

# FOCAL SUPPORT



**FOCAL Support** works with individuals who have a disability and their families.

Our aim is to provide a quality service that is flexible to meet the needs of individual families; that provides the security that is essential to well-being; and offers the opportunity for the family member to grow and develop as a valued member of the community.



## POST SCHOOL SERVICES & LIFESTYLE SUPPORT:

These programmes are designed to enhance Community Access, Life Skills and Vocational Training

opportunities. At Focal a programme is developed with the person and the family to achieve goals towards personal development, social integration, independent living and employment.

In developing a programme the individual's strengths and preferred activities are respected. We utilise local education activities, sporting and recreation venues, libraries and community organisations. In addition our premises offer computer resources, cooking, craft and woodwork programmes and opportunities to socialise, garden, enjoy music or just have some quiet time.

## TYPES OF SUPPORT WE CAN OFFER?

*SOME EXAMPLES .....*

- I *Life-skills Training: cooking, planning meals, shopping, personal grooming, integrating with the larger community; self-esteem .....*
- II *Travel Training: planning routes and type of transport available; use buses, trains; become familiar with time-tables, stations, bus stops .....*
- III *TAFE College: Personal Development; Home Skills; Music Therapy; Literacy; Numeracy; Pet Care .....*
- IV *Recreation: golf, books, football, swimming, netball, crafts, library access, computer games, parks, clubs, movies, shops ....*
- V *Volunteer Work: 'Meals on Wheels'; gardening; caring for animals; retail; lending a hand .....*
- VI *Youth Development Activities: event committee, community activities....*
- VII *Family Respite Service: take time out to re-charge your batteries; dinner; movies; sleep; visit; catch up .....*

## OTHER SERVICES OF FOCAL EXTENDED INC.



### Vacation Care Programme

Vacation care is run during the school holidays from Ipswich Special School.

Eligible children are those with a disability aged between 5 years and 18 years and non-disabled children between the ages of 5 and 15 years.



### Family Respite Care

Focal provides respite to carers through two programmes:

- Families with children under 18 years who are funded through the DSQ Family Support Programme and;
- People over 65 caring for a dependant with a disability are able to be supported under the ageing carer respite programme.

This care can be in your own home, accessing community activities or Focal's premises. The care is provided at the time and manner that is best suited to the family.

## **OTHER SERVICES CONT:**

### **Community Awareness**

Focal gives support as needed to people with disabilities living in the community. We also strive to educate the community and make them more aware of the needs of people with disabilities.

### **Information**

Information is available regarding services and assistance for disabled persons, their families and carers.

### **Brokerage Service**

Focal can be contracted to provide respite and support services to families on behalf of other agencies.

### **Independent Pathways Programme**

A developmental programme for young people 18-35 yrs who do not receive more than 5 hours support from other services. The group programme is designed to assist individuals with a disability to develop skills and independence over a 2 year period. For more information contact Brian McKeown — Independent Pathways Coordinator on 3812 2014

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#### Our Story

*In February, 1974 the inaugural Meeting of the Friends of Challinor Aid League (F.O.C.A.L) was held in Ipswich. This group formed to provide support to those living in the Challinor Centre. As needs changed, and individuals and their families needed support with community living, Focal took on a wider role and was renamed FOCAL EXTENDED INC.*



## **CONTACT US AND DISCUSS THE SERVICES THAT WE OFFER:**

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## **Focal Extended Inc**

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# **FOCAL EXTENDED INC.**

*FOCAL supports people with a disability, their families and carers within the Ipswich Region .*

**AUGUST 2007**  
**POST SCHOOL AND LIFESTYLE SUPPORT**