



YOUNG ADULT

SUPPORT OPTIONS

FOR 18 TO 25 YEAR OLDS



Interchange Illawarra offers support options designed for young adults, aged 18 to 25, with an NDIS plan and low to moderate support needs.

We match participants with the right Support Worker so they can have fun, attend appointments, exercise, chill out, or learn new skills in a supportive environment.

We can arrange 1:1 support where you choose what you want to do. If you are feeling competitive you can team up against other participants for a group activity or a challenge like ten pin bowling or laser tag.

Social support group activities are also available on weekdays, weekends or Thursday and Friday nights. We are super flexible in our approach, so talk to us today about the vast array of options on offer!



Interchange Illawarra have several properties that can be utilised on weekdays (subject to availability).

These properties are all in fantastic locations and you can use them if you are with one of our Support Workers.

- The Wallis Centre at 114 Church Street, Wollongong, features comfy lounges, a large TV for gaming, an accessible kitchen and an amazing outdoor deck.
- Two houses on Evans Street, Wollongong, that have a huge shared yard and outdoor undercover area, perfect for relaxing or sports.
- Two properties located at Pur Pur Avenue, Lake Illawarra, that are close to bike paths and the beautiful Lake Illawarra Foreshore.

FUN STUFF



FUN STUFF

Our Support Workers love doing fun activities!

- See a movie at the cinema
- Laser Tag
- Flip Out
- Timezone
- Axe throwing
- Electronic darts
- Learn a musical instrument
- Shopping expedition
- Art and craft projects
- Karaoke
- Gaming – bring your own device or use ours
- Board games and card games
- Visit the library
- Attend your favourite stores like comic book shop or Iconic Nerd (gaming and collectibles)

EXERCISE OR GET OUT IN NATURE

We understand the importance of exercise and getting some outside time!

- Go the gym, for a walk, hike or bushwalk
- Learn to surf or paddle board
- Explore the ocean rock pools (there's 9 in the Wollongong region) or swim at an indoor heated swimming pool
- Go to an organised class like karate or ju-jitsu, Zumba or line dancing
- Go fishing
- Geocaching or Pokemon GO expeditions

BORING BUT NECESSARY STUFF

We can provide support to attend appointments.

- Hair cuts
- Dental appointments
- Doctor appointments
- Allied health appointments like physiotherapy
- Service NSW appointments
- Therapy appointments

CAPACITY BUILDING ACTIVITIES

If you want to practice a new skill, we can help.

- Plan a meal, buy groceries and learn to cook
- Support to attend a volunteer role like sorting donations at Salvos Wollongong
- Practice your gardening skills in our new garden at the Wallis Centre
- Create your resume, undergo mock interviews and complete job applications
- Support to organise your week ahead or do 'life admin' things, like pay bills

LEARNING SUPPORT

For those times when you need support with course work, or 'life admin'.

- Support with TAFE or ITEC course work, online courses, or with homework
- Support to fill out forms
- Support to complete certificates e.g. First Aid, RSA, RSG, Food Handling, White Card etc

LEARN NEW SKILLS



CHILL OUT TIME

We all need relaxation time to recharge.

- Play your favourite games, watch a movie, listen to some music or just relax with a book on our super comfy lounges
- Use our large TV screens to play your favourite online games
- Hang out in our air conditioning
- Get creative (write, draw, colour in, journal)
- Pamper activities like face masks and nail painting

TEAM UP

Sometimes it's more fun to do things in a team.

- If you have the same interests as another young adult participant, we are happy to organise a group outing.
- You can team up against your Support Workers at an activity like Laser Tag, bowling or electronic darts. Think of a challenge and we'll do our best to make it happen.
- Got something special in mind and would like some company? We can see if any other young adult participants are interested in attending the same event, with you and your Support Worker.



SPECIAL EVENTS

We can provide support so you can attend a special event.

One-off special events could include:

- Concerts or live music gigs
- Conventions like Comicon or SMASH! (Sydney Manga and Anime Show)
- Sporting events like the basketball, cricket, soccer, NRL, AFL
- Musicals
- Night time events like Enchanted Forest Light Show, Carols by Candlelight or Sunset cinema movies
- Book fairs or author events
- Art exhibitions



**LOTS OF OPTIONS
FOR YOUNG ADULTS 18-25 YEARS OF AGE
TALK TO US TODAY!**



BUSINESS INCUBATOR

INTERCHANGE ILLAWARRA IS A NOT FOR PROFIT, REGISTERED NDIS ORGANISATION PROVIDING FLEXIBLE, HIGH QUALITY SUPPORTS FOR PEOPLE WITH A DISABILITY.

We've been in operation for over 43 years and we're known for our 'can-do' approach to providing support in the Illawarra region.

We offer lots of options for social support, short term respite and capacity building.

ALL INTERCHANGE ILLAWARRA SUPPORT WORKERS HAVE:

- First Aid Certificate
- Working with Children Check
- Police Check
- NDIS Worker Check
- Drivers Licence & comprehensively insured vehicle

If you have a great idea for a small business we can help you work on the budget and logistics, assist you to formulate a marketing plan, and support you to sign up for an Australian Business Number (ABN).

We have previously assisted participants to start new enterprises like Carly's Coffee Couriers and Brayden's car washing service, Squeaky Clean Cars.



- Head Office:** The Wallis Centre, 114 Church Street, Wollongong
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