

# Learn and grow with My Life

My Life offers more than 90 different programs through 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 to suit your 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



**achieve**  
australia  
building extraordinary lives



**ARALUEN**  
2 Brigadoon Court  
EPPING  
NSW 2121



**CASINO**  
THE CHAMBERS  
98 Walker Street  
CASINO  
NSW 2470



**LISMORE**  
210 Keen Street  
LISMORE  
NSW 2480



**SEVEN HILLS**  
Suite 8  
197 Prospect Hwy  
SEVEN HILLS  
NSW 2480



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. OUR MY LIFE EXPERTS ARE ALSO ABLE TO DISCUSS YOUR GOALS AND HELP DESIGN A PROGRAM SPECIFICALLY TAILORED TO YOU.

Program	Description	Objectives
<b>Achieve Wishes</b>	Develop your self-expression by learning the craft of writing lyrics, developing melodies and creating songs in a group.	<ul style="list-style-type: none"> <li>• Encourage self-expression</li> <li>• Develop communication and social skills</li> <li>• Create a song that is personal to you and the group</li> </ul>
<b>Art</b>	Participants are encouraged to embrace their creative expression by completing a range of different projects. Each project embraces a different style, approach and technique that evokes sensory stimulation and individual creativity. Activities include canvas painting, plastering, paper mache, scrapbooking, photography and much more.	<ul style="list-style-type: none"> <li>• Encourage self-expression</li> <li>• Develop fine motor skills</li> <li>• Develop interpersonal skills</li> <li>• Develop and create an artwork</li> </ul>
<b>Art Therapy</b>	Interactive multidimensional group art therapy, providing opportunity for engagement and language development. Increase ability to identify and work with emotions. Provides social and creative connection to self and others. Communicate creatively in a safe environment through exposure to different mediums, techniques, expression and identification of emotions. Sensory stimulation and inclusive group work.	<ul style="list-style-type: none"> <li>• Encourage self-expression</li> <li>• Develop interpersonal skills</li> <li>• Develop and create an artwork</li> <li>• Increase fine motor skill capacity</li> <li>• Opportunity to engage senses</li> <li>• Provide opportunity to increase independence and decision making skills</li> </ul>
<b>Bowling</b>	Engage in an all-inclusive, fun, friendly and competitive game of ten pin bowling that helps to maintain or improve your health and social life.	<ul style="list-style-type: none"> <li>• Increase social and community engagement</li> <li>• Maintain movement, strength, flexibility, hand-eye coordination and balance</li> <li>• Develop an understanding of rules, regulations and etiquette</li> </ul>
<b>Coffee Club</b>	Love tea or coffee? In this program you will search, discover and taste test the best teas or coffees in and around Sydney.	<ul style="list-style-type: none"> <li>• Increase social and community engagement</li> <li>• Learn and try various brewing methods of tea or coffee</li> <li>• Develop money handling skills and concepts</li> </ul>
<b>Cooking and Healthy Eating</b>	Learn about healthy eating and develop your independent life skills through the art of cooking meals. Learn how to find and read a recipe, make lunch for yourself or dinner for your family.	<ul style="list-style-type: none"> <li>• Improved hygiene and cleanliness</li> <li>• Understanding and following instructions</li> <li>• Hazard and risk awareness</li> </ul>
<b>Fishing</b>	Spend a relaxing day down at the beach or the river. Throwing in a line with friends to catch a fish or two. With a mix of physical activity, relaxation, fresh air, tranquility, sunshine and the feeling of fulfillment when catching a fish, you will achieve a sounder and healthier mind and body after your fishing trips.	<ul style="list-style-type: none"> <li>• Increase social and community engagement</li> <li>• Improve muscle dexterity through reeling and casting</li> <li>• Maintain movement, strength, flexibility, hand-eye coordination and balance</li> </ul>
<b>Gentle Exercise</b>	Enjoy modified exercises designed to get you feeling fit and healthy in a relaxing setting with others.	<ul style="list-style-type: none"> <li>• Maintain or improve movement, strength, flexibility and balance</li> <li>• Develop communication and social skills</li> <li>• Understand and follow instructions</li> </ul>
<b>Look Good, Feel Good</b>	Participants are pampered through sensory stimulation.	<ul style="list-style-type: none"> <li>• Incense is used to create a relaxing environment</li> <li>• Gentle massage</li> <li>• Hair styling</li> <li>• Makeup and makeovers are some of the aspects of this activity</li> </ul>
<b>Multimedia Technology</b>	Multimedia technology provides a multisensory approach to engage people to learn and develop communication skills, increase levels of engagement and improves fine motor skills	<ul style="list-style-type: none"> <li>• Increase focus, attention and engagement</li> <li>• Develop communication skills</li> <li>• Development of fine motor skills</li> </ul>
<b>Music Appreciation</b>	Enjoy singing along to your favourite tunes and expand your friendships with people who have similar interests.	<ul style="list-style-type: none"> <li>• Develop communication and social skills</li> <li>• Encourage self-expression</li> <li>• Understand and follow instructions</li> </ul>
<b>Sensory</b>	Participants learn to explore their senses through a variety of different activities designed to stimulate touch, taste, sight, smell and sound.	<ul style="list-style-type: none"> <li>• Increase self-awareness</li> <li>• Increase focus, attention and engagement in activities</li> <li>• Increase tolerance to different types of stimuli</li> </ul>
<b>Shopping Skills</b>	Participants are supported to complete tasks that promote independent living skills.	<ul style="list-style-type: none"> <li>• Learn how to develop a shopping list</li> <li>• Attending the shop, locating the items and purchasing through money handling skills.</li> </ul>
<b>School Leaver Employment Support - Work Experience</b>	Learn the skills required to fulfil your aspirations for employment through on-the-job training, work experience and travel training.	<ul style="list-style-type: none"> <li>• Develop appropriate workplace etiquette</li> <li>• Develop job based skills</li> <li>• Learn independent travel skills</li> <li>• Develop communication and social skills</li> <li>• Understand employer expectations and follow directions</li> </ul>
<b>Sports</b>	Enjoy an all-inclusive, fun, friendly and/or competitive game of your choice that helps to maintain or improve your health and social life.	<ul style="list-style-type: none"> <li>• Increase social and community engagement</li> <li>• Maintain movement, strength, flexibility, hand-eye coordination and balance</li> <li>• Develop an understanding of rules, regulations and etiquette</li> </ul>
<b>Travel Training</b>	Learn to catch the bus or train. Read the timetable, understand where the stops and stations are and how to get to where you want to go.	<ul style="list-style-type: none"> <li>• Increase social and community engagement</li> <li>• Learn how to catch the bus or train</li> <li>• Develop and maintain communication skills</li> <li>• Develop and maintain community signs awareness skills</li> </ul>

## 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.

We are also taking expressions of interest in other areas to help inform future locations.

To view a sample Day Program schedule, please visit the Achieve Australia website [achieveaustralia.org.au/my-life](http://achieveaustralia.org.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**  
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australia  
building extraordinary lives