

MY PROGRAM CHOICES

Term 4 : **Monday, 6th January to Friday, 27th March 2020**

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 **29th November 2019**.

These are the DSA Programs I choose to participate in.

Signature: _____

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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>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 	\$8 per day, \$2.50 per day for transport 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 - Swimming</p> <ul style="list-style-type: none"> ✓ Visit the local council swimming pool ✓ Exercise to your ability with support from staff ✓ Enjoy light exercise while having fun 	 <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>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 	 <p>\$4 per day, invoiced per term</p>	



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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 or in the Centre</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>\$2:50 per day, invoiced per term</p>	



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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>\$5.00 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>	




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Friday

Date/Time	Activity	Cost	Yes
Morning	Ready, Steady, Cook <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 	\$5 per day, invoiced per term	
Afternoon	Music & Dance <ul style="list-style-type: none"> ✓ Karaoke at the centre ✓ Listen to music, dance to your favourite tunes ✓ Relax or enjoy light exercise 	No cost	
	Gardening <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	



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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 '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.