

## Living, Learning and Social Skills

### Live your best life.

At Onemda, as a leading NDIS registered provider, we develop and deliver innovative and evidence-informed group programs and therapeutic services that enable learning, wellbeing and individual support needs for adults with intellectual disability to be met.

We focus on learning and take the time to understand the individual needs, interests, and goals of each participant. We work closely with our participants and their families to plan and progress towards the attainment of those goals. Our learning approach ensures we provide meaningful programs and experiences that offer the best opportunity for every participant to live a fulfilled life.

**Locations:**

Doncaster East, Glenroy, The Basin and Westmeadows.

(03) 9842 1955

[onemda.com.au](http://onemda.com.au)



# Live Your Best Life by Learning, Achieving and Growing

Our Living, Learning, and Social Skills programs are designed to enhance your life skills, build confidence, and provide meaningful social connections.

We provide tailored opportunities that support you in developing and retaining essential skills to navigate daily life, maximising opportunities, and engage in social settings with ease.

## Programs include:

### Life Skills



- Learn practical skills such as cooking, personal hygiene, home maintenance, and travel training to promote independence.
- Build essential skills to manage your own money, either at home or out in the community.

### Sports



- Engage in a range of sports and exercise programs including soccer, basketball, swimming and football.
- Develop motor skills, coordination, and self-confidence through engaging and inclusive physical activities tailored to all abilities.
- Enjoy the camaraderie of playing with peers, improving communication skills, and building lasting friendships through shared goals and team spirit.

### Community Engagement



- Enjoy opportunities to connect with local businesses, events, and initiatives, gaining a sense of belonging and independence.
- Improve your ability to interact and connect with others through social skill development.
- These programs enhance social, communication, and problem-solving skills through real-world experiences and interactions.

## Contact Us Today

Our programs are designed to provide support, so you live as independently as possible. We understand that every individual has unique needs and aspirations, and our tailored programs are here to help you achieve your personal goals. For more information on how we can best assist you or your family member, contact us today.

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