



# Disability Services

## Information Sheet

### Intellectual disability: day option program

Some people may choose to find a job when they leave school. However, for many people with intellectual disability employment is not an option. If a person with intellectual disability has left school, it is important that they have interesting and meaningful things to do during the day. The Day Option Program is a possible pathway.

A range of education, leisure and activity choices is available. Having a suitable day activity is important and can improve confidence, self-reliance, community participation and choice.

Day activities should challenge the person and have a developmental focus. They are aimed at teaching the person new social or practical skills, or improving the skills they already have. Each person involved in a Day Option Program has an individual program plan with clear outcomes that are linked to achieving their future aspirations.

The Day Option program is provided by a number of private, community, government and non-government agencies. Activities may be supported on a one-to-one basis or in small groups.

Agencies provide choice and variety within their programs. They have trained and accountable staff to support people.

### Making a successful transition

The Day Option Program, which began in 1997, is specifically designed to help school leavers with intellectual disability to move on to the next phase in their lives and to have interesting and meaningful things to do during the day. It helps young people with intellectual disability to make a successful transition from school to adult life by providing a range of choices and the opportunity to continue their development and education.

Priority of access is given to young adult school leavers with moderate to severe intellectual disability who require intensive and ongoing support.

### Useful questions and answers

**Q How many day option services are there?**

**A** In metropolitan Adelaide and country areas there are approximately 18 providers of Day Option. All of these providers meet standards as required by Disability Services. They offer a wide range of activities and skill development programs.

**Q How can I find out more about the Day Option Program?**

A You can find out more by:

- Contacting the Senior Project Officer Day Options ph 8415 4269
- Contacting the local office of Disability Services
- Attending the annual Disability and Ageing Expo and/or regional information forums
- Visiting and speaking to service providers
- Reading about services in the Day Option Program Service Provider Information Book at your local Disability Services office
- Participating in Come 'n' Try sessions.

**Q How do I know which is the best program for my son/daughter?**

A It is helpful to have a plan that clearly identifies your son/daughter's skills, interests and support needs.

The following issues may need to be considered when choosing the best program for your son/daughter:

- Where is the program located and what transport arrangements will be necessary?
- How will the service meet your son or daughter's support needs?
- What support, supervision and training do support workers receive?
- Are the workers trained to carry out any specific health procedures that your son/daughter needs?
- How will the program be planned and how will you be involved in this planning?

**Q What do the programs cost to attend?**

A The cost to attend most programs varies, depending on your son's/daughter's support needs.

Government resources may be available on an annual basis to attend these programs. This support is allocated to people according to assessed support needs and is used to purchase as many sessions per week as possible.

**Q Is transport provided to Day Option programs?**

A Some of the programs may provide transport for a fee. This usually ranges from \$5 to \$15 per day. In some instances transport is not provided and this needs to be organised by the families. Most people attending Day Option programs are eligible to apply for the Mobility Allowance through Centrelink, which assists in meeting some of the cost for transport.

**Q Can my son/daughter participate in a variety of activities each week?**

**A** Yes, most service providers offer activities on a sessional basis so that people can package a program together that better meets his/her needs. People are not obliged to attend only one program.

**Q How do I obtain a day option service?**

**A** You apply through a Disability Services regional office. New school leavers will be advised of suitable programs well before leaving school. With the consent of a parent/legal guardian, the school will contact the local Disability Services office, who will assist with the transition process and provide information.

School leavers who are likely to meet the criteria for a day option program are identified by schools and referred to Disability Services. Disability Services undertake an assessment of people's support needs and allocate resources accordingly to the support level, and any new resources available to the program.

## **Program Resources**

The Day Option Program is resourced by the State Government, through the Department for Families and Communities, Disability, Ageing and Carers Directorate.

