

CREATE Access also provide the following services:

Futures For Young Adults (FFYA)

Support and Choice Program

Drivers Education Program (DE)

CREATE Access Accommodation Project (CAAP)

WorkAssist@CREATE

Certificate in General Education for Adults (CGEA)

Independent Living Skills (ILS)

Life Skills Program (LSP)

Travel Training (TT)



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access

**Living Skills
Program**



*Providing
the difference*

LIVING SKILLS PROGRAM

The Living Skills Program promotes skill development to live in the community with the least amount of support required.

A program is developed with each individual group, depending on the need. It is a practical, hands-on course, which aims to increase independence skills in a friendly environment.

Participants plan a meal, go shopping at the local supermarket, prepare meals and enjoy lunch. Household and personal budgeting, cleaning, accessing the community and meeting new friends are all part of the experience. The topics explored by the

group include money management, healthy living, cooking, goal setting and recreation.

Course runs during the school term, for four hours once a week and costs \$1100 per semester (20 sessions).



Living Skills



We can help you to look after yourself and be part of your community.

You can learn:

- Cooking
- Looking after your money
- Being healthy
- Getting around
- Doing fun stuff