



## **Young Adults Lifestyle & Leisure Program**

**Objective:** To enable young adults with physical disabilities to enhance their quality of life by achieving their lifestyle and leisure goals.

**What is the Lifestyle & Leisure Program?** The Lifestyle & Leisure Program aims to enable young adults with physical disabilities to identify and achieve their lifestyle & leisure goals, as they transition into adulthood.

Goals may be in the areas of:

- Learning life skills
- Accessing the community
- Linking to services
- Developing independent social networks
- Participating in leisure activities.
- Developing pre-work skills

Clients are provided with assistance from a Key Worker to develop a plan to achieve and maintain their goals.

**Who can participate in the program?** To be able to access the program applicants must have a disability primarily of a physical nature and be between the ages of 18—30 years old.

Clients may have conditions such as:

- Inherited Neuromuscular Disorders including Muscular Dystrophies, Spinal Muscular Atrophy, Myopathies
- Osteogenesis Imperfecta, Chronic Arthritis, Spina Bifida, Arthrogyrosis, and
- Syndromes and congenital conditions which result in a predominantly physical impairment.

The program is funded to provide services to residents of the Greater Brisbane Region. Each application is assessed for eligibility by the Admissions Officer on an individual basis using an established procedure.

**Who provides the service?** The program is staffed by an Occupational Therapist, a Recreation Officer and two Therapy Assistants.

**Support Person or Advocate.** Applicants are welcome to bring a support person of their choice to assist them at any stage of their program. The role of the support person is to assist the clients in their decisions, choices and aspirations.

**Costs.** Apart from personal costs such as meals and transport, the program is free as funding has been obtained through Disability & Community Care Services. Exceptions may apply to people in receipt of special funding for this type of program such as insurance claims.

**Funding.** Funding for this program has been obtained through the Disability and Community Care Services 'Day Services Initiative'.

**How do you apply?** To make enquiries or obtain an application kit, please request to speak with the Admission Officer for the Lifestyle and Leisure Program.

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### **Eligibility for Service**

The Lifestyle and Leisure Program accepts clients based upon the following entry criteria:

- The applicant is a young adult 18-30 years old
- The applicant lives in the Greater Brisbane area
- The applicant meets Australian residency requirements
- The applicant has a long term, predominantly physical condition (rather than an intellectual or sensory condition) associated with a physical impairment which results in a substantial reduction of the person's capacity and results in the person needing support
- The applicant's condition is permanent or likely to be permanent
- The applicant's diagnosis is confirmed by medical report or previous MontroseAccess file
- The applicant has significant potential to make choices relating to their lifestyle and leisure goals
- The applicant has significant potential to increase their level of independence in lifestyle and leisure activities
- The applicant is independently motivated to actively participate in the program
- The applicant is able to communicate and interact independently with staff and other service users.
- MontroseAccess can provide a relevant service which will reasonably improve the person's lifestyle and leisure participation in the community
- There is no duplication or overlap with another service provider
- The applicant has submitted a Disability Services Queensland Application for Support form

Applicants are accepted onto the program to assist in managing their current needs and goals.

Each referral will be assessed and prioritised by the Admissions Officer on an individual basis using an established procedure.