## **GOALS AND STRATEGIES**

**Objectives/Goals for a** 

**Good Life** 

Examples:

life

Feel safe

Study

•

support

independence

### FOR A GOOD LIFE

#### **Education/ Work Readiness Skills**

Examples:

- Understanding Self build selfregulation; self determination
- ASDAN Program/TAFE, university; skills building programs
- Use mobile phone (texts to communicate) and internet to research interests and useful information
- Can use outings in the community to practice social etiquette/community access
- Volunteer work
- Support to make own choices and do planning for chosen activities
- Spectrum Space employability program
- Transport training



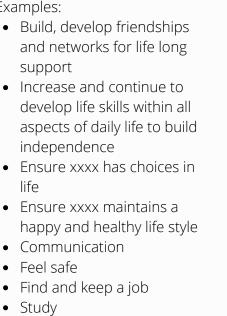
#### Life Skills/Independence/ **Friendships**

- Selfcare all aspects of getting ready, showering, personal hygiene, dressing
- Build independence in daily activities at home and in the community
- Meal preparation planning; shopping; & cooking, following recipes
- Other domestic activities washing, sweeping, making bed
- Transport training journey planning to the person's skills and ability
- Transition into independent living/accommodation

#### Enterprise/Employment/Self employment

Examples:

- Find a job work with a job coach
- Volunteering
- Explore hobbies or special interests • to build a small social enterprise sell at fetes, make gifts etc
- Supported work
- Mainstream employment
- ACTIV; Good Samaritans; Wprlpower etc



Social/Community Access/Health & Wellness

#### Examples:

- Improve community connection
- Build relationships/ friendships
- Social groups Spectrum Space social and holiday groups
- Build social skills
- Gym
- Church
- Fitness activities swimming lessons, walking
- Sport
- Music program



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Respite