



**youth
options**

young lives transformed

NDIS PROGRAM SUMMARY



To lodge a NDIS expression of interest for your client go to <https://tinyurl.com/NDISYOEO!>



CONTENTS

- PG 2..... FITNESS FOR WORK AND RESILIENCE
- PG 3..... TRAVEL TRAINING
- PG 4..... INFORMATION TECHNOLOGY SKILLS
- PG 5..... WELDING
- PG 6..... BARISTA
- PG 7..... RESILIENCE
- PG 8..... COOKING
- PG 9..... GARDEN SQUAD
- PG 10.... DUNGEONS AND DRAGONS
- PG 11... EXPLORE YOUR CAREER PATHWAYS
- PG 12... WOODWORKING
- PG 13... DRIVE ME P'S
- PG 14... YEAR 12 SCHOOL LEAVER
- PG 15... QA FOR GAMING
- PG 16... CONTACTS

NDIS Program

Fitness for Work and Resilience



Find it hard to start exercising or to keep it up? Maybe you want to make more social connections with other like minded young people? Perhaps you want more fitness and strength to enjoy life and to feel more confident. Maybe you have realised to get and keep that physically active job you want, it is time to work on your strength and fitness.

Our individualised and integrated exercise and resilience program will empower you to succeed where many others fail. By unlocking the secrets of self-motivation and more, you'll learn how to not just start exercising but to keep exercising, and to enjoy it.

About the Program

Through our twice weekly individualised small group exercise and resilience program, you'll experience:

- An individualised strength and conditioning exercise program from a qualified personal trainer;
- Exclusive use of a commercial gym to train in as a team without the general public;
- Support from a qualified personal trainer to train in a friendly small group environment;
- Individualised behavioural coaching to understand how evidence-based resilience concepts of self-motivation, confidence, growth mindset, positive psychology, adaptability and more can make it easier to enjoy the training sessions and to keep exercising;
- Individualised resilience coaching to set your own safe exercise challenges outside of the program.

For more information about our resilience program please see here:

Funded By:

- CB Increased Social and Community Participation;
- CB Finding and Keeping A Job;
- School Leaver Employment Support (SLES);
- Core assistance with social, economic, and community participation.

Follow our client success stories on our social media and website.

To join fill out our expression of interest form here: <https://youthoptions.org.au/fitness-for-work-and-resilience-program/>

NDIS Program Travel Training



Our individualised capacity building travel training program is designed to empower NDIS participants to be more independent, confident, and safe when traveling on their own. By building their skills to use public transport, they can save their NDIS funding for other capacity-building services to further enhance their independence.

About the Program

Twice a week, participants are empowered to building their skills and confidence. They will receive individualised support to travel as a team from the city of Adelaide to destination hubs in the north, south, east, and west of metropolitan Adelaide. Over 13 weeks, group members are supported to build their skills to work together to plan fun and interesting locations across Adelaide to visit to build their travel training skills. During each session the group reflects on their learning in a cafe setting, the cost of which is covered by the program. In a supportive and social small-group environment, participants will:

- Plan Trips Independently: Learn how to organise a trip to any part of metropolitan Adelaide using buses, trains, and trams;
- Prepare for Travel: Understand when to pack which essential items for different weather conditions and travel lengths such as food, drinks, clothing, house keys, chargers, etc;
- Ensure Safety: Develop strategies to stay safe, including what to do in emergencies;
- Manage Metro Cards: Learn to purchase, use, and recharge Adelaide Metro cards;
- Navigate Destinations: Gain skills and confidence to walk around unfamiliar places without getting lost;
- Create Personal Maps: Build a personalised map of locations they have visited for future reference.

NDIS Plan Savings

Our program empowers participants to not only travel independently but can also achieve significant savings to NDIS plans. By reducing the need for paid transport services, participants can redirect their NDIS funds towards other capacity-building supports to achieve further independence.

Collectively, our 8 graduates to date have currently saved more than \$120,000 a year.*

This is equivalent to 1750 hours of extra capacity building services per year.**

*Approximately based on individualised allocated NDIS funding. **Based on current 1:1 capacity building NDIS rates.

Follow our client success stories on our social media and website.

To join fill out our expression of interest form here: <https://youthoptions.org.au/travel-training/>

NDIS Program Information Technology Skills



Explore your interest in information technology through an individualised learning program from your mentor. Design a program around your interests in the following:

- Learn how to design and make a project on our filament 3D printers including using design software, selecting suitable;
- filament types, and printer settings;
- Learn how to use our design software and heat press to print your own t-shirt,
- How to code in python;
- Photo editing;
- How to build and maintain a computer as a possible retail employment pathway in information technology.

Build up your employability skills through working with others including project management through fun and interesting individual and group based projects.

Funded by

- CB Increased Social and Community Participation;
- CB Finding and Keeping A Job;
- School Leaver Employment Support (SLES);
- Improved Daily Living 15_037_0117_1_3;
- Core assistance with social, economic, and community participation.

Follow our client success stories on our social media and website.

To join fill out our expression of interest form here: <https://youthoptions.org.au/information-technology-skills/>

NDIS Program Welding Training



Explore your interest in MIG welding, (with exposure to TIG, ARC) from through an individualised capacity building program.

Build your technical welding skills in metal preparation; measurement, tack, fillet, and butt joints; cutting and grinding, and work health and safety. Once your skills are at a minimum level develop a individual small project to demonstrate your capability. Develop your confidence and employability skills in a small group setting as a pathway to employment preparedness.

Funded by

- CB Increased Social and Community Participation;
- CB Finding and Keeping A Job;
- School Leaver Employment Support (SLES);
- Improved Daily Living 15_037_0117_1_3;
- Core assistance with social, economic, and community participation.

Follow our client success stories on our social media and website.

To join fill out our expression of interest form here: <https://youthoptions.org.au/welding/>

NDIS Program

Barista - Coffee Skills Training



The barista program offers mentee's a hands-on experience of working on commercial coffee machines from a professional barista. Each mentee receives individualised support to learn the following within a support very small social group environment.

Mentees will be empowered to build their technical skills and employability skills in:

- Food health and safety specific to barista work;
- Espresso theory;
- Milk texturing and pouring;
- Making coffees including building speed and accuracy;
- Coffee machine maintenance;
- Team work and customer service within a simulated work environment.

After learning the essential skills for coffee making, mentee's will be empowered to develop their employability skills as a pathway to employment within a simulated work environment that represents barista industry expectations.

Funded by:

- CB Increased Social and Community Participation;
- CB Finding and Keeping A Job;
- School Leaver Employment Support (SLES);
- Improved Daily Living 15_037_0117_1_3;
- Core assistance with social, economic, and community participation.

Follow our client success stories on our social media and website.

To join fill out our expression of interest form here: <https://youthoptions.org.au/barista/>

NDIS Program Resilience

The resilience program aims to build the capacity of mentees to make more productive decisions, more frequently, that empower them to progress more consistently and quickly on their pathway towards achieving their NDIS goals.

This is within the context that fundamentally, stretch goals are generally not achieved because not enough time is spent consistently working towards them. This is typically because of reactions to external situations in terms of thoughts and feelings that result in a decision to cease working towards them. While these thoughts and feelings are valid and are understandable, this can result in achievable goals not being reached.

Resilience in this context, involves their empowerment to build their skills to more consistently stay on the pathway to their goals. This includes reflecting on events that have deflected them from their pathway and anticipating possible future events that may distract them from their pathway and the capacity to make difference choices to continue on their pathway despite these. Participants learn and apply the resilience concepts through an individualised and very small group setting in a dynamic and non-clinical setting that is directly relevant to building their capacity to achieve their NDIS goals as they relate to increased community and social participation and employment.

The concepts are underpinned by core concepts and evidence bases in: neurochemistry as it relates to neuroplasticity for learning and motivation, positive psychology, cognitive behavioural therapy, acceptance commitment therapy, and behavioural change, within a framework of reward based learning.

The resilience program empowers participants to become more:

- Aware of what choices are within their influence that will enable them to progress towards their goals;
- Aware of daily habits that are helping and those that are making it harder for them to achieve their goals;
- Accepting of the behavioural change process to actively what they have learnt to progress on their pathway to achieve their goals;
- Self-motivated;
- Positive in their outlook of their goals and the pathway to achieve them;
- Able to manage the fear response in the context of triggers and setting events;
- Able to set relevant and tangible goals including reflecting on outcomes of their choices to work towards them;
- Confident to use supports and networks in their home, community, and future work environments to help them achieve their goals.

Funded by

- CB Increased Social and Community Participation;
- CB Finding and Keeping A Job;
- School Leaver Employment Support (SLES);
- Improved Daily Living 15_037_0117_1_3;
- Core assistance with social, economic, and community participation.

Follow our client success stories on our social media and website.

To join fill out our expression of interest form here: <https://youthoptions.org.au/resilience/>

NDIS Program Cooking Skills



Explore your interest in cooking and eating great tasting food through our individualised cooking skills program. If you are wanting to learn how to cook better for you and your family at home, or interested to explore an employment pathway into hospitality in a simulated work setting, then this program is for you.

Learn from a cooking mentor experienced in hospitality who will create an individualised and fun cooking program with you based on the foods you like to eat and to explore new recipes and ingredients.

You'll learn in a fun and small social group learning environment, how to:

- Plan a weekly food menu;
- Budget;
- Set up a food storage system;
- Be safe when cooking and storing food;
- Bake, grill, fry, steam, and blanch foods and many more cooking techniques;
- Read a nutrition information panel;
- Use the Australian Guide to Healthy Eating;
- Access emergency food relief if needed.

If you are interested in exploring your interest in food as a possible pathway into employment in hospitality, you'll also learn about cooking workplace workflows, employer expectations and more.

Funded by:

- CB Increased Social and Community Participation;
- CB Finding and Keeping A Job;
- School Leaver Employment Support (SLES);
- Improved Daily Living 15_037_0117_1_3;
- Core assistance with social, economic, and community participation.

Follow our client success stories on our social media and website.

To join fill out our expression of interest form here: <https://youthoptions.org.au/cooking-skills/>

NDIS Program Garden Squad



Explore your interest in gardening, garden design and landscaping through our industry-based garden squad. Through our partnership with the City of Adelaide Horticulture team, you will learn how to design, install and maintain garden verges across the Adelaide CBD. With our connections to local community gardens you'll further build your gardening skills and experience.

If you want to explore your interest in gardening, build your practical skills towards a career in horticulture in a simulated work setting with authentic industry connections, or grow your confidence in a nurturing outdoor team environment, then this program is for you!

In a small based learning environment, you'll learn how to:

- WHS including safe operating procedures for gardening equipment;
- Plan and design a garden;
- Plant selection;
- Irrigation, soil preparation, and planting;
- Garden maintenance including pruning, weeding and spraying

Follow our client success stories on our social media and website.

To join fill out our expression of interest form here: <https://youthoptions.org.au/garden-squad/>

NDIS Program

Dungeons and Dragons



Using the popular Dungeons & Dragons (DnD) system, players will engage with other enthusiasts in a small group setting to build their resilience and their interpersonal, adaptability, problem solving and other employability skills in a uniquely fun and collaborative way. Set in a rich, interactive fantasy world, players will embark on epic quests where their choices and collaboration directly impact the outcome of the story. These campaigns are not traditional pre-made campaigns but are individually created and delivered with the aim of building up the specific skills of each player in the group, in preparation for the world of work.

Players will be empowered to develop the following skills:

- Active listening
- Communication
- Conflict resolution
- Teamwork
- Adaptability to change
- Acceptance
- Goal setting and planning
- Foundational Literacy and Numeracy

Funded by:

- CB Increased Social and Community Participation;
- CB Finding and Keeping A Job;
- School Leaver Employment Support (SLES);
- Core assistance with social, economic, and community participation.

Follow our client success stories on our social media and website.

To join fill out our expression of interest form here: <https://youthoptions.org.au/dungeons-and-dragons/>

NDIS Program

Explore Your Career

Future Me



Take Charge



Make it happen



Game Plan



Explore Your Career Pathway

Work, careers, money. It can be difficult to know where to start. Understanding your strengths and what's out there can assist you get the life you want. Pathfinder is a career exploration program that uses virtual and real world activities to help you plan to get ahead. In the Pathfinder Program you will gain confidence and get started on the life you want.

Take part in virtual and real-world activities to increase your motivation and develop employability skills to build confidence and ability to enter the workforce. It's not just about any job – being able to choose jobs that are a good fit for you, will help get and keep the right one.

Pathfinder is focused on the first step in the Choose-Get-Keep model – identifying an occupational goal which is achievable, realistic in the current labour market and match to values, interests and aptitudes. Pathfinder is aligned to the Australian Blueprint for Career Development and uses Gamification principles to engage users.

Follow our client success stories on our social media and website.

To join fill out our expression of interest form here: <https://youthoptions.org.au/explore-your-career-pathway-2/>

NDIS Program Woodworking



A learning program – allowing participants to engage in creative woodwork projects to:

Increase their awareness and understanding of WHS and Workshop safety signs and instructions.

Learn how to safely and effectively use hand and power tools such as: saws, drills, sanders, grinders, hammers, screw drivers, planers, and more!

Learn to read and follow project plans, diagrams and instructions.

Our mentors are trained and experienced in strengthening participant confidence and self-esteem, independent living skills, communications skills and social skills.

Delivery Location and Methodology

Sturt Street Youth Hub, 40 Sturt Street, Adelaide.

This program will be delivered in our workshop.

Support Category/Registration Group

Core – 0125 – participation in community, social and civic activities

Capacity Building – 0116 – innovative community participation

Capacity Building – 0117 – Development of Daily living and life skills

School Leaver Employment Support (SLES)

Follow our client success stories on our social media and website.

To join fill out our expression of interest form here: <https://youthoptions.org.au/woodworking-program/>

NDIS Program Drive Me P's



We have currently directly empowered 13 eight young people to achieve their provisional P1 driver's licence. We are incredibly proud of each and every one for the example they have set in their courage and commitment to achieve an incredible milestone on their pathway to live a life of purpose.

Drive Me (P's Program)

Drive Me is a Driving Experience Mentoring Program to help you get the required 75 hours for your P's. The goal of this program is to overcome your challenges for getting your P's, increase opportunities to learn about employment or traineeships, and acquire necessary skills and develop good driving behaviour.

To start the Drive Me Program a minimum of 4 lessons must be completed with a professional driving instructor.

We will provide you with a Trained Driving Mentor (Responsible Supervising Driver) and the use of our modified car

- You will participate in a four-hour road safety program, before driving practice commences
- To attain the required 75 hours, you will attend 1.5 hours twice per week for one2one mentored driving practice. The time and day is negotiated with you and our NDIS Mentor

Please Note:

- The hours required to achieve the P's depends on the participant progress and capabilities. (everyone is different)
- The program includes an estimated 60 kilometres per session of activity based transport. Please note only actual distance driven will be invoiced.
- Final driving test (VORT) must be successfully completed with a professional driving instructor; this cost is not included in Drive Me Program.

This program can be funded under Core Supports or Capacity Building Supports depending on your available NDIS funding.

NB: If using capacity building funding to access the program, the cost of the VORT will need to be self-funded.

Follow our client success stories on our social media and website.

To join fill out our expression of interest form here: <https://youthoptions.org.au/drive-me/>

NDIS Program

Year 12 School Leaver

School Leaver Employment Supports is an early intervention approach for Year 12 school leavers on NDIS to support their transition from school to employment.

These supports are designed to build an NDIS participant's capacity to meet the access criteria and transition to a Disability Employment Services Provider (DES).

Through our Tomorrow Me SLES Program, we help young people to prepare, look for and gain employment. We provide meaningful, personalised, individualised capacity building activities so young people can achieve their employment goals.

Tomorrow Me starts with you choosing the help you need from our menu of supports:

- Pathfinder – career exploration that makes finding your future FUN!
- Mentoring to help you find and keep a job
- Get Moving – start with your L's, achieve your P's
- Drive Me – Driving Experience Hours Mentoring, Safe Driver Workshop
- Skills Development & Work Experience

Typically, Tomorrow Me is delivered over 48 weeks in a 1 year period or 96 weeks in a 2 year period

Delivery Location and Methodology

Delivery may include a combination of:

- Face2Face, Group Environment, Social Group and/or One2One
- Face2Face, Individualised & Personalised Service
- and/or Via Zoom/TEAMS Online

at Sturt Street Youth Hub, 40 Sturt Street, Adelaide, Murray Bridge and/or other locations.

Support Category/Registration Group

Capacity Building – 0102 – School Leaver Employment Supports (SLES)

The cost of the Tomorrow Me Tailored Package is \$474.78 per week.

1 year service (48 weeks) – \$22,789

2 year service (96 weeks) – \$45,578

Follow our client success stories on our social media and website.

To join fill out our expression of interest form here: <https://youthoptions.org.au/year-12-school-leaver/>

NDIS Program QA for Gaming



Raising the Game is a program that offers a Quality Assurance (QA) service for game studios, while also providing training, jobs, and work experience opportunities for young people.

QA is a vital part of the game development process, as it ensures that the games are free of errors, bugs, and glitches, and that they meet the expectations of the players and the clients.

The program also aims to further develop a social enterprise that will employ neuro-diverse young people as QA testers and trainers, and deliver QA services for external game studios. This will create a sustainable and inclusive model that will benefit both the game studios and the young people, as well as the wider gaming community.

Raising the Game is a comprehensive program that will enhance technical, employability, and social skills, and offer invaluable support for skill development. Each of the six micro-credentials has been registered with the SA Skills Commission which provides businesses and individuals with confidence that the course can deliver the contemporary skills required by industry.

South Australian Skills Commission Endorsement is determined based on the course's alignment with the following five principles:

1. An industry-recognised skills gap that cannot be met through current nationally accredited training systems.
2. Certification of a person's learning outcomes, including skills and competencies that reflect elements of licensing and other regulatory requirements (local, national and international) or contemporary industry practices.
3. Assessment of learning outcomes include core transferable skills and core job-specific skills required for job roles as identified by industry.
4. Supports people to adapt to changing job roles and workplaces, and/or to transition to a new industry.
5. Supports pathways between the school, vocational education and higher education sectors, and can provide a pathway to accredited courses.

The QA for Gaming program is supported by the JFM Fund, and is led by Youth Options, a charity that works with young people and collaborates with partners from the gaming industry, education sector, and government agencies.

The development of the program has also in the past received financial support from the Government of South Australia and the Rotary Club of Adelaide.

Follow our client success stories on our social media and website.

To join fill out our expression of interest form here: <https://youthoptions.org.au/raising-the-game-quality-assurance-for-gaming/>



NDIS Staff Contacts

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Follow our client success stories on our social media and website.

To join fill out our expression of interest form here:
<https://tinyurl.com/NDISYOEOI>



<https://youthoptions.org.au/>



<https://www.facebook.com/YouthOptionsOrg>



<http://linkedin.com/company/youth-options-org>



https://www.instagram.com/youth_options_au/

