



FREQUENTLY ASKED QUESTIONS

Q. How is the programme accessed?

A. Access is typically through a referral from an appropriate funding provider such as ACC or the Ministry of Health. If you are not eligible for funding, please contact Independent Living Ltd directly to discuss available options, including privately funded alternatives.

Q. Who runs the programme?

A. The programme is led by a New Zealand Registered Social Worker, supported by experienced rehabilitation staff.

Q. Who can attend?

A. The programme is suitable for adults aged 18+ with disabilities who want to build independence and participate more fully in their community.

Q. How do I know if the Day Programme is right for me?

A. Before starting, the Social Worker will contact you to arrange an introductory meeting. During this conversation, they will:

- Tell you about which activities are available on which days
- Learn about your strengths, interests and goals
- Help you choose programme days that best suits your needs

Q. Can the programme support a transition into work or other community-based programmes?

A. Yes, the programme provides a supportive environment where participants can build skills and confidence before transitioning into employment, volunteering, or other community-based programmes.

DAY REHABILITATION GROUP PROGRAMME




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The Day Rehabilitation Group programme is run by a NZ Registered Social Worker supported by Rehabilitation Coaches and Rehabilitation Assistants.

This programme is designed for adults with disabilities who would like to participate in meaningful activities, build independence, and strengthen their connection with the community and be around others with similar disabilities in a safe environment.

Morning tea and a hot lunch provided.

 Location: 30 Phillip Street, Johnsonville
 Hours: Weekdays, 9.00am – 2.00pm

WHAT THE PROGRAMME OFFERS

Participants are supported to develop skills, confidence and independence through:

- Social connection and community participation
- Meaningful and purposeful activities
- Development of life skills such as decision-making, problem-solving, communication and interpersonal skills
- Increased independence with everyday tasks including budgeting, cooking, and personal care
- Activities that gently challenge physical, cognitive, psychological and functional abilities.
- Skill-building that may support pathways into volunteering or paid employment.
- One-to-one support with appointments and assistance with paperwork and form-filling.

PROGRAMME ACTIVITIES

Participants can take part in a wide range of activities based on their interests and goals. These may include:

Community & Social Activities:

- Outings to movies, museums, art galleries, and nature reserves
- On site BBQs and celebrations

Recreation & Wellbeing:

- Bowling, mini golf
- Gardening

Practical Life Skills:

- Cooking and baking
- Budgeting
- Computer skills
- Home maintenance

Creative & Hands-On Projects:

- Building projects and furniture restoration
- Jewellery making
- Bone, wood, and stone carving
- Painting and mosaics

Cognitive & Therapeutic Activities:

- Quizzes, puzzles, and board games
- Music therapy
- Massage therapy

FACEBOOK LINK:

<https://www.facebook.com/profile.php?id=61587518577200>

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