

Adults - 18 years +



Interchange Gippsland operate a number of programs for adults with a disability. Read on to discover each program and support:

- YAS – Adult Day Service located in Morwell and Wonthaggi
- Friendship Group – social group for adults aged 18 – 30 years
- Friends for Life – social group for adults aged 30 – 65 years
- Supported Holidays

YAS – ADULT DAY SERVICE ADULTS 18 YEARS AND OVER

Interchange Gippsland's YAS is an adult disability support service providing access to both planned group and individual activities based in our community from Monday - Friday. The program assists and encourages participants to achieve meaningful and realistic life goals through access to new experiences, opportunities to discover strengths, and opportunities to take on new interests.

YAS promotes participants sense of connectedness within our community and assists in developing a sense of belonging. YAS is offered in Wonthaggi and Morwell and runs Monday – Friday throughout the year. The program focuses on lifeskills, health and wellbeing, learning, social development and creativity.

Eligibility for YAS - adults 18 years and over with a disability.

FRIENDSHIP GROUP – Group Support for Adults aged 18 – 30 Years

Friendship Group is a social activity group for adults with disabilities living in the local government areas of Latrobe, South Gippsland and Bass Coast Shires. The group meets monthly for a full day social outing on the weekend or occasionally a Friday night and is suitable for young adults aged 18 – 30 years. The group is supported by Community Access Workers who encourage and assist participants to develop independence and learn new skills. Participants access a variety of sporting, social, cultural and dining activities in and around Gippsland and can also include special trips to Melbourne. Peer support is also offered on Friendship Group through the engagement of adult volunteers. Participants attending Friendship Group need to have a level of independence to join the group.

Participants of Friendship Group order and pay for their own meals and activities. While the cost of each activity varies, they are arranged to be both affordable and fun, while presenting quality opportunities for the participants. An invitation to the group is sent to participants with details of the activity each month which includes what to bring, bus pick-up/drop-off times and the cost of the activity. It is the responsibility of the participant to advise us if they wish to attend the activity before the RSVP date on the invitation. Participants attending Friendship Group need to have a level of independence to join the group.

Eligibility for Friendship Group - Adults with a disability aged 18 to 30 years living in Latrobe City, South Gippsland and Bass Coast Shires. Participants must be able to get themselves to one of the advertised centralised bus pick-up points.

Offices located in Morwell and Wonthaggi

66 Commercial Rd, Morwell

70A Watt Street, Wonthaggi

t - 1300 736 765 e - admin@icg.asn.au

i - www.icg.asn.au f - www.facebook.com/InterchangeGippsland



FRIENDS FOR LIFE – Group Support for Adults aged 30 – 65 Years

Friends for Life is a social activity group for adults with disabilities living in the local government area of Latrobe City aged between 30 and 65 years. The group meets weekly for a social outing every Thursday night from 4PM – 8PM. The group is assisted by Community Access Workers who encourage participants to develop independence and learn new skills. The range of activities undertaken by the group includes a variety of sporting, social, cultural and dining activities across the Latrobe City community. Friends for Life is funded by Latrobe City Council. Peer support is also offered on Friends for Life through the engagement of adult volunteers.

Participants of Friends for Life order and pay for their own meals and activities on each trip. While the cost of each activity varies, they are affordable and present quality opportunities for the participants. An invitation to the group is posted or emailed to participants with details of activities each month, which includes information such as what to bring, bus pick-up/drop-off times and the cost of the activity. It is the responsibility of the participant to advise us if they wish to attend activities before the RSVP date on the invitation. Participants attending Friends for Life need to have a level of independence to join the group. Friends for Life develops and encourages independent participation in age appropriate social activities, provides self care opportunities for participants and carers as well as an opportunity to have fun and socialise with other adults with a disability in Latrobe City.

Eligibility - Adults with a disability aged 30 to 65 years living in Latrobe City. Participants must be able to get themselves to one of the advertised centralised bus pick-up points.

SUPPORTED HOLIDAYS

Supported holidays is a full fee pay holiday program for people with a disability. To be eligible to attend the holidays participants must have a support ratio of 1:4.

Connecting Families

If you are registered directly with Interchange Gippsland and are using purchased care you are eligible for our Connecting Families program which provides social support for the whole family.

Would you like to know more?

Contact Interchange Gippsland on 1300 736 765

Screening and Training of Staff and Volunteers

Interchange Gippsland are a 'Child Safe' organisation. We are committed to the safety and wellbeing of all children and young people accessing our service and support the rights of the child. We will act without hesitation to ensure that a child safe environment is maintained at all times. We adhere to Child Safe standards in the development and production of all our promotional material and newsletters, recruitment documents (including advertisements and application forms) and in electronic communication media involving our internet, intranet and social media pages.

All Support Workers, and volunteers on all our program must have satisfactorily completed the screening procedures as outlined in our Program Guide and on our web page located at www.icg.asn.au.

NDIS Benefits and Outcomes

- Social participation in the community
- Meet new people and develop friendships
- Increase your capacity to access your local community
- Development of your life and independent living skills
- Improve and develop your communication skills
- Opportunity to access new activities and try new things
- Self care for carers and participants



Offices located in Morwell and Wonthaggi

66 Commercial Rd, Morwell

70A Watt Street, Wonthaggi

t - 1300 736 765 e - admin@icg.asn.au i - www.icg.asn.au

