

My Days

Day Support and Independence

EASY READ VERSION



This sheet is about Day Supports at OC Connections. We call this service **My Days**.



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 10.

About Day Support



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 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 and friends.

Talk to your Key Worker if:

- You have questions, or
- Your needs change.

Starting Day Support



When you start Day Support you might feel:

- Worried, or
- Excited.

Our staff can help make your move to Day Support 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 Support?



You can get to Day Support activities

- By yourself



- With the help of family or friends, or



- In a taxi

How can I find out more?



You can call us on **9569 0603**



Email us:
enquiries@occonnections.org



Visit our website:
occonnections.org

What do these words mean?

Activities	<p>Things to do on your own or with others</p> <ul style="list-style-type: none"> • for fun • to learn, or • to relax. <p>For example:</p> <ul style="list-style-type: none"> • Art • Music • Bowling • Going to a concert
Community	The people and places around where you live.
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, or • In the future
Recreation	<p>Things to do for fun or to relax, for example:</p> <ul style="list-style-type: none"> • Bowling • Swimming • Art and craft