

MY PROGRAM CHOICES

Term 1: 4th January to 27th March 2021

Name: _____

DSA Community Solutions site: **Southern Highlands**

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 at the earliest.

These are the DSA Programs I choose to participate in.

Signature: _____

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For more information call our Centre Manager on

☎ 0490 435 792

☎ 1300 372 121

✉ customerconnections@dsa.org.au


🌐 www.dsa.org.au







Monday

Date/Time	Activity	Cost per activity	Yes
Morning	<p>Around the world cooking</p> <ul style="list-style-type: none"> ✓ Learn kitchen skills and to cook different cuisines ✓ Learn to shop for different ingredients ✓ Preparing the meal with support and enjoying it for lunch  <p>Gardening*</p> <ul style="list-style-type: none"> ✓ Excursion to the local gardens ✓ Gardening at the centre, learn about seasonal vegetables ✓ Take home freshly grown herbs and vegetables 	<p>\$60 per term</p> <p>\$20 per term Transport not included</p>	
Afternoons	<p>Art</p> <ul style="list-style-type: none"> ✓ Explore your creative skills ✓ Learn to paint, draw and create  <p>Sensory Stimulation</p> <ul style="list-style-type: none"> ✓ Focus on senses - touch, smell, auditory stimulation & relaxation ✓ Making sensory items like stress balls, music, textured painting & art, massage and foot spas 	<p>\$30 per term</p> <p>\$30 per term</p>	

* This program requires transport of 44kms per day, as per NDIS guidelines this is charged at 0.85/kilometre for participants who do not require a modified vehicle and \$2.40/kilometre for participants who require a modified vehicle. An additional Customer Service Plan will be created – this can be charged through Core Supports (NDIS Plan) or Fee for Service

 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.





Tuesday

Date/Time	Activity	Cost per activity	Yes
Morning	<p>Baking</p> <ul style="list-style-type: none"> ✓ Learn basic skills like using a rolling pin, cookie cutters, mixing, measuring and hygiene ✓ Choose a recipe, shop for ingredients, follow the recipe ✓ Prepare an afternoon tea treat with support  <p>Fit 4 U</p> <ul style="list-style-type: none"> ✓ Enjoy guided meditation and learn breathing skills ✓ Stretches and light exercise ✓ In centre group activity with friends and peers 	<p>\$60 per term</p> <p>No cost</p>	
Afternoon	<p>Craft n creations</p> <ul style="list-style-type: none"> ✓ Learn new creative skills & make amazing craft pieces ✓ Discuss what to create with your peers ✓ Make items like decorative pot plants, picture frames and wind chimes  <p>Swimming</p> <ul style="list-style-type: none"> ✓ Venue: Moss Vale Aquatic Centre ✓ Enjoy light exercise in the pool or gym 	<p>\$40 per term</p> <p>\$4.60 per week</p>	



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Wednesday



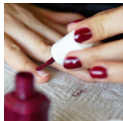

Date/Time	Activity	Cost per activity	Yes
Morning	<p>Ready, Steady, Cook</p> <ul style="list-style-type: none"> ✓ Learn basic skills like chopping, grating, mixing, measuring & hygiene ✓ Choose a recipe, shop for ingredients, follow the recipe ✓ Preparing the meal with support and enjoying it for lunch  <p>Bowling*</p> <ul style="list-style-type: none"> ✓ Bowling at Highlands Tenpin, Mittagong ✓ Have fun with friends and peers ✓ Learn money handling and communication skills 	<p>\$60 per term</p> <p>\$10 per week Transport not included</p>	
Afternoon	<p>Mindfulness</p> <ul style="list-style-type: none"> ✓ Enjoy guided meditation, learn mindful breathing skills ✓ Use Mindful labyrinths ✓ Activities like mindful colouring in & creating mindful bottles  <p>Jewellery making</p> <ul style="list-style-type: none"> ✓ Create your own jewellery ✓ Learn how to make bracelets, necklaces ✓ Use fine motor skills to bead and thread 	<p>\$20 per term</p> <p>\$30 per term</p>	

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Thursday

Date/Time	Activity	Cost per activity	Yes
Mornings	<p>Seeds & Weeds</p> <ul style="list-style-type: none"> ✓ Excursion to the local gardens ✓ Gardening at the centre, learn about seasonal vegetables ✓ Take home freshly grown herbs and vegetables  <p>Coffee Club</p> <ul style="list-style-type: none"> ✓ Visit different cafes in Moss Vale ✓ Learn to order independently ✓ Gain money handling skills 	<p>\$20 per term</p> <p>\$10 per week</p>	
Afternoon	<p>Personal pampering</p> <ul style="list-style-type: none"> ✓ Learn to make soaps and scrubs ✓ Have your nails painted, relax with a massage ✓ Enjoy relaxing with friends and peers  <p>Music</p> <ul style="list-style-type: none"> ✓ Express yourself through music ✓ Listen to music, sing and play musical instruments ✓ Socialise with peers 	<p>\$30 per term</p> <p>No cost</p>	



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Friday

Date/Time	Activity	Cost per activity	Yes
Morning	<p>Koori Kulcha</p> <ul style="list-style-type: none"> ✓ Access a local indigenous cooking community program ✓ Learn to cook, develop kitchen skills & tips from a cook ✓ Prepare the meal with support and enjoy lunch  <p>Wood whisperers</p> <ul style="list-style-type: none"> ✓ Learn basic woodwork skills in a supervised environment ✓ Skills include sanding, nailing, sawing, glueing, template making and supervised use of power tools ✓ Choose a project per term, research, plan in first week 	<p>No cost Transport not included</p> <p>\$40 per term</p>	
Afternoon	<p>Fun & Games</p> <ul style="list-style-type: none"> ✓ Enjoy sports like cricket, tennis, soccer & lawn bowls ✓ Keep fit through dancing ✓ Enjoy light exercise while having fun  <p>Bowling*</p> <ul style="list-style-type: none"> ✓ Bowling at Highlands Tenpin, Mittagong ✓ Have fun with friends and peers ✓ Learn money handling and communication skills 	<p>\$10 per term</p> <p>\$10 per week Transport not included</p>	

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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 _____