

# ExploreAbility

## 1:1 Group Activities



Are you looking for activities that provide you or someone you care for with opportunities to practice skills in a group setting?

Then it's time to explore!



Our ExploreAbility stream harnesses the explorer within with leisure, adventure and recreational opportunities for high-support people aged 18 and over.

With a variety of community and centre-based activities during the week, on weekends and Friday nights, it is a great chance to learn and develop skills and friendships while having lots of fun.

**For Upcoming Activities**



## Here's what you need to know

Age requirements	<ul style="list-style-type: none"><li>• For 18 years of age or older</li></ul>
Ratio of Support	<ul style="list-style-type: none"><li>• High-support at a 1:1 or 2:1 ratio of support</li></ul>
Days of service	<ul style="list-style-type: none"><li>• Weekdays and Weekends</li><li>• Friday nights</li></ul>
Hours of service	<ul style="list-style-type: none"><li>• 10:00 am - 4:00 pm</li><li>• Friday nights - 5:30 pm - 8:30 pm</li></ul>
NDIS Funding requirements	<ul style="list-style-type: none"><li>• Core - Assistance with daily life</li></ul>