Learn and Grow with My Life

My Life offers more than 90 Day Program centres throughout multiple Day Program centres in Sydney and the Northern Rivers region of New South Wales. Based on your talents, hobbies and interests, Achieve will work with you to explore and find solutions to suit your needs, engage in activities of your choice and create opportunities for life-long preferences.

My Life experts offer opportunities for people with disability to:

• Learn new skills to build confidence
• Get active and participate in the community
• Explore work options

Contact an Achieve Australia expert

Contact an Achieve expert to find out how we can support you to live a valued and meaningful life. Day Program centres are currently located in Epping, Seven Hills, Lismore and Casino NSW.

To view a sample Day Program schedule, please visit the Achieve Australia website achieveaus.com.au/my-life

If you have an enquiry about My Life and would like to speak to an expert, please get in touch:

1300 22 44 38
info@achieveaus.com.au

Learn and Grow with My Life

Program Description Objectives

Achieve Wishes

Develop your self-expression by learning the craft of writing lyrics, developing melodies and creating songs in a group.

• Encourage self-expression
• Develop or improve your musical skills
• Create a song that is personal to you and bring it to life!

Art

Participants are encouraged to embrace their creative potential and commit to a range of art projects. Each project embraces a different style, approach and technique. It provides sensory stimulation and individual creativity. Activities include paper mache, plastering, paper collage, woodworking, photography and much more.

• Encourage self-expression
• Develop or improve your art skills
• Develop and create an artwork

Art Therapy

Interactive multimedia group art therapy, providing an opportunity for engagement in a language approach.

Increase ability to identify and work with emotions. Provide social and creative connection to self and others. Communicate creativity in a safe environment through exposure to different therapies, techniques, expression and sensory stimulation and inclusive group work.

• Encourage self-expression
• Develop stress management skills
• Develop and create art

Bowling

Engaging in a structured, fun, friendly and competitive game of tenpin bowling that helps to promote or improve your health and well-being.

• Increase social and community engagement
• Increase strength, flexibility, balance and coordination
• Increase team
• Increase life awareness

Cooking and Healthy Eating

Learn about healthy eating and develop your independent skills within the context of cooking meals. Each project embraces a different style, approach and technique.

• Increase basic living skills
• Increase independence
• Improve cooking skills

Dancing

Dancing to your rhythm, explore the delights of dancing and music, share the experience and bring fun and joy to your life.

• Increase social and community engagement
• Increase flexibility, and coordination
• Increase life awareness

Fishing

Spending a day out by the beach or river. Fishing is a way to develop a sense of achievement, confidence, environmental awareness and the feeling of fulfillment. When catching a fish you will achieve a sounder and healthier mind and body after your fishing trip.

• Increase social and community engagement
• Increase muscle development, hand-eye coordination and balance
• Understand and follow instructions

Gentle Exercise

Enjoy traditional exercises designed to get you feeling fit and healthy in a relaxing setting with others.

• Maintenance or improve movement, strength, flexibility and balance
• Improve muscle strength, flexibility, coordination and balance
• Understand and follow instructions

Good Look, Feel Good

Participants are partnered through sensory stimulation.

• Increase use to create a relaxing environment
• Improve confidence
• Hair styling
• Maintain and protect are some of the activities of this activity

Multisensory Technology

Multisensory technology provides a multi-sensory approach for people to engage with the work environment.

• Increase focus and engagement
• Develop communication skills
• Develop interpersonal skills

Music Appreciation

Enjoy singing along to your favourite tunes and expand your friendships with people who have similar interests.

• Develop communication and social skills
• Understand and follow instructions

Sensory

Participants learn to explore their senses through a variety of different activities designed to stimulate touch, sight, sound, smell and taste.

• Increase self-awareness
• Increase focus, attention and learning
• Understand principles of touch, sight, sound, smell and taste

Shopping Skills

Participants are supported to complete tasks that promote independence and decision making.

• Provide opportunity to increase independence and decision making skills
• Provide opportunity to learn and practice community living skills

School/Lease Employment Support - Work Experience

Learn the skills required to fulfill your aspirations for employment through our on-the-job training, work experience and work placements.

• Develop employment workplace etiquette
• Develop job based skills
• Develop interpersonal skills

Sports

Enjoy an inclusive, fun, friendly and competitive game of your choice that helps to maintain or improve your health and well-being.

• Increase social and community engagement
• Increase movement, strength, flexibility, hand-eye coordination and balance

Train Traveling

Learn to catch the train or bus. Readable and discriminable understand where the stops and stations are and how to get to where you want to go.

• Increase social and community engagement
• Increase hand-eye coordination and balance
• Develop and maintain communication skills

MY LIFE DAY PROGRAM SCHEDULES ARE UPDATED REGULARLY.

THE BELOW ACTIVITIES ARE A SAMPLE ONLY. PLEASE CONTACT MY LIFE FOR UP TO DATE DAY PROGRAM SCHEDULES FOR A LOCATION NEAR YOU. MY LIFE PROGRAMS ARE ALSO AVAILABLE TO DYSLEXIC STUDENTS AND HEALDS PROGRAM SPECIFICALLY TRAINED TO YOU.

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