

PATHWAYS TO INDEPENDENCE PROGRAM

Course Outline and Pricing Information

Pathways to Independence is a program of support specifically designed for people with intellectual disabilities who want to develop the essential skills required to successfully transition to independent living. This course is a requirement of applying to become a Project Independence Resident, but also may be completed by anyone else with a mild intellectual disability who wishes to strengthen their skills of independence.

During the course participants are encouraged 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 into place. Each course has 6 participants, 2 facilitators and 2 volunteers.

The program usually runs on a Sunday afternoon, and consists of 7 half-day sessions:

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

An interview with the participant and their family is included to discuss readiness and plans for independence. Participants create a *My Pathways* booklet which outlines their goals and next steps. This booklet is useful for NDIS planning, support coordination, and support worker induction.

The course also introduces participants to ideas about healthy lifestyle and wellbeing through integrated activities, shared lunch preparation, physical movement breaks and self-care tips. The learning strategies are informed by our considerable experience working with people who have successfully transitioned to more independent living and the input of subject matter experts from across the sector.



The course can be funded through the participant’s NDIS plan as follows:

Program of Support

7 x 4-hour sessions on a Sunday afternoon	04_105_0136_6_1 - group activities standard Sunday	28 program hours (divided by 2 to reflect 3:6 support)
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Non face to face	04_102_0136_6_1 – Group Activities – standard-weekday daytime	3.5 hours
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1:1 Meeting

1 x individual interview with participant and family.	04_102_0136_6_1 - group activities – standard – weekday daytime.	1.5 hours
Non face to face (writing report)	04_102_0136_6_1 – Group Activities – standard-weekday daytime	1 hour

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