

independent living

start your journey now

empower

gain confidence to be at home on your own, stay safe and prepare some basic meals.

inspire

take the next steps and explore what it is like to live independently, on your own or with housemates.

thrive

immerse yourself in the real deal of independent living with monthly stays away from home.



what you need to know

Funding

Booking and paying the out of pocket costs registers your place on the program, however final confirmation is completed once we ensure you have the sufficient and appropriate NDIS funding available. A new service booking may be required to confirm your place and the Leisure Networks team will work with you to arrange this.

Provider Travel Costs

New charges will be applied as per the new price guide 1.7.23 which will be detailed at the time of booking.

Departing on Time

We like to offer a variety of activities for our groups to enjoy, and this often means that we need to take public transport and/or book sessions with external organisations for specific times. Because of this, it is very important that the group are able to depart on time. If you are running late, as a courtesy we ask that you call us as soon as possible to let us know. If we have not heard from you and it is more than ten minutes past the scheduled start time, unfortunately the group will need to leave and you may miss out on attending the session.

Changes to Programs

We take the utmost care is taken to ensure all scheduled activities are available at the time and location advised, however there may be times where slight changes are required to ensure maximum enjoyment and safety. This may include circumstances regarding weather, public transport, availability of activities or insufficient numbers. We will notify you of any changes to your scheduled activity by a phone call or text as soon as possible, and discuss other options if available, including rescheduling.

COVID Considerations

Leisure Networks is a Covid safe organisation following all current government restrictions and guidelines.

What to Bring to your Activity

We ask that you please bring the following to all activities: backpack with food/snacks (or money to buy), water bottle, companion card (if you have one), myki card and appropriate clothing/footwear based on activity detail. THRIVE overnight programs will also require; toiletries, appropriate sleepwear, medications, anything else you may need to be away from home. The team will send a reminder and also notify you closer to the activity if there are any other additional items to bring.

Ratios and Staffing for Safety

This program is suitable for people who can be supported in a small group of between 3 and 5 people. If you require 1:1 or 1:2 support please call us to discuss. Please note, you will be charged at the appropriate rate depending on the size of the group, noting group size may vary between activities. Safety of our customers and staff is paramount at Leisure Networks. To ensure our groups have a fun & safe time with us please note:

- ✓ Staff ratios will be based on activity risk level and location

Medication

Leisure Networks 'Customer Health & Safety Management Policy and Procedures' states that all medications to be administered or staff support is required to be administered is to be in a correctly labeled Blister Pack with an up-to-date Treatment Sheet signed by a practitioner (Including PRN or 'whenever necessary' medications). All forms can be supplied by Leisure Networks.

The Importance of MYKI

As we use public transport for a lot for our programs, it is vital that all participants have an active MYKI card that is loaded to allow for transport to and from Melbourne (approximately \$15) and around Geelong. No MYKI may result in you not being able to attend the booked activity.



good to know

To get the most out of your Independent Living journey, each program runs for a full term. Food and venue expenses are included in your costs.



drop off/pick up location

Leisure Networks HQ
4 Verner Street
South Geelong



empower

The **EMPOWER** program is perfect for people looking for a bit more independence and freedom, giving you the skills you need to be at home on your own while your parents or carers are out. Get yourself home from programs or school, let yourself in and make yourself something to eat. On this program, you will join your peers, working together in a small group to learn skills like home and kitchen safety, fire safety, community awareness and participate in fun team building activities.

outcomes

- increased independent living skills
- confidence at home
- home & kitchen safety
- emergency awareness
- budgeting & cooking skills
- time management
- communication skills

program details

WHEN Mondays, 9am - 1pm
OUT OF POCKET EXPENSES \$15 per week
NDIS ESTIMATE \$1,330
** There maybe extra expenses depending on the activity. This will be communicated prior.*



inspire

In the **INSPIRE** program you will work with a group of your peers to develop skills such as budgeting, writing a shopping list, shopping and cooking. Practice independent travel training to and from local supermarkets, work or daily programs, and explore what your morning and evening routines would be like if you lived independently. The Inspire program builds toward a 3 day/2 night Weekend Away at the end of the program where you can practice all the skills you have learned, in your own independent space.

outcomes

- confidence & communication at home
- budgeting, shopping & cooking skills
- time management
- transport confidence and skills
- communication in the community
- interpersonal and social skills
- learn how to work well with others

program details

WHEN Fridays, 9am-3pm
OUT OF POCKET EXPENSES \$15 per week
 PLUS \$220 for the social getaway
NDIS ESTIMATE \$3,188
** There maybe extra expenses depending on the activity. This will be communicated prior.*



thrive

Offered as a small group term-by-term program, our **THRIVE** program gives you continuity with familiar staff and peers. You will develop routines together and implement skills to practice what it might be like to live with housemates. Get insights into working as a 'house' with housemates to split grocery bills, cook meals, clean and other activities you may do if you were to live independently. Build your confidence and practice skills that will support you on your journey towards independent living.

outcomes

- confidence & communication at home
- budgeting, shopping & cooking skills
- transport confidence & skills
- communication in the community
- daily planning & developing routines
- learn how to work well with others

program details

WHEN Monday 3pm - Wednesday 9am
 OR Wednesday 3pm - Friday 9am
OUT OF POCKET EXPENSES \$220 per stay
NDIS ESTIMATE \$4,663
** There maybe extra expenses depending on the activity. This will be communicated prior.*

outcomes you can expect

Our Independent Living programs support you in a group setting to develop your skills and confidence. Work together as 'housemates' to gain skills and insight into living independently outside of primary home of care, meet new friends and work toward achieving your goals.

- **Independent Living | EMPOWER**

Gain confidence to be at home on your own, stay safe and prepare some basic meals.

- **Independent Living | INSPIRE**

Take the next steps and explore what it is like to live independently, on your own or with housemates.

- **Independent Living | THRIVE**

Immerse yourself in the real deal of independent living with monthly stays away from home.

how to book

Book in three easy steps

1. Go to website:
www.leisurenetworks.org
2. Click on events box
3. Select event and follow the prompts

If an activity is sold out, please put your name on the waitlist. We will aim to create a space for you.

If you need help with bookings or require 1:1 Support, please call our friendly customer engagement team on (03) 5222 3911

Out of pocket costs

Out of pocket costs will vary based on the type of activity. We try and keep these costs as low as possible, however they are sometimes necessary to enable us to provide quality programs with new and exciting experiences.

All out of pocket costs must be paid to secure your booking, and you will not be able to take part in an activity if these costs have not been paid prior to attending.

For cash payments or assistance with payments please call (03) 5222 3911 or email: assist@leisurenetworks.org

Cancellations and refunds

If you need to cancel a session with Leisure Networks, please let us know as soon as possible by calling the office and registering your formal cancellation:

- **During business hours** Mon-Fri 8.30am-5pm: (03) 5222 3911
- **Out of business hours:** 0434 537 846

Cancellations and refunds will be considered as per your service agreement with Leisure Networks.

BEFORE & AFTER HOURS

At Leisure Networks we understand that sometimes extra support may be required. As such, we are happy to accommodate requests for additional support before or after a program. To assist us to provide this service, we ask that all requests for extra support are received with at least two weeks prior notice. Extra support is deemed anything earlier than 10 minutes prior to the start of a scheduled activity, or any time after the scheduled finish time. NDIS charges apply for these supports.



Please call us on
(03) 5222 3911
to discuss any extra support requests.

After hours
0434 537 846