

## Adult Services

Interchange Outer East (IOE) offers a range of services that provide opportunities to move towards your individual goals. Programs for adults include:

- **Recreation programs and holidays**
- **Overseas and interstate holidays**
- **Intentional learning options**
- **Futures program (leaving school)**
- **Day service options**
- **Extended hours services**
- **1:1 and small group flexible support**
- **Sport for Fun program**

Adult Services programs are flexible, fun, rewarding and intentional. We work with families to tailor supports for individuals and groups that pursue interests and goals, develop skills and give people a space to belong and meet new people.



“ *It is a great balance of work, social and recreational activities. There are still many things we need to continue to work on, but if the first few weeks are anything to go by, who knows what he is capable of!* ”

*He has certainly exceeded the expectations of many already. Kent is so proud to tell people that he doesn't go to school anymore and that he goes to Interchange Outer East. ”*

- Julie, Parent



## Adult Services



### Creating opportunities and choice for all

Supporting adults with a disability to grow in confidence & independence; to be actively involved in their lives & communities and to explore and develop their interests alongside others.

#### Interchange Outer East

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(03) 9758 5522 | [ioe@ioe.org.au](mailto:ioe@ioe.org.au) | [www.ioe.org.au](http://www.ioe.org.au)  
Your local NDIS registered service provider

## Programs

**Adult Recreation** - Have a break from home and enjoy weekends away, holidays and social evenings in a fun, supportive environment. We offer a range of one-off and regular group activities while keeping a strong focus on developing friendships and group dynamics while maximising the opportunity to engage in community events in and around Melbourne. Activities can also be tailored in response to requests. Be involved in:

- Weekends away
- Day or evening weekend activities
- After Work Social Club
- Summer holiday program

**Overseas and Interstate Holidays** - For those that want to explore their world, IOE provides a range of interstate and overseas holidays each year. Some recent trips include USA, Europe, Vietnam, New Zealand, Alice Springs, Byron Bay and many more. If you are interested in a supported holiday, be sure to get in touch.

**Day Service Options** - Located in Ferntree Gully, Bayswater and Lilydale, these services provide a range of programs that assist participants to be involved in daily life, participate in community and increase independence.



**Intentional Learning Options** - Where adults in small groups dedicate time to focus on developing skills in specific areas. These can be tailored to group interests. Some current intentional learning options are:

*Independence in the Home* - Learn and practice skills that lead to greater independence in day-to-day life and in the family home. This program runs weekly over two days including an overnight component.

*Rural Intensive* - Learn practical work skills in rural and local settings. This intensive has a component of living away from home which has the added benefit of developing independence in day-to-day activities.

*Communication Capacity Building Program* - A small group program where participants meet in various community settings. The group participates in a variety of community based activities with an underlying focus on developing better communication skills and using AAC communication systems. The participants work towards group and individual goals with advice from a speech pathologist.

*Outdoor Fitness and Health* - Focus on your health and fitness through a range of programs across the week. This can be tailored to the goals of the group.

**Futures Program** - Post school group services located in Lilydale, Yarraburn and Ferntree Gully providing school leavers an opportunity to experience a range of programs including skill development, civic participation and work preparation. IOE partners with businesses and other community groups to provide opportunities for learning, volunteering and building strong connections.

**Extended Hours Services** - Runs before 9am and after 3pm in Lilydale, Ferntree Gully and Bayswater. Groups operate at a minimum of one staff member to three participants. A minimum of three participants are required.



**1:1 and Small Group Flexible Support** - Through planning and working together families and individuals can tailor their services to meet the support required for day-to-day life and to achieve their goals. Supports can be provided for in-home personal support, further learning and skill development, developing independent living skills, work and volunteering, recreational and personal interests and more. This is a popular alternative for young adults leaving school. Similar supports can be tailored for small groups of two or three people that enjoy being together and have similar interests. Service Coordination is also available.

**Sport for Fun** - For all the sporting enthusiasts this program runs one afternoon per week at a local sporting venue in Knox.

**Please note fees apply for group programs. IOE is a registered NDIS service provider for all services. All programs can be purchased utilising current funding or self funding.**

## Contact

For more information contact the Interchange Outer East Adult Services team on 9758 5522 or email [ioe@ioe.org.au](mailto:ioe@ioe.org.au)

Further information and online application forms are also available on the IOE website - [www.ioe.org.au](http://www.ioe.org.au)