

Can I use my NDIS funding?

Lifestyle and Leisure activities can be accessed using a number of categories. Your NDIS plan might talk about:

- Assistance with Social & Community Participation Support Category (1.04)
- Increased Social and Community Participation (Support Category 3.09)
- Improved Daily Living Skills (Support Category 3.15). Line item 15-037-0117-1-3 only

You can also pay yourself - NDIS prices will apply



Montrose

Therapy & Respite Services

Get involved



Call us on **1800 193 362**
or email hello@montrose.org.au

You can view our latest calendar of events at montrose.org.au



Montrose

Therapy & Respite Services

Lifestyle and Leisure

(young adults)





Lifestyle and Leisure is all about you and getting the most out of life.

Specially designed for young adults (16-35), it's all about getting out, being active and learning new things.

Build your confidence with one of our skills based programs and join one of our social groups for some fun!

Our team have lots of experience working with people with physical disabilities, autism and other additional support needs and can help you get the most out of your choice of activity.

Social groups

There's always time for fun! We have events to help you get out, enjoy yourself and make new friends. One week we might go to the footy, the next could be a gig at Suncorp. Tell us what you like and we will find the right group and activity for you!

Social

We have a current, ever-changing and adaptable social calendar. We make sure we get to Brisbane, Gold Coast and Ipswich's biggest events. Recent highlights include:

- International artists such as Ed Sheeran
- State of Origin matches
- Eat Street
- Commonwealth Games
- Gold Coast 600
- Music, Food and Wine festivals
- Nightclubs and Sports Bars

Day outings to local attractions

- EKKA
- GOMA exhibitions
- Brisbane State Library

Most of our activities are community based. We will meet you at a designated area and arrange your pick up.

What about a holiday?

We also have regular group holidays and weekend breaks in partnership with our Short Stay Accommodation facility on the Gold Coast – call to find out more.

Skills programs

We also have opportunities to join us for skills development programs. These are usually held at our Darra office. Here's a couple of examples.

Cooking Skills program

The Cooking Program has six individual roles for learning. You will have expected outcomes for each day and the chance to work with others in a relaxed, fun environment.

Just a few of the outcomes:

- ✓ Correctly identifying and preparing equipment needed to complete tasks
- ✓ Learning how to pre-plan
- ✓ Identifying and reacting to health and safety issues within an workplace
- ✓ Identifying healthy options

Veggie Box Program

Our Veggie Box Program is a great opportunity to learn new skills and experience working with others in a business setting. We pack and deliver vegetable boxes for local customers.

You'll learn lots including:

- ✓ Basic administration
- ✓ Learn how to write instructions for the team
- ✓ Calculating stock amounts for ordering
- ✓ Money (cash and cards) handling skills and techniques
- ✓ Food safety

More information and a full list of learning outcomes are on our website. Where possible, for participants that undergo Montrose therapy services we will incorporate the goals from therapists into the program.