

Eskleigh Perth Day Program Activities Book



One-on-one activities based on needs and interests for personal fulfilment and family respite.

- Activities tailored to your interests
- Flexible programs
- Professionally trained and caring staff

Welcome

Eskleigh Perth's Day Program provides a wide range of activities based on needs and interests for personal fulfilment and family respite.

We will work with you to choose activities you want to do and every week we will meet up so you can tell us if you're happy with your program or if you want to try something else. We're flexible and will make changes as needed!

History

Eskleigh has been delivering a range of disability services to Tasmanians since 1947. We support people with varying levels of physical and intellectual disability including spinal injury, acquired brain injury, aneurysm and stroke.

We are a not-for-profit organisation committed to providing quality, individual support services that enrich the lives of people with a disability.

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Book your place

Phone one of our friendly Day Program Co-ordinators on **(03) 6398 7100** who can answer questions and confirm your participation.



About Day Program Activities

This booklet has been designed to assist you in selecting activities that cater for a wide range of abilities.

All program activities are held at Eskleigh, 16087 Midland Highway, Perth. There will be offsite excursions from time to time that may incur an additional cost i.e. admission fee or lunch, this information will be communicated to participants in advance.

The program cost for each activity is to cover incidental and consumables. Costs are reviewed periodically in line with program changes.

All staff/support costs are covered by individual funding via appropriate package, such as NDIS, COS or ISP or can be invoiced privately. For an additional cost lunch can be provided between 12-1pm.

The table below gives an overview of session times and activities. Full details of each of the activities can be found on the following pages.

Weeks 1 & 3

	Monday	Tuesday	Wednesday	Thursday	Friday
9am - 12pm	Workshop & Garden (depending on weather) or Pamper	Mind Gym or Spas	Memory lane or Music (DJ Skip 10:30-11:45)	Cooking or Games	Art & Craft or Community Shed (from 10am includes BBQ lunch)
1pm - 3pm	Art Group or Games	Health & Fitness	Games	Sensory (1 st Thursday of the month: Bunnings. Perth Primary 12.30pm -2.30pm)	Movie Time (3 rd Friday of the month: Residents Meeting. Last Friday of the month: Church Group)

Weeks 2 & 4

	Monday	Tuesday	Wednesday	Thursday	Friday
9am - 12pm	Workshop & Garden (depending on weather) or Pamper	Cooking or Games	Music Instruments (9-10:30) & DJ Skip (10:30-11:45)	Art & Craft or Games	Mind Gym or Community Shed (from 10am includes BBQ lunch)
1pm - 3pm	Art Group or Games	Health & Fitness	Sensory	Memory Lane (1 st Thursday of the month: Bunnings. Perth Primary 12.30pm -2.30pm)	Movie Time (3 rd Friday of the month: Residents Meeting. Last Friday of the month: Church Group)

Weekends

Weekend activities change depending upon demand and public events. Please contact Eskleigh for latest timetable.	Saturday & Sunday
	<p>Activities include: Games, Sensory, Pamper, Health & Fitness, Music, Newspaper & Discussion.</p> <p>Community access will be available Saturday and Sunday to coincide with public events.</p>

One-on-one Community Activities

Eskleigh can offer a range of tailored activities in a one-on-one environment throughout the week. Please contact Eskleigh to discuss options.



Community Access

Cost: ?

May include:

- Attractions, community events
- Bowling
- Diners club
- Movies
- Museum
- Parks
- Shopping
- Sports events
- Zoos

Outcomes:

- Community inclusion – Being part of the community
- Meeting new people - Enhancing social skills
- Promoting independence – Having fun
- Become familiar with local shops and supermarkets
- Learn how to identify how much the item costs
- Learn how to exchange money for goods
- Improve numeracy skills by identifying the correct denominations of money

Health & Fitness

Cost: Free

May include:

- Hand weights
- Seated exercise
- Walks
- Parachute and stretchy band
- Low impact exercise
- Octobands
- Seated exercise
- Mini exercise bike
- Wheelchair dancing
- Balloon Tennis

Outcomes:

- Community inclusion
- Enhance social interaction by meeting new people
- Explore and identify places and landmarks
- Learn about road safety
- Maintain and improve health fitness and well being

Personal Training

Cost: \$5 to \$15

- Visits from Longford Health Revival instructor for one-on-one or group personal training
- Run concurrently with the general health and fitness program



Art & Craft

Cost: \$3

May include:

- Drawing
- Jewellery making
- Mosaics
- Painting
- Recycling
- Scrapbooking
- Sewing

Outcomes:

- Improve fine motor skills
- Improve your confidence
- Learn how to recycle and reuse
- Showcase your creativity
- Enhance social skills

Art Group

Cost: \$2

May include:

- Visits from Launceston Arts Society artists and workshops
- Canvas work
- Colouring in
- Collage
- Drawing
- Painting
- Scrapbooking
- Sketching

Outcomes:

- Being creative
- Build confidence and self esteem
- Choosing projects
- Improve fine motor skills
- Learning how to use a variety of paints and stationery to create a master piece



Music

Cost: \$2.50

May include:

- Visits from DJ skip
- Dance
- Instruments
- Karaoke
- Music quizzes
- Songs at your request

Outcomes:

- Dance and sing to your favourite songs
- Enhance social skills and interaction
- Have fun in a group environment
- Learn about and listen to a wide range of music
- Learn how to keep a beat
- Learn how to play a musical instrument



Mind Gym

Cost: \$2

May include:

- Brain teasers
- Crosswords
- Memory games
- Matchsticks
- Newspaper and magazine reading on current events
- Nine letter word
- Puzzles
- Jigsaw Puzzles
- Quizzes
- Bingo
- Uno
- Scrabble/Chess
- Mazes
- Nine Letter Word

Outcomes:

- Improve fine motor and cognitive skills
- Stimulate the brain
- Problem solving
- Work in a group or as an individual



Sensory

Cost: Free

May include:

- Blowing bubbles
- Bubble tube
- Foot spas
- Moisturiser applied to hands and feet
- Relaxation music
- Star projector
- Slideshows
- Stress balls
- Therapy balls
- Water play
- Nail painting

Outcomes:

- Touch and feel
- Calming, soothing environment
- Relaxation
- Get in touch with your senses -taste, smell, touch, hear, sight
- Stimulate your senses
- Cognitive Growth
- Increase motor skills
- Social interaction



Cooking

Cost: \$3

May include:

- Discussing recipes to cook
- Preparing ingredients
- Shopping for ingredients
- Combining ingredients
- Working in a group environment
- Learning about kitchen hygiene

Outcomes:

- Learn how to follow a recipe
- Learn how to measure ingredients
- Be able to identify cooking utensils
- Learn about healthy eating
- Learn about kitchen hygiene
- Improve cognitive and fine motor skills



Memory Lane

Cost: free

Reminisce while watching Old TV Favourites:

- Kingswood Country
- A Country Practice
- The Love Boat
- Petticoat Junction

Outcomes:

- Reminiscing on old memories



Workshop & Garden

Cost: \$2

May include:

- Planting vegetables
- Gardening
- Wood work
- Painting
- Upcycling
- Making things

Outcomes:

- Learn how to plant and maintain a vegetable garden
- Learn how to make things out of wood
- Maintain and improve fine motor skills
- Maintain cognitive skills
- Socialize skills



Games

Cost: free

May include:

- Cribbage
- Eightball
- Carpet Bowls
- Board Games
- Wii Games
- iPad

Outcomes:

- Have fun
- Be part of the group
- Stimulate the brain
- Increase fine motor Skills



Movie Time

Cost: free

May include:

- A wide range of Movies
- Relaxing
- Winding down

Outcomes:

- Good times with friends



Pamper

Cost: \$2

May include:

- Clean & file fingernails
- Paint fingernails
- Style hair
- Footspas
- Makeup -ladies
- Shave or trim facial hair

Outcomes:

- Cleanse and rejuvenate the hair and skin
- Relax and be pampered in a calming environment
- Have fun
- Social Interaction and inclusion with others
- Empowerment by making them feel good about themselves

Book your place

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A New Era in Disability Care

Tasmanian NDIS Provider

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