



Eligibility

Participants must be 18 or over.

If you have funding in your NDIS plan for Assistance with Daily Life; Improved Relationships; or Assistance with or Increased Social and Community Participation you may be able to use that funding to purchase this support service.

Costs

Personal expenses - meals, drinks, entry fees etc. Participants may be required to cover specific program activity costs throughout the year.

Travel costs (NDIS)

Enquiries

For further information on any Southern Stay programs please contact: our Intake Officers

5564 3444 or 5572 1028

intake@southernstay.org.au

choice

inclusion

achievement

For further information on any Southern Stay programs please contact:

Warrnambool Office

181 Fairy Street, Warrnambool, 3280

PO Box 1011 Warrnambool, 3280

Ph: (03) 5564 3444

Hamilton Office

46 Brown Street, Hamilton 3300

PO Box 397, Hamilton, 3300

Ph: (03) 5572 1028

admin@southernstay.org.au

Office Hours

Monday to Friday

8.30am - 5.00pm

Except public holidays

Find us on 



Group Based Activities (Day Programs)



Our Vision

“To enrich the lives of people with a disability by promoting choice,

PURPOSE:

- To provide accommodation & support services through the South West region of Victoria for people with disability;
- To encourage participation of people with disabilities in the community;
- To promote the ability of people with disabilities to live successfully in the community.

MISSION:

To provide a range of accommodation, programs and services based on peoples individual needs and to work with our community to enhance opportunities for the people we support.

VALUES:

As we move forward with our vision we will be guided by what is important to us.

- Client Focus
- Respect
- Empowerment
- Dignity
- Inclusion

The Sills 4 Life program supports young people with a disability in their transition from school to adult life. The program aims to meet individual needs and goals through activities that enhance knowledge, independence, social networks and skills.

The Skills 4 Life programs include:

- Independent Life Skill Development
- Community awareness activities to enhance access and participation
- Level 1 in Transition Education

Young at Heart is a program that offers support to those people with a disability who have complex or ageing needs. The program is both stimulating and interesting, whilst being age appropriate and support is tailored to the individual.

Programs are community based and provide a variety of options for leisure, adventure and outdoor activities. The program is creative, flexible and focuses on building upon existing abilities.

These programs enhance independent skills through:

- Cooking programs that include, grocery shopping, nutrition, OH&S, money skills, etiquette and food handling.
- Selfcare - grooming dental care, hygiene, rights and responsibilities, laundry and ironing.



- Vocational experiences through volunteering or work experience.
- Art and recreational activities, eg sport, bowling, singing and dancing
- Exercise - participating in community events, walking, swimming, karate, Zumba, dance bike riding and fitness programs
- Community awareness, police and hospital visits, learning about Warrnambool' public transport, health care systems, gardening, and there's much more...

At Southern Stay we acknowledge the **RIGHTS** of people with a disability to **ACCESS** programs that **EMPOWER** and **SUPPORT** them to achieve their **GOALS**. We pursue opportunities that enable people to be active **PARTICIPANTS** in their community through **KNOWLEDGE** and the development of independent **LIFE SKILLS**.

Our day programs promote a person's own ability to enhance their **HEALTH** and **WELLBEING** by participating in various activities. Being active **PARTICIPANTS** in activities, the programs endeavor to provide experiences that will allow a person to have greater **CHOICES** within their own lives.