



Pathways to Independence Program

Pathways to Independence is a program specifically designed for people with intellectual disabilities or mental health issues who want to develop or increase the essential skills required to successfully transition to independent living, with or without supports.

Places are available in programs commencing:

7 August and 16 October 2022

Programs consist of seven half-day sessions, run on Sunday afternoons, focussing on:

- Identifying My Strengths
- New Change and Routines
- Daily Living Skills
- Safe Relationships
- Managing Conflict
- Speaking Up for Myself
- My Next Steps Towards Independence



Graduating group with facilitators and volunteers, Dec 2020

Pathways to Independence is

- For people with an intellectual disability wish to improve their readiness for an increased level of independent living, and/or wish to progress to live in a Project Independence property.
- People with mental health issues who wish to increase or re-learn skills for independent living.
- Designed to encourage participants to think about what their independent life might look like, assess their readiness to live independently and identify further learning or supports they may need to put in place.
- Also introduces participants to ideas about healthy lifestyle and wellbeing through integrated activities, shared lunch preparation, physical movement breaks and self-care tips. The sessions are designed to make learning fun.
- Open to ACT and regional NSW residents.
- Has small group sizes of six participants supported by two facilitators and two volunteers
- Funded through the NDIS

For more Information and Bookings Contact Steven Giorgioni on 0455 237 687 or email sgiorgioni@projectindependence.com.au

