

Active Days Program



What is an Active Day?

Our Active Days program offers school leavers (age 16+) an individualised alternative to traditional, centre-based day services.

Our Active Days support workers will help you plan your day/s, with a focus on what you are passionate about, while meeting your NDIS goals.

We tailor the program to suit your individual capabilities, interests, skills, and goals to support you to access your local community in a valued and meaningful way.

It's all about you making your own choices and finding opportunities for growth.

An example Active Day

8am - Meet at your house to discuss the day ahead.

8.30am - Drive you to Collingwood Children's Farm and participate in the volunteer program.

11.30am - Find a local café or park and have some lunch.

1pm - Head to a community house in the afternoon to complete TAFE studies.

3.30pm - Grab an afternoon coffee to write down the day's achievements and plan for your next Active Day.

Find your normal rhythm of the day

We work with you to access a 'normal rhythm of the day.' This involves having a reason to get out and about, having socially valued roles, being a part of society, ensuring your day is not tedious or repetitive and finally, being able to feel a sense of accomplishment at the end of the day.

This is at the heart of what Active Days is all about!

PROGRAM DETAILS



Available 1 to 5 days per week
(46-52 weeks a year),
minimum 6 hours per day.



You will have a support worker who works 1:1 with you on the same day(s) each week.



With your help, we will create daily notes at the end of the day to:

- ✓ help track progress,
- ✓ collect necessary information, and
- ✓ keep your family or support network informed on daily achievements.



Can be covered under NDIS funding (through Capacity Building or Core Funding), with support costs based on the most recent NDIS price guide.

Mark's Story

Mark has an interest in theatre and creativity. Mark volunteered work at a costume and party supply store, but they were not able to offer him paid employment. We worked with Mark to create a resume, research businesses, and speak to employment agencies.

Mark is now supported two days a week with paid employment at an amazing costume shop.



Tahlia's Story

Throughout the COVID-19 pandemic, Tahlia's routines were severely impacted when she was not able to access the community as she previously had. We were able to assist Tahlia with getting out into the community, and also accessing several services online.

These days, with our support Tahlia is getting exercise and exploring her community, re-engaging with peers, and starting to look for volunteer opportunities again.



For more information phone 1300 135 886 or email customerservice@multicap.org.au