

accessrec.org.au

providing support for people with disability in the Rockhampton area

*Information and pricing correct as at 1/7/2019. Prices are subject to change upon release of NDIS Price Guide on 1/7/2020.



FULL SESSION

\$153.48 per session from your NDIS plan, \$5 daily activity fee

9:00 am-3:00 pm
Wednesday & Thursday

14 B Cambridge Street
Rockhampton

EXPRESS

\$76.74 per session from your NDIS plan, \$5 daily activity fee

9:00 am-12:00 pm Monday

14 B Cambridge Street
Rockhampton

enquiries@accessrec.org.au

My House RULZ

Access Recreation's life skills program – My House Rulz, provides the opportunity for participants to learn and develop everyday life skills to increase independence and control. Focusing on practical skills that participants can use immediately and in the future, My House Rulz is a hands on program aimed at building each individual's capacity to manage day-to-day life.

LIFE SKILLS COVERED INCLUDE

- Nutrition: such as shopping and planning for and preparing a healthy meal;
- Maintaining cleanliness in your home: such as housework, laundering of clothes and addressing maintenance issues or repairs;
- Interpersonal communication and communicating with service providers and businesses in the community;

- Safety in the home, food safety and personal safety;
- Literacy and numeracy such as managing your finances and creating a budget, introduction to technology and completing forms.

This program is offered as a 3 hour "express" program or a 6 hour program.




Access
RECREATION INC.

access the life **you want**

100 Jardine Street, Rockhampton
07 4922 7151

Many more programs and services available at accessrec.org.au