



FREQUENTLY ASKED QUESTIONS

Q. How is the programme accessed?

A. Via referral from the appropriate funding source, i.e. ACC or Ministry of Health. For individuals who are not eligible to receive funding assistance from either ACC or Ministry of Health, please contact Independent Living Ltd direct.

Q. Who runs the programme?

A. An NZ Registered Occupational Therapist, with the support of Rehabilitation staff.

Q. Who attends the programme?

A. People with Disabilities, aged between 18 and 65 years old attend the programme.

Q. Introduction process – How do I know which group suits my needs?

A. The Occupational Therapist will contact you prior to attending the programme. During this meeting they will discuss with you what each group has to offer and they will assist you in identifying your own personal goals that you would like to work on. This will help you then in deciding which group will best suit your needs.

Q. Can the programme be used as a transition into the workplace or other community based programmes?

A. Most definitely, the programme provides an excellent opportunity to build up individuals skills in a supported environment prior to transitioning into the workplace or other community based programmes.



TOP FORM REHABILITATION GROUP PROGRAMME



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GROUP PROGRAMME

The Top Form Rehabilitation programme is run by a NZ Registered Occupational Therapist with the support of a Rehabilitation Coach and Rehabilitation Assistants.

The Top Form Rehabilitation Group Programme has been designed for People with Disabilities who would like to participate in social and/or meaningful and purposeful activities within the community.

The Group Programme is held on weekdays, and operates from our base at 30 Phillip Street, Johnsonville. Hours of operation: 9.00am to 2.00pm.

The programmes provide individuals with:

- The opportunity for socialising with others in the community
- The opportunity to participate in activities that are meaningful to the individual
- The opportunity to develop life skills such as: decision making; problem solving; creative and lateral thinking; critical thinking/perspicacity; effective communication; interpersonal relationships; self-awareness/mindfulness and assertiveness.
- The opportunity to increase their independence with Activities of Daily Living such as budgeting, cooking, hygiene, etc.
- The opportunity to participate in a wide range of activities which will challenge their physical, functional, psychological and cognitive deficits.
- The opportunity to develop skills which may lead to voluntary and paid employment

PROGRAMME CONTENT

Individuals are provided with the opportunity to participate in a wide range of activities such as but not limited to:

- Community outings, i.e. movies, museums, art galleries, nature reserves, etc
- Social activities, i.e. visits to cafes and restaurants, BBQs, birthday celebrations, etc
- Gardening
- Sports & recreation, i.e. outward bound/10 pin bowling/mini putt/rock climbing/go karting etc
- Cooking/baking
- Computer skills
- Budgeting skills
- Home maintenance skills
- Building projects
- Furniture restoration
- Jewellery making
- Bone carving
- Wood carving/carpentry
- Stone carving
- Mosaics
- Painting using variety of medium
- Cognitive activities, i.e. quizzes, puzzles, board games, etc
- Massage therapy
- Music therapy
- Individualised gym programmes

