

# Lifestyle & Community Participation

After reviewing our Lifestyle and Community Participation (LCP) programs and based on the valuable feedback from new and existing clients, we launched three new streams: ExploreAbility, SociAbility and LiveAbility. Each of the below programs will define the activities we offer in our online activity calendar and will support clients in choosing activities based on their goals and interests.

## Wholly Hospitality

Feel connected to others through a shared enjoyment of socialising and food.

Develop your independent cooking skills, and increase your motor, literacy, and math skills while engaging with other participants in an enjoyable social setting. Programs include fun and interactive ways to plan and prepare meals before enjoying a selection of your favourite cuisines in a social environment with friends or family.



## Connecting Creatively

Catering for all interests, our Connecting Creatively program is a safe way to explore your creative skills and enables you to express your imagination through art and crafts.

Not only will Connecting Creatively programs assist you in your development of motor skills, confidence building, self-esteem, and social connection, but they will also help you develop and enhance your ability to self-regulate through arts and crafts.



## Leisure and Venture

Leisure and Venture is a program designed for those who love to be active and want to see and experience everything South Australia has to offer.

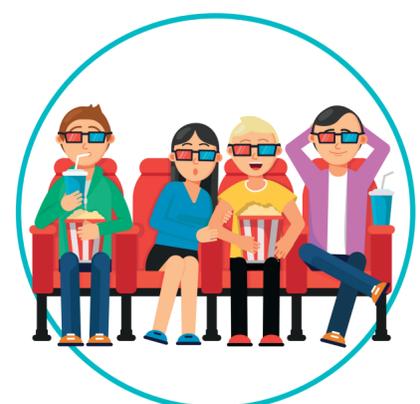
Catering for all interests and skills, this program provides you with the support to enhance your social engagement opportunities and provides motivation for you to try new things through community participation, sport, recreation, and adventure. Activities are designed to increase independence and overcome barriers to allow you to pursue your goals and aspirations.



## Be Entertained

Be Entertained is a program specifically designed to amplify the enjoyment individuals and groups experience through entertainment.

By participating in this program, you will be able to release stress, explore new experiences, improve your senses and attention, stimulate imagination, and reduce feelings of isolation by connecting with others.





## Our Natural World

Our Natural World is a program worth exploring if you want to improve your motor skills, build strength, enjoy physical activity, and experience companionship in the great outdoors.

Delight your senses as you explore green and edible spaces, and contribute to community identity through recreational activities in a program designed to provide a sense of purpose, boost your mood, and enhance cognitive functioning and wellbeing.

## Living Well

Living Well is about relaxation, creating calmness and mental clarity, increasing body awareness, relieving stress patterns and building the capacity to improve concentration.

Through self-care and living well, this program is designed to improve your quality of life, boost your mood, reduce body and mind tension, and increase your energy levels through social and emotional connections. Living Well also focuses on strength, balance, and flexibility improvement to support you with sleep, health, and wellbeing.



## Tech Savvy

Increase confidence, learn positive risk-taking skills and even get physical in our Tech Savvy program designed to foster social and emotional learning through an interest in all things technology.

Our program aims to increase your brain and social stimulation in a interactive environment while enhancing your problem-solving skills, emotional regulation techniques, cooperation and teamwork skills, manual dexterity, coordination, planning and decision-making.



## ENQUIRE TODAY

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