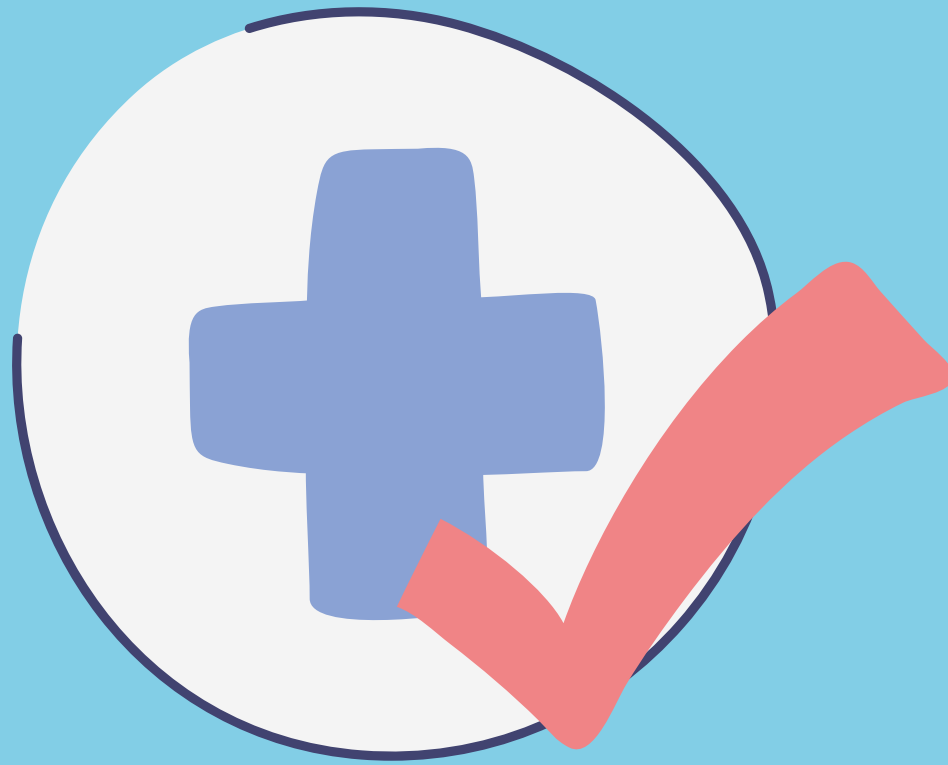


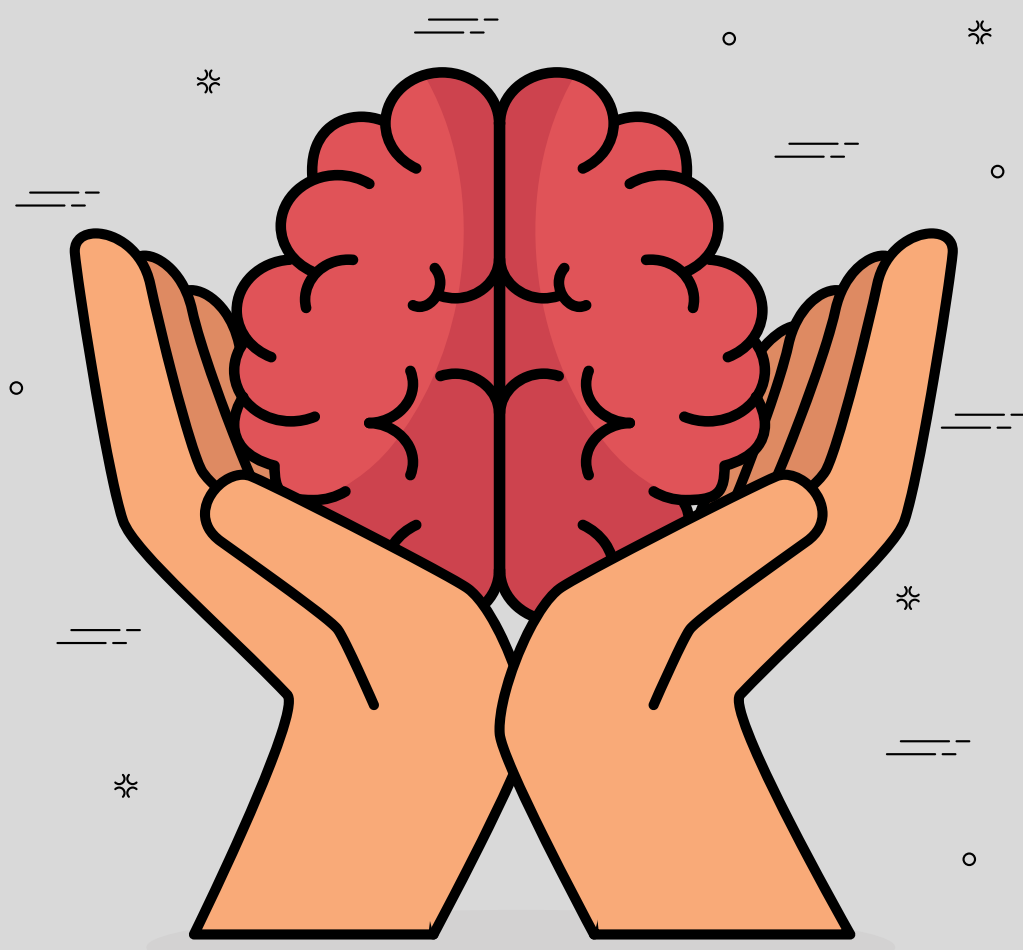


# STEP 2 LIFE SKILLS

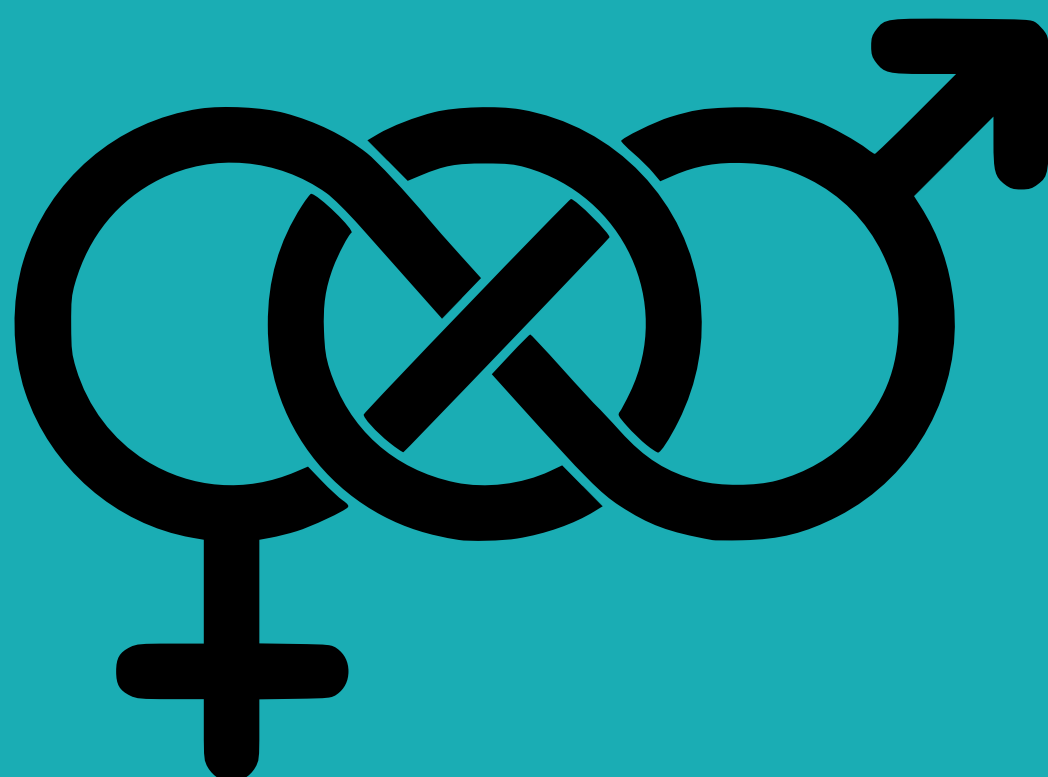
Independent Living Skills Program

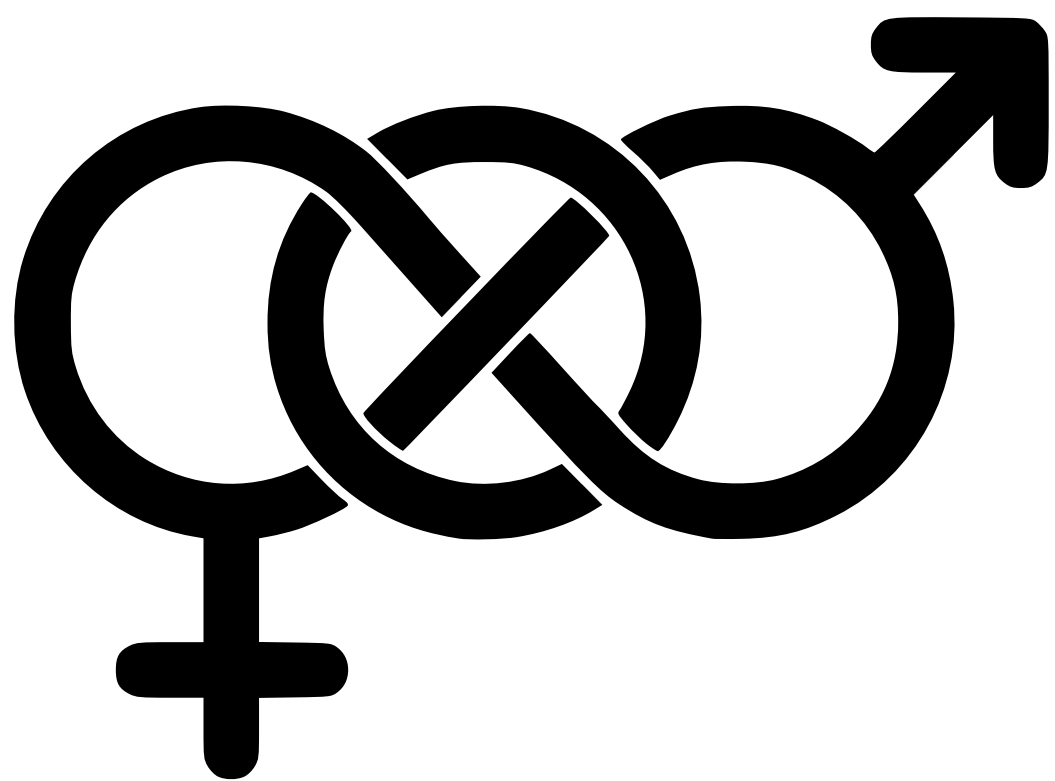


8 week  
program run  
by Allied  
Health  
Professionals



Please  
complete  
referral via  
[step2ot.com](http://step2ot.com)





# ABOUT THE PROGRAM

## WHAT TOPICS WILL IT COVER?

Step 2 Life Skills aims to cover a broad range of topics that will help young adults develop the skills they require to live as independently as possible.

Topics included in the 8 week program are:

- Meal preparation
- Safety in the kitchen
- Safety in the home
- Health and wellbeing
  - Sex education
  - Online safety
- Public transport training
- Shopping for essential items
  - Budgeting



## WHO IS THE PROGRAM FOR?

This program is for any individual who is ready to move into independent/supported independent living in the near future and who would like to develop their skills in a fun group setting.

All referrals will be considered based on their age, skill level, and goals to ensure the group allocation process is appropriate and best suited to each individual case.

Please consider when making a referral on behalf of a client, that their motivation towards attending a group program is present. This will ensure the individual receives the best skill development but also makes for a fun and enjoyable space for others.

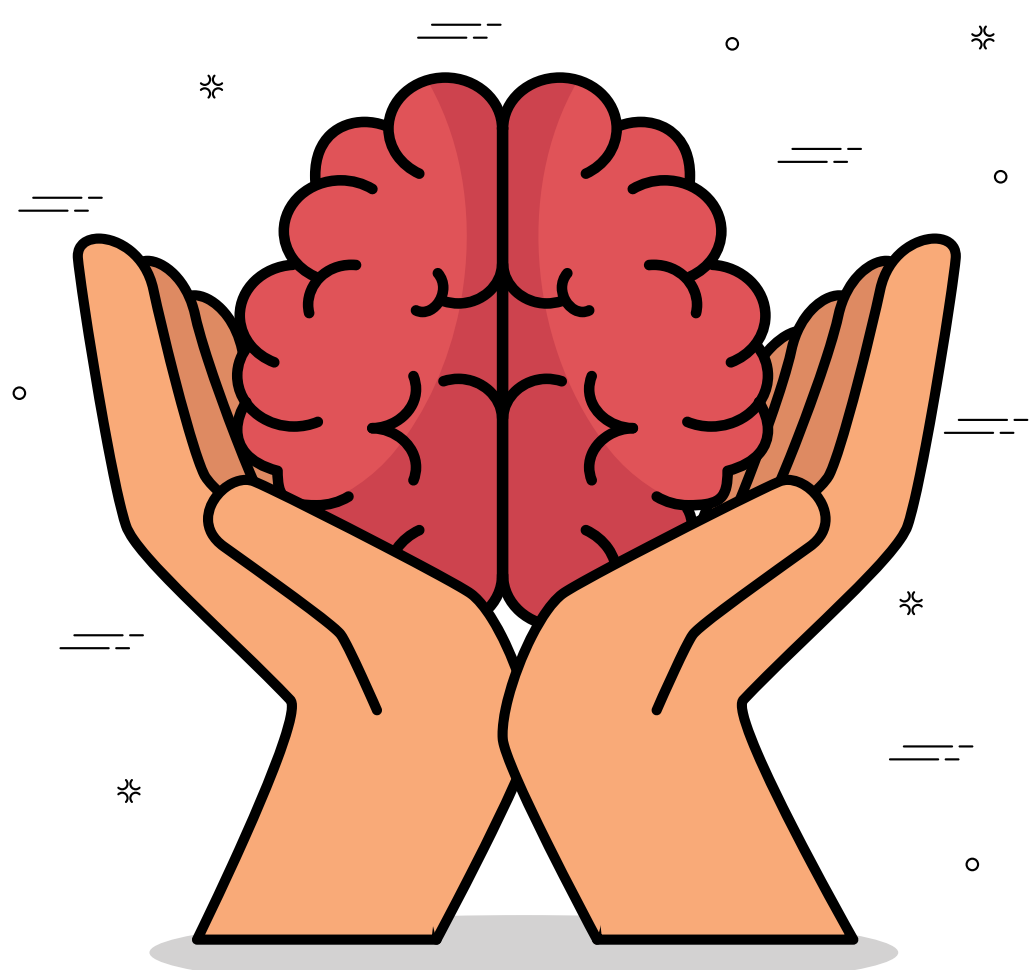
## COST AND DATES?

Step in 2 Life Skills will run each school term over an 8 week period. Each session will run for a 2 hour period.

Cost of the program is outlined below.

\$1293.26 from Improved Daily Living (15\_056\_0128\_1\_3)

\$100 from consumables for resource pack to be used in sessions and post session for ongoing skill development.



## REFERRAL

Please contact our admin on 0481 448 034 or email [groups@step2ot.com](mailto:groups@step2ot.com).