

Disability - day services

Day services (formerly known as 'day programs') provide support across a range of lifestyle areas including daily living, pre-vocational skills, recreation, arts and participation in a range of other community activities.

Day services assist adult people with a disability to participate in activities that promote social inclusion and build skills according to a person's interest and choice.

Eligibility for day services

You can access day services if you:

- Are over 16 years of age
- Have an intellectual, physical or sensory disability, or an acquired brain injury
- Are better suited and choose to access day services, rather than aged care (if you are over 65 years of age)
- Have been assessed through your regional Department of Human Services (DHS) office as a priority to receive disability supports.

Location of day services

Personalised and group activities offered through day services are provided in a range of settings, including:

- Neighbourhood houses, community hubs and community centres
- Local sporting, recreation or interest group clubs
- Day services centres.

Benefits of day services

In addition to providing opportunities for social inclusion and developing skills, day services offer:

- Support to develop and implement a self-directed plan
- Opportunities to extend social networks and interests
- Opportunities to try new activities
- Support for families and carers.

Pursuing an employment goal

Participating in day services can help people access, and prepare for, an employment service. People may choose to focus on:

- Developing literacy and numeracy skills
- Developing or improving communication skills
- Pre-vocational training
- Travel training
- Support and referral to an employment service.

Where to get help

- Department of Human Services Tel. 1300 650 172 – to get your regional office telephone number

Things to remember

- Day services provide support across a range of lifestyle areas.
- Day services assist people with a disability to participate in their local community and undertake activities that reflect their choice and interest.
- Day services can assist people to develop and self-direct their support plans.
- Adults with a disability must be assessed by their DHS regional office to receive an individual support package of services.

This page has been produced in consultation with, and approved by:

DHS - Disability Services Division

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