



smp 
lifeskills2work

Simply More Possibilities

The world is
yours. Explore
simply more
possibilities.



At SMP lifeskills2work our passion is to support people living with disability to have the highest quality of life possible. We offer programs which enable you to **Experience Life**, learn **Skills4Life**, enjoy your **Golden Years** or have a **Great Escape**.

We know that your needs, wants and aspirations are very individual so we adopt a flexible approach and always keep you, our valued client, at the centre of everything we do. Our focus is on making sure you tell us what goals you want to achieve and how.

SMP services are suitable for people living with physical, sensory, physiological, psychosocial or intellectual disability. Our qualified and experienced staff are able to engage and support you whether you have low, moderate or high support needs. We also offer our services on a one-to-one basis or in small groups of likeminded individuals, and at times convenient to you. All our programs are community focussed and individually planned.

We guarantee SMP services will be delivered to the highest standards of quality and with professionalism, respect and dignity.

Flexible,
Responsive
and
Individualised

WA NDIS

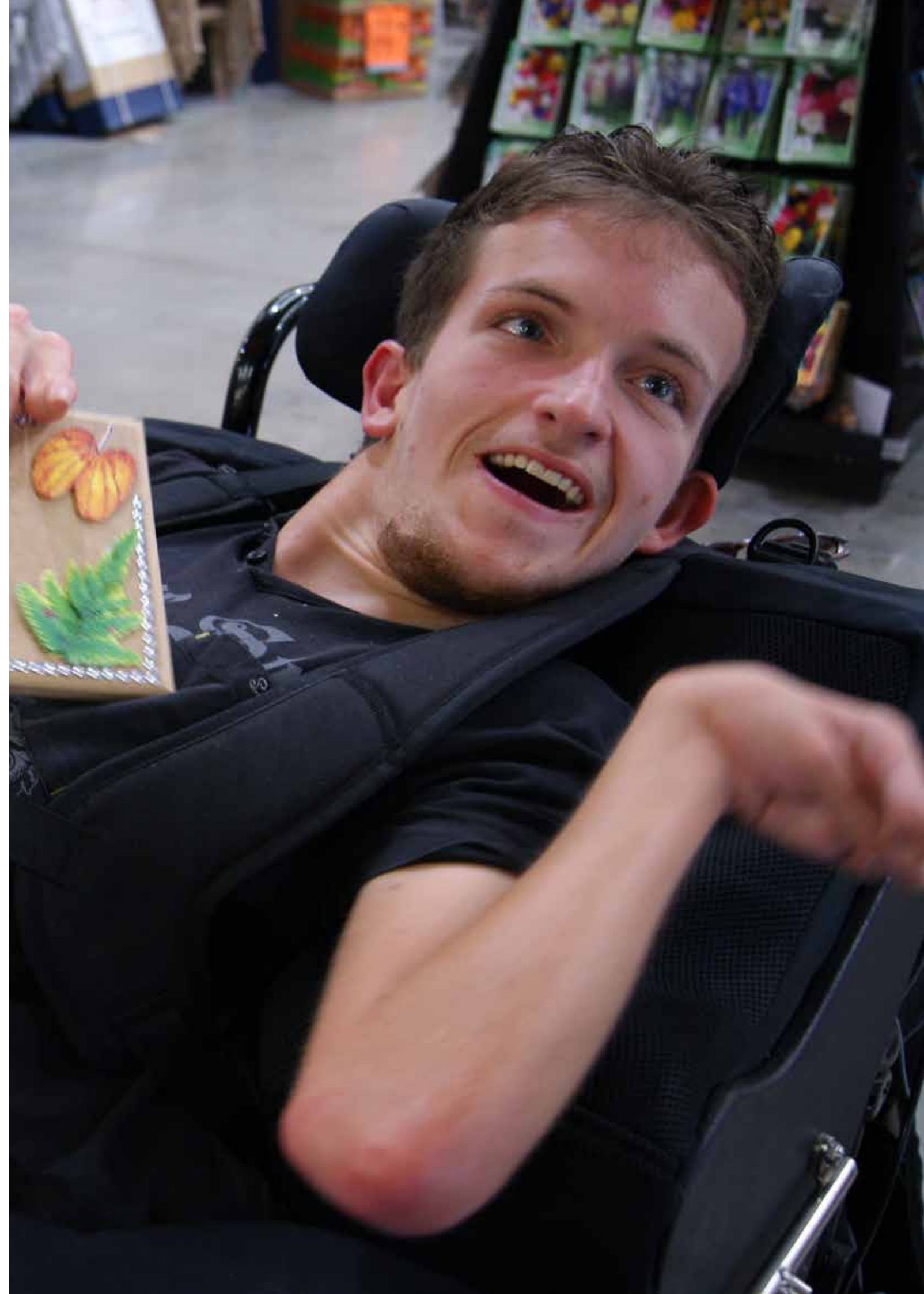
SMP lifeskills2work is a registered provider of individualised services through [WA National Disability Insurance Scheme \(NDIS\)](#). We are experienced in assisting people with disability navigate the new planning and funding model and accessing high quality, individualised supports.

We have been a part of the State's trial in Cockburn/Kwinana since its launch and have assisted many of our clients access greater supports through WA NDIS. As of October 2016 WA NDIS will be extended to include Armadale, Serpentine/Jarrahdale and Murray.

WA NDIS has broadened eligibility criteria meaning that more people can access supports and services through the Disability Services Commission (DSC) including those with a psychosocial disability.

Examples of the activities funded through NDIS include, but are not limited to

- Going on a Great Escape or individual dream holiday;
- Daily personal activities;
- Transport to enable community participation;
- Assistance to find and maintain employment;
- Therapeutic supports including behaviour support; and
- Domestic support to help maintain an individual's home environment





Transition to a
Meaningful and
Fulfilling Life
Created by You

Post School Pathways

SMP lifeskills2work supports school leavers to transition into life after school. Our services will help you explore Simply More Possibilities whether or not you have specific goals in mind or know what your passions and strengths are.

By customising your transition from school we can ensure you are getting the right assistance to help you start your post school journey and begin creating a lifestyle which is both meaningful and fulfilling to you.

Many of our school leavers choose to combine activities from our Experience Life, Skills4Life, Transition Planning and Great Escapes programs to build a holistic, individualised service which provides:

- Personal development and lifeskills training to increase your independence;
- nationally-recognised, accredited further education;
- social inclusion and community participation activities to help you build friendships;
- sporting and recreational programs; and
- work readiness programs to prepare you for the workforce

Make friends
for life.

Experience Life

Whether you want to improve your health and fitness, join a local community group, learn a new craft or have a passion for fishing, SMP can assist you to [Experience Life](#).

All of our recreational programs are tailored to individual's goals, needs and interests. They can be delivered with a one-to-one support ratio or in small groups of likeminded individuals.

Some of our most popular recreational activities include

- Joining basketball, tennis, or soccer training with a qualified coach;
- Dancing and learning about music;
- Going fishing, horse riding, or to the speedway;
- Organising walks, workouts at the gym or wheelchair sports;
- Swimming in a local community recreation centre or enjoying a hydrotherapy session with a therapy provider;
- Joining a Zumba or aqua aerobics class;
- Excursions to museums, wildlife, and national parks;
- Attending community festivals and events;
- Scrapbooking, woodwork and creating mosaics;
- Having sensory experiences; and
- Going to the theatre, concerts and movies





For over **21 years** we have been assisting people living with disability reach their **goals** and build their **independence**.

Skills 4 Life

We have a unique and practical approach to help you develop your Skills4Life. From learning to tie shoelaces and handle money to communicating with others and getting ready to find work, our clients have a wide variety of goals and we are committed to working with each individual to help them get there.

We believe in your abilities. Our focus is on helping you choose and participate in activities that will help you not only enhance your existing skills but also develop them further and learn something new.

Some of our most popular skill building activities are:

- Independent living including;
 - Planning meals,
 - Grocery shopping and
 - Cooking;
- Money handling and budgeting
- Catching public transport;
- Volunteering at community kitchens, cafeterias, libraries, retail stores, or nursing homes;
- ASDAN education and private tuition;
- Learning to use mobile phones, computers, tablets and communication equipment; and
- Undertaking TAFE or University studies (our staff can scribe for you, tutor you and assist you to join in college social activities).

What's your
**employment
ambition?**

Transition Planning

It can be very daunting to leave the safety of a familiar school environment and embark on a journey towards employment. It can be difficult to decide how you would like to achieve your employment goals let alone what the goals should be. SMP can help you transition smoothly and develop a step-by-step plan on how you can work towards employment.

Our dedicated Transition Officer will work alongside you to develop an individualised transition plan which engages people with a disability to acquire, improve and/or maintain work ready skills and competencies that are directly linked to their individual goals and employment ambitions.

We can support you to transition smoothly by:

- Developing the skills and knowledge you already have (e.g. job training support)
- Upskilling in new areas (e.g. support and mentoring whilst you study at TAFE or uni)
- Supporting you in volunteer work and interview preparation
- Enhancing your employability skills
 - Communication
 - Teamwork
 - Problem Solving
 - Initiative and Enterprise
 - Planning and Organising
 - Self management
 - Learning
 - Technology





Great Escapes

Nothing is quite as good as taking a break and venturing out to explore something new. If you would like to go 'Down South', 'Over East' or on your very own dream holiday, SMP can provide you the support you need to make it happen.

Great Escapes play an essential role in giving you time to have fun or relax by taking a break from your usual living environments. Great Escapes give your family members and carers an opportunity to recharge and savour some personal time.

We plan Great Escapes across the year so that there is something for everyone. You will be fully supported by experienced and qualified support staff so that you can rest assured you are being well looked after.

So far our clients have enjoyed escaping to:

- Rottnest Island,
- Gold Coast,
- Sydney,
- Morton Island, and
- Margaret River.



Golden Years

We offer a range of age appropriate activities to help seniors with disability enjoy their [Golden Years](#). The recreational and skill building activities we offer through Golden Years are designed to provide seniors living with disability meaningful ways to maintain their skills and valued status in the community. We understand the unique challenges faced by ageing people with disability and as such offer an individually customised program.

Our staff are conversant with diversional therapy and competent to support those in the early stages of dementia.

Some of the most popular activities we offer seniors include:

- Volunteering;
- Age appropriate recreational activities and skill development;
- Reminiscent and diversional therapy;
- Respite via recreation for family and carers.

Find a Service Close to You

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