



The Cottage is the perfect home away from home. We offer mid-week and weekend short term accommodation with an Interchange Illawarra Support Worker. The Cottage is located within walking distance of the Wollongong CBD, beaches, clubs, parks and the harbour.







## The Cottage

The Interchange Illawarra Cottage in Wollongong is a comfortable home away from home available for short term accommodation. It is close to the Central Business District of Wollongong, walking distance to beaches, parks and reserves and many restaurants and clubs.

The Cottage features a comfortable living area, an outdoor deck and large yard, neat kitchen and laundry, two participant bedrooms and a Support Worker bedroom.

You can choose the number of days you would like to stay and we will work with you to tailor the experience to your needs. For example you might want to work on your independent living skills or simply enjoy a break from your usual routine.

An Interchange Illawarra Support Worker will stay with you in the Cottage and if required can transport you to your appointments, work place or group activities.

A weekday stay in the Cottage can be much more cost effective than a weekend stay. Please ask us for a quote.

## Frequently Asked Questions

### Can I see the Cottage before the stay?

You are most welcome to see the Cottage 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. Grocery and cleaning items are included in the cost of your stay.

### Who else will be staying at the Cottage with me?

A Support Worker will stay at the Cottage with you. Unless otherwise arranged, it will be 1 to 1 support and no other people will be booked at the Cottage during your visit.

### What should I pack?

Linen, towels and quilts are provided. Please bring your own toiletries and pack adequate and suitable clothing. 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.