

# Participation in Community

ConnectAbility can help you be an active participant in your community. This could be going to a sporting event, visiting a shopping centre, going to the gym. ConnectAbility can assist you with your participation in community, social and recreational events. It's your choice!

## Making the connection

Our services target a range of social activities, to provide you with experiences that are not only in line with your interests and needs, but also facilitate your contribution to your immediate and broader communities, in line with the principles of the NDIS.

### *Recreational:*

The benefits of sport and recreation are countless. We work with you and your family or carers to identify specific sporting or recreational activities of interest to you, as well as ways to access these interests to improve your fitness, health and general well-being.

We can assist families to break down the barriers to team and local sports, as well as working within the sporting streams for people with disabilities, for e.g. life-ball, swimming, football, ten-pin bowling and wheelchair rugby league.

### *Community:*

We will work with you to access events occurring in your local area, such as local football matches, movies at your local cinema and community festivals or fairs.

We can assist with the practical and logistical arrangements to ensure your needs are met, including personal care and meal-time support, as well as behaviour management, to ensure your experiences are enjoyable and meaningful.

### *Civic:*

We can work with you and your families or carers to identify and access volunteering or community service programs in your local area. Examples include your local men's shed, Meals on Wheels, delivering pamphlets. We can also assist you to develop the skills and abilities needed to enable participation in volunteering and community service.

### *Holidays:*

ConnectAbility can assist you with supports on your next planned holiday, so you can experience the holiday of your dreams. This may be on your own or with a group of people with a shared interest in having a holiday.

## Our Resources

ConnectAbility has a purpose built centre that caters for people with a broad range of goals and interests to increase your skills in your participation in community, social and civic activities. The service does offer a limited variety of in-house programs. Details can be provided on request.

ConnectAbility has a fleet of accessible vehicles, to support participation in your chosen activity. We can provide travel training, to help develop your independence, if premises are in a central location close to public transport, businesses and services.

**For more information you can visit the NDIS website [ndis.gov.au](https://www.ndis.gov.au) or contact ConnectAbility to find out how we can help you!**