



Interchange Illawarra's Independence Pathway is an individually tailored program building capacity to promote independent living skills.



Tailored to you!

The Interchange Illawarra Independence Pathway is totally flexible and can be tailored to your specific needs and goals!



Healthy Meals

We develop healthy meal options in conjunction with the participants preferences, then we plan, shop for groceries, prepare, cook and clean up together.



Accommodation

Our accommodation is a home away from home! We have a modern Villa located in Lake Illawarra specifically for short term accommodation options.



Keep your routine

If you usually go to a group activity, therapy session or work on a set day, then we'll help you get there during your stay. This helps you work on your time management skills.

ABOUT THE INDEPENDENCE PATHWAY



The Interchange Illawarra Independence Pathway is an individually tailored capacity building program to promote independent living skills.

You can practice your independent living skills with an experienced Support Worker one on one in a home-like environment at our modern villa, located in beautiful Lake Illawarra. The Independence Pathway can cover things like cooking, cleaning, personal care, shopping and time management.

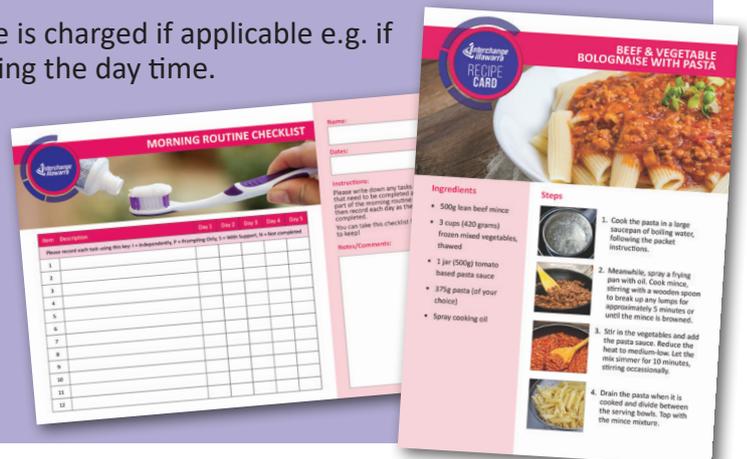
Our Support Coordinators/Planners will work with you to determine your goals, discuss your budget, and a suitable time frame and frequency of your stays.

We encourage all participants considering the Interchange Illawarra Independence Pathway to undertake an initial overnight trial with no obligation to continue.

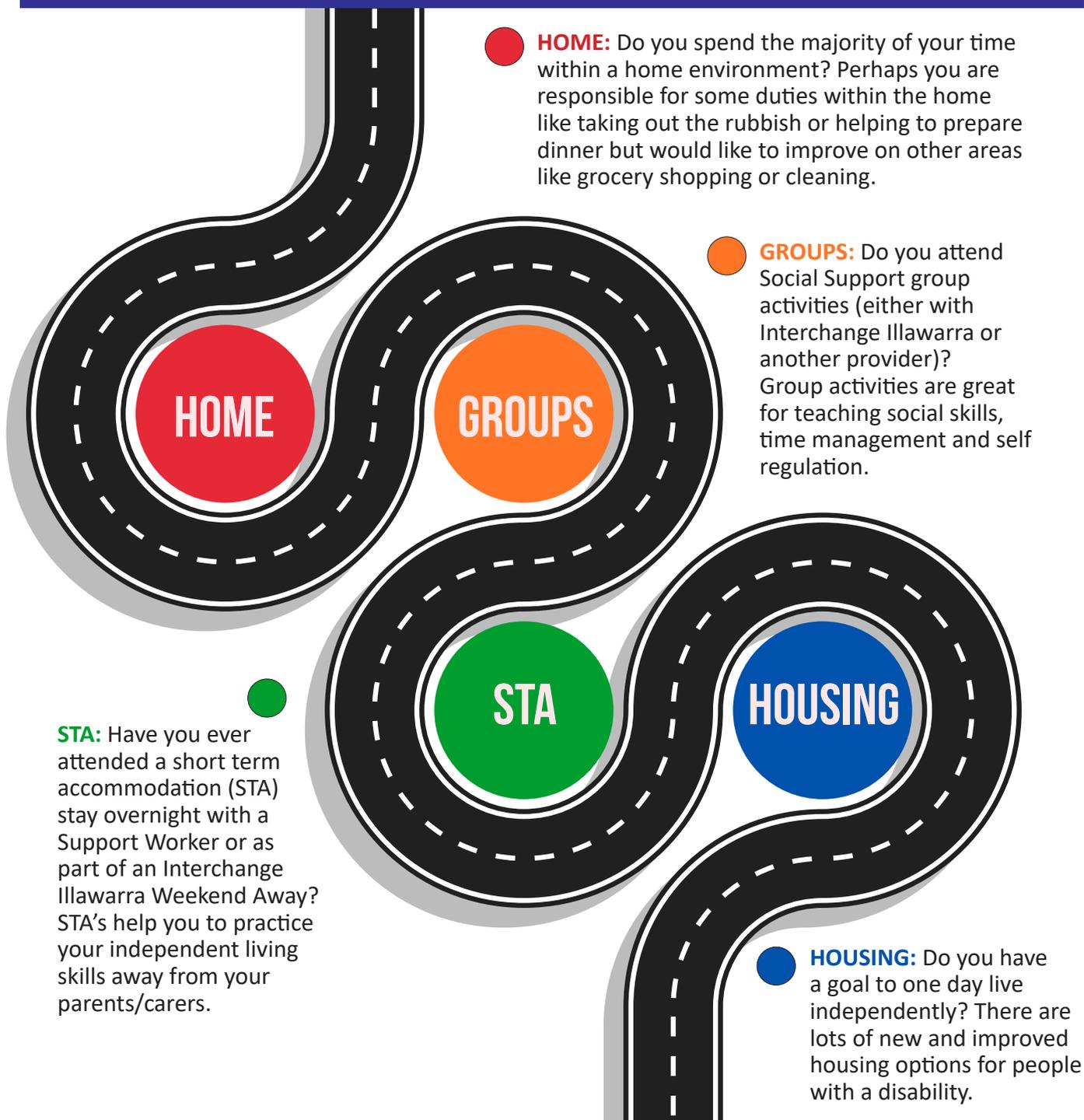
The Independence Pathway program runs on nights and days during the week and can include transport if required.

BENEFITS OF THE INDEPENDENCE PATHWAY

- You can use the Independence Pathway to work towards your NDIS goals.
- We are totally flexible – you choose the number of days and how frequently you want to stay.
- Your regular routine is maintained. For example: If you usually work, go to group activities or a therapy appointment during your stay you can still attend and stick to your usual routine. If required, your Support Worker can provide you with transportation.
- Feel comfortable in the home-like environment in our modern villa.
- Be close to the beautiful foreshore of Lake Illawarra and surrounds. It's a great area for walks, fishing or bike riding.
- Groceries and cleaning products are included.
- Participants receive copies of their checklists and recipes to help them and/or their parents or carers track their progress.
- Reduced Short Term Accommodation rate is charged if applicable e.g. if you do not require a Support Worker during the day time.
- The program runs during the week, generally from 3pm to 9am, so it doesn't interfere with your weekend plans!
- We can provide capacity building progress reports for NDIS plan reviews (if required).
- Respite opportunity for parents/carers.



WHERE ARE YOU ON THE PATHWAY?



The Interchange Illawarra Independence Pathway is individually tailored to your needs so no matter where you are on the 'pathway' we can suggest a way forward that will help you reach your goals.

Some people will have the ultimate aim of moving out of the family home. Others may simply want to work on their cooking skills, learn to use a washing machine, or practice cleaning so they can help out more within the family home.

We are here to support you to strive for your personal independence goals within a friendly, safe and home-like environment.

WORKING TOWARDS YOUR GOALS

The Independence Pathway can assist you to work towards your NDIS goals. You may already be a great cook but need to practice your shopping or cleaning skills.

Your Interchange Illawarra Support Coordinator/Planner can talk with you about your goals and what you want to focus on.

Some of the independent living skills we can support you with are:

- **Meals:** Including planning healthy but delicious meals for the length of your stay, checking the pantry, creating a shopping list of required ingredients, visiting a grocery store to purchase the items, preparing the meal and eating it.
- **Cleaning:** Including washing up after cooking, vacuuming, wiping benches etc. For longer stays this could also include cleaning the bathroom/toilet.
- **Washing:** Including washing of clothes, bedding, towels etc. Learning how to use the washing machine and hang up clothes to dry etc.
- **Hygiene and Grooming:** Includes all personal care.
- **Time management:** Including things like setting your alarm to get up in time for work, groups or therapy sessions etc.



THE VILLA



The Villa has 3 bedrooms and 2 bathrooms (1 bathroom is for the participant and the other is for the Support Worker).

There is a sunny outdoor sitting area and two lounge areas. We have an X-box and Nintendo Wii, Netflix, plenty of board games, fishing gear and sporting equipment.

The Villa is located only a short walk away from Lake Illawarra which features a bike path, many parks, a beautiful foreshore area and great fishing spots.

There is also a shop and cafe located just around the corner from the Villa.

Warilla Grove Shopping Centre is only 1.1 kilometres away and the Stockland Shellharbour shopping centre is a 6 minute drive away.

EXAMPLES OF GOALS & A FOUR NIGHT STAY

1

Matthew is 23 year old man with Down's Syndrome who lives at home with his mum and two younger brothers.

Matthew has been attending Weekday Groups and is enjoying the cooking classes and making new friends.

Matthew would like to improve on some life skills including cleaning, financial literacy and is interested in working towards cooking without assistance.

Matthew's main goal is to be able to shop for groceries and cook dinner regularly for his family.

2

Ellie is a 19 year old young woman with a mild intellectual disability. She is very outgoing and enjoys many Interchange Illawarra activities including Weekends Away and Group outings.

Ellie is very experienced with most household tasks and has basic cooking skills, however so far these have always been undertaken with close supervision. Ellie would like to practice her independent living skills on a regular basis.

Ellie's ultimate goal is to be able to move out of her carer's accommodation and share a rental unit with her best friend, Molly.

3

Joe is a 56 year old man with a disability who lives with his elderly father, Raymond.

Joe has a team of Support Workers who assist him to take part in community access activities. He particularly enjoys bushwalking.

Raymond has been diagnosed with a serious illness and Joe will need to spend time at the Villa while his father undergoes treatment.

Joe would like to practice his independent living skills to ensure he is ready to move to an alternative living arrangement when his father is no longer able to care for him.

Below is an example of the types of activities a participant could undertake, with support, during a 4 night stay at the Villa. The benefits of staying for consecutive nights is that it greater reflects independent living and means extra tasks can be introduced like washing clothes.

Item Description	Monday	Tuesday	Wednesday	Thursday	Friday (final day)
Arrive at the Villa in the afternoon.	✓	✓	✓	✓	
Choose which room you would like to sleep in and make your bed.	✓				
Unpack your clothes into the cupboard.	✓				
Discuss the days ahead and decide upon meals and activities you would like to do/what activities you need to attend e.g. work.	✓				
Shop for groceries (groceries are included).	✓				
Make dinner.	✓	✓	✓	✓	
Clean up dishes/kitchen area.	✓	✓	✓	✓	
Evening activity e.g. walk, watch TV, play a game, read etc.	✓	✓	✓	✓	
Set an alarm for the morning.	✓	✓	✓	✓	
Night time personal care routine (clean teeth etc).	✓	✓	✓	✓	
Morning personal care routine (shower, get dressed etc).	✓	✓	✓	✓	✓
Tidy your room, make bed.	✓	✓	✓	✓	
Attend day time activity e.g. Social Support group, work, appointment etc.	✓	✓	✓		
Wash clothes and hang them up to dry.			✓		
Wash bed linen.					✓
Pack up your belongings and check Villa.					✓
Clean the Villa (tidy, wipe surfaces, vacuuming etc).					✓
Other items/goals.					

AFTER THE COMPLETION OF THE INDEPENDENCE PATHWAY



So, your family member has had a few stays at the Villa, developed those independence skills and is now ready to move out - what next?

There are a few different arrangements for home and living that can be supported through the NDIS.

These can include options like living with others with 24 hour support onsite, living by themselves with drop in support (and perhaps others on standby just in case), living with friends or a supportive flatmate who might or might not have a disability.

Your Interchange Planner/Support Coordinator can help you to decide which is the best option you. They can also assist to link with suitable supports and organise quotes to apply for the funds in your NDIS plan.

TESTIMONIALS

"I LEARN ABOUT SHOPPING, MANAGING MONEY AND HOW TO LOOK AFTER MYSELF AWAY FROM MUM."

CASSIDY, PARTICIPANT

"IT TEACHES CASSIDY LIFE SKILLS AND SHE COMES HOME RELAXED AND READY FOR THE NEW WEEK."

FAY, PARENT/CARER

"IT ALLOWS YOU TO LEARN EVERYDAY SKILLS SUCH AS COOKING AND WASHING. IT HELPS ME GET USED TO BEING AWAY FROM HOME."

BEN, PARTICIPANT

"WHEN STAYING AT THE VILLA, MY DAUGHTER WAS ABLE TO GO TO WORK AND OTHER COMMITMENTS THAT ARE IMPORTANT TO HER AND GET USED TO ORGANISING DOMESTIC TASKS AROUND THAT SO IT WAS A REALISTIC SITUATION SHE WOULD FACE WHEN LIVING AWAY FROM THE FAMILY HOME."

LEONIE, PARENT/CARER

FREQUENTLY ASKED QUESTIONS

Can I see the Villa before the stay?

You are most welcome to see the Villa before your stay, we understand that a visit might help alleviate concerns from parents/carers or participants. Simply book in a suitable time with one of our friendly staff members who will give you a tour.

Will participants eat healthy meals during their stay?

A Support Worker will discuss with the participant what types of food they like and then suggest suitable recipes. Healthy options will be always be included where possible e.g. bolognaise sauce with vegetables shredded into it or fruit for desert etc.

Participants will be supported to plan the meal, shop for ingredients, prepare and cook the meal. A grocery budget is included in your stay so there's no need to send extra money for groceries.

Do participants have to stay for consecutive days?

We encourage participants to initially stay for one trial night to ensure they are comfortable with the setting. After the initial stay we suggest that participants stay for consecutive weeknights so that they can build resilience and experience things like cooking different meals each night, managing their time and the need for washing clothes (rather than taking them home!).

However, we are completely flexible and understand that the length of the stay and how frequently it happens might depend on the available budget or other factors.

Can parents/carers and participants determine what goals are important to focus on?

Definitely. Your Planner/Support Coordinator will work with you to determine what areas are most important to focus on and which skills you are already great at!

Is the Interchange Illawarra Independence Pathway a respite program in disguise?

The Independence Pathway is designed to build capacity and teach participants important life skills. Participants will be supported in a one on one environment with an experienced Support Worker. During this period parents/carers are provided with a respite period but it is not the main goal of the program.

Who else will be staying at the Villa with me?

A Support Worker will stay at the Villa with you as part of the Interchange Illawarra Independence Pathway.

Unless otherwise arranged, it will be 1 to 1 support and no other people will be booked at the Villa during your stay.

Can I still go to work/group/other activities?

Yes! We encourage participants to stick to their routine. If you have work, group activities or an appointment during your stay you can attend as usual. If required your Support Worker can assist you to get to your activity.

Is there a set length of time for the Interchange Illawarra Independence Pathway?

The Independence Pathway is a flexible individually tailored program. For some participants their NDIS funding could be used to visit the Villa on a regular basis (e.g. 4 days per month for twelve months or more) with the goal of achieving independent living.

We can support you to look at appropriate housing and support options.

For others they may undertake a shorter duration with the aim of increasing their cooking and cleaning skills to help out in the family home.

What should I pack?

Linen, towels and quilts are provided.

Please bring your own toiletries and pack adequate and suitable clothing (don't forget work clothes if you are working during your stay). All medication must be provided in a clearly marked Webster-Pak. These are readily available at most Chemists at a minimal cost.

Please bring any comfort items e.g. noise cancelling headphones or weighted toys/blanket etc. You are welcome to bring spending money if you wish.

Can I maintain contact with my loved one during the stay?

Of course. There is a mobile phone permanently located inside the Villa if needed, or you can use your own mobile phones.

Will I be charged for 24 hours of support?

If a Support Worker is not required for the day time period during a stay (for example if the participant attends a group activity or works in the day) then you will only be charged the reduced Short Term Accommodation rate. Your Planner/Support Coordinator will provide you with a quote after discussing your needs.

Do I need to be an Interchange Illawarra participant to take part in the Independence Pathway?

Yes. Only registered Interchange Illawarra participants are eligible. To make a new participant enquiry visit our website www.interchangeillawarra.org or call the office on 4227 1079.

Can I cancel a booking?

If you can't make it to your booked stay please cancel as soon as possible. The NDIS Cancellation Policy applies.

OUR LOCATION



OUR LOCATION

The Villa is located in beautiful Lake Illawarra. It is within walking distance of Lake Illawarra's many bike paths, parks, fishing spots and the scenic foreshore area near Windang Bridge.

Warilla Grove Shopping Centre is 1.1 kilometres (or a 15 minute walk away). Shellharbour Stockland Shopping Centre is a 6 minute drive away.

INTERESTED IN FINDING OUT MORE?

To find out more about the Interchange Illawarra Independence Pathway and our tailored approach to capacity building please contact your Interchange Illawarra Support Coordinator.

If you are not currently an Interchange Illawarra participant you can make a new participant enquiry via our website or by calling our office on 4227 1079.

Phone: 02 4227 1079

Email: info@interchangeillawarra.org

Website: www.interchangeillawarra.org

