



Life Skills

Supporting you to develop everyday life skills that increase independence and control

Yooralla supports you to build everyday life skills.

By focusing on your own specific goals, we can support you to master the skills you need to achieve greater independence, confidence and control.

Our training focuses on practical skills that you can use immediately and in the future, from handling money to travel training, meal preparation, personal presentation, independent living skills or literacy and numeracy.

Building everyday skills not only allows you to be more independent, it also builds a greater sense of self-esteem.

How we can help

Depending on your goals and needs, we can develop a program to support you with:

Independent living skills

- Household management
- Developing and following a budget
- Literacy and numeracy
- Money skills
- Learning about renting
- Household care
- Laundry and clothes care

Health and wellbeing

- Preparing a healthy weekly menu
- Shopping for groceries
- Cooking and healthy eating
- Hygiene and personal care
- Support to join local exercise classes and sporting clubs
- Relaxation techniques
- Proactive behaviour and speaking up for yourself

Travel

- Road safety
- Using public transport
- Planning how to get to and from destinations
- Connecting with other people

Communication

- Developing relationships
- Friendships and group work
- Personal presentation
- Support to join local groups based on your interests
- Visiting local community centres
- Eating out



Why choose Yooralla?

- Yooralla is a disability specialist.
- We know the NDIS – we have been supporting participants from the beginning of the NDIS.
- We have a wide range of services tailored to support people with disability of all ages and needs.
- We are a not-for-profit organisation that has been providing supports to people with disability since 1918.
- We also provide specialist supports for people with high and complex needs, and we are specialists in children's early intervention supports.
- We seek to provide the highest standards in quality, customer wellbeing and safeguards.

Contact us

For more information on how Yooralla can assist you to build your everyday life skills, please contact us.

Phone: 03 9666 4500

Email: yooralla@yooralla.com.au

www.yooralla.com.au

Yooralla is a registered NDIS provider.



Need language help?

Contact the Translating and Interpreting Service (TIS) on 13 14 50

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