with tailored support ✓ Please carry extra money for purchases 	 <p>\$2.50 per day invoiced per term for transport</p>	



Please pack a hat, sunscreen & a water bottle.

Please carry lunch from home or money to buy lunch, morning & afternoon tea, when required.

Wednesdays

Date/Time	Activity	Cost	Yes
Morning	<p>Bingo and Lunch</p> <ul style="list-style-type: none"> ✓ Campbelltown Catholic Club venue ✓ Enjoy a few games of Bingo on iPads ✓ Option of buying lunch at the Club, please carry \$20 for lunch/drinks 	 <p>\$6.50 per day for activity \$2.50 per day invoiced for transport</p>	
	<p>Social Participation through games</p> <ul style="list-style-type: none"> ✓ Supported to participate in XBox, board games or outdoor games ✓ Encourage social participation in a group ✓ Activities will be conducted in the centre or at the local park 	 <p>No cost</p>	
Afternoon	<p>Health & Fitness at the Park</p> <ul style="list-style-type: none"> ✓ Light exercise and walking ✓ Ball games, aerobics, yoga, parachuting & games ✓ Encourage social participation in a group 	 <p>No cost</p>	
	<p>Sensory Relaxation</p> <ul style="list-style-type: none"> ✓ Focus on relaxation and unwinding ✓ Foot spas, massage and massage chair ✓ Ambient environment with relaxing music and conversation 	 <p>\$2 per day, invoiced per term</p>	



Please pack a hat, sunscreen & a water bottle.

Please carry lunch from home or money to buy lunch, morning & afternoon tea, when required.

Thursdays

Date/Time	Activity	Cost	Yes
Morning	<p>Ten Pin Bowling</p> <ul style="list-style-type: none"> ✓ Venue: Campbelltown City Bowling ✓ Social activity for small group ✓ Option of buying lunch from takeaway, please carry money 	<p>\$7 per day for activity \$2.50 per day for transport invoiced</p>	
	<p>Creative Craft and Art project</p> <ul style="list-style-type: none"> ✓ Painting using different mediums ✓ Paper craft, collages, mosaics ✓ Sewing and repurposing old clothes ✓ Researching and participating in science experiments 	<p>\$3.00 per day, invoiced per term</p>	
Afternoon	<p>Library Visit</p> <ul style="list-style-type: none"> ✓ Travel to Campbelltown Library ✓ Browse books, magazines, comics, newspapers, CDs, DVDs and the library's computers ✓ Option to borrow an item with support, if required 	<p>\$2.50 per day for transport invoiced</p>	
	<p>Afternoon Tea Treats</p> <ul style="list-style-type: none"> ✓ Prepare afternoon tea treats using basic recipes ✓ Preparation of sweet and savoury items ✓ Learn skills such as chopping, mixing, following a recipe and use of the oven/stove top ✓ Supported activity in a group 	<p>\$4 per day, invoiced per term</p>	




Please pack a hat, sunscreen & a water bottle.

Please carry lunch from home or money to buy lunch, morning & afternoon tea, when required.

Friday

Date/Time	Activity	Cost	Yes
Morning	<p>Ready, Steady, Cook</p> <ul style="list-style-type: none"> ✓ Cooking different cuisines ✓ Choosing a recipe, shopping for ingredients ✓ Learn chopping, grating, food preparation skills ✓ Preparing the meal with support and enjoying lunch 	 <p>\$5 per day, invoiced per term</p>	
Afternoon	<p>Music & Dance</p> <ul style="list-style-type: none"> ✓ Karaoke at the centre ✓ Listen to music, dance to your favourite tunes ✓ Relax or enjoy light exercise 	 <p>No cost</p>	
	<p>Gardening</p> <ul style="list-style-type: none"> ✓ Planting and maintaining the centre's vegetable garden ✓ Use produce in cooking programs ✓ Take home what's left over 	 <p>\$1.50 per day, invoiced per term</p>	

-  Please pack a hat, sunscreen & a water bottle.
- Please carry lunch from home or money to buy lunch, morning & afternoon tea, when required.

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 '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.