

My Life

OC Connections day supports



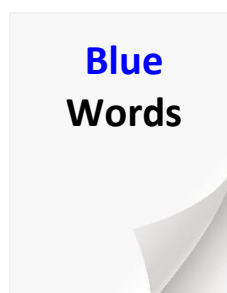
Easy English



This sheet is about day supports at OC Connections. We call this service **My Life**.



You can ask someone to help you read this sheet.



Some words on this sheet are in **blue**. You can find out the meaning of these words on page 11.

About day supports



Day supports are when you come to OC Connections during the day to do different **activities**.



Doing **activities** with other people can make you feel good.



We can help you

- meet new people
- and
- do new things.



- We want you to be able to choose things you enjoy. There are lots of other things to choose from at OC Connections.

You can do

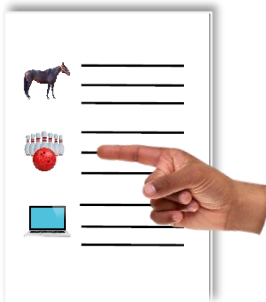


- **activities**
 - **recreation**
- and
- classes.



You can do these things

- at OC Connections
- and
- out in the **community**.



You can

- choose from our list of **activities**
- or
- talk to us about something else you would like to do.





Our staff can work with you and your family to help you

- choose your **activities**
- and
- reach your **goals**.



With our day supports you can

- do things you already like
- or
- try something new.

Who can use our day supports?



You can use our day supports if you

- are 18 years old or older
- have a disability
- and
- get **funding** from the government.



If you do not have **funding** for Day Supports you may still be able to do them. You will need to pay for them yourself.

What is a Key Worker?



When you use our day supports you will have a person called a **Key Worker**. This person can help make sure you get the most out of the **activities** you do at OC Connections



Your Key Worker can help you

- decide on your **goals**
- and
- reach your **goals** in a way that is best for you.



Your Key Worker can also work with

- your family
- friends
- and
- others who are important to you.



You or your family can talk to your Key Worker if

- you have questions
- or
- your needs change.



OC Connections wants to help you

- live the life you want
- choose what you do
- and
- be part of decisions wherever you can.

Starting day supports



When you finish school you may want to start coming to day supports.



You might feel

- worried

or

- excited



about starting day supports.



Our staff can help make your move to day supports easier.



When you are ready we can work with you and your family to help you

- choose the **activities** you want to do
- and
- give you the support you need.

How do I get to day supports?



You can get to our day supports

- by yourself
- or
- in a taxi.



You might also be able to use one of our buses.

This depends on



- where you live
- and
- if we have any room on our buses.



If you want to use one of our buses you will need to talk to us about how much this will cost.



How can I find out more?

You can find out more about our day supports.



You can

Phone 9569 0603



Email info@oconnections.org.au



Go to www.OConnections.org

What do these words mean?

<p>activities</p>	<p>Things you do on your own or with others</p> <ul style="list-style-type: none"> • for fun • to learn <p>or</p> <ul style="list-style-type: none"> • to relax. <p>For example</p> <ul style="list-style-type: none"> • art • music • bowling <p>or</p> <ul style="list-style-type: none"> • going to a concert.
<p>community</p>	<p>The</p> <ul style="list-style-type: none"> • people <p>and</p> <ul style="list-style-type: none"> • places <p>around where you live.</p>

funding	Money you get from the government to help pay for the support you need because you have a disability.
goals	<p>Things that you want to do in your life</p> <ul style="list-style-type: none"> • now <p>or</p> <ul style="list-style-type: none"> • in the future.
recreation	<p>Things you do for fun or to relax.</p> <p>For example</p> <ul style="list-style-type: none"> • bowling <p>or</p> <ul style="list-style-type: none"> • going on a holiday.

The Easy English in this book was written by
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