

Development of Daily Living and Life Skills

ConnectAbility will engage with you to understand your goals and work with you and your family/carers to put in place supports to develop everyday skills with particular focus on building confidence and independence.

Development of daily living and life skills focuses on training and development activities undertaken by the participant or their carer to increase their ability to live as autonomously as possible. Training can be provided either individually or through group activities and can include skills in daily life activities, communication and social skills, problem solving and managing funding of supports.

To assist participants to manage these challenges, we offer a range of training and development activities, aimed at building their capacity to manage day-to-day life, through the development of their knowledge, skills and networks of support.

Alternatively, If you have a unique skill that you want to learn ConnectAbility will work with you to reach your goal. Our support workers come with a diverse range of backgrounds and interests. All we do is help match those skills and interests with you!

General Life Skills Development

Over our years of experience within the disability and community sectors we have come to recognise and appreciate the level of complexity faced by people with a disability when tackling everyday tasks and activities. We can provide training and development across a range of life skills, including:

- Personal hygiene: such as showering, toileting and personal care
- Nutrition: such as shopping for groceries and planning for and preparing a healthy meal
- Maintaining cleanliness in your home: such as housework, laundering of clothes and addressing maintenance issues or repairs
- Communicating with service providers and support networks
- Transport and travel: such as planning your journey, accessing public transport and trouble-shooting issues.
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Individual life and personal skills development

We understand the unique challenges faced by people with a disability in relation to personal and interpersonal skills.

Furthermore, we recognise the challenges faced by the parents, family members and carers to manage issues relating to social skills sexuality, interpersonal relationships, regulation of emotions and personal safety.

We provide services to assist you and your families or carers to navigate these issues as they arise, as well as to implement strategies that will increase your potential to manage these issues into the future.

Numeracy, literacy and financial management skills development

Our staff can work with you to develop your skills and independence to manage your finances, including managing a bank account and creating a budget.

By working to improve your numeracy and literacy, we can also improve your skills for communication and independent living.

Training for parents and carers

We understand that being a parent or carer is a full-time, high pressure job, placing significant demands on an individual's time, energy and resources. We can work with parents and carers to develop the skills, knowledge and understanding required to manage both their day-to-day realities and longer term situations.

In partnership with parents and carers, we can provide information and guidance about the management of challenging behaviours, personal care and meal time support.

We can also work with parents to manage episodic issues including transitions into, between and out of educational settings and transition out of the family home into independent or group-based living environments.

For more information you can visit the NDIS website [ndis.gov.au](https://www.ndis.gov.au) or contact ConnectAbility to find out how we can help you!