

GOALS AND STRATEGIES

FOR A GOOD LIFE

Education/ Work Readiness Skills

Examples:

- Understanding Self – build self-regulation; 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
- Respite

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

Objectives/Goals for a Good Life

Examples:

- Build, develop friendships and networks for life long support
- Increase and continue to develop life skills within all aspects of daily life to build independence
- Ensure xxxx has choices in life
- Ensure xxxx maintains a happy and healthy life style
- Communication
- Feel safe
- Find and keep a job
- Study

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

