



**Creating  
Opportunities  
& Choice.**

## House Intensive Program

Learning to live more independently.

The Interchange Outer East (IOE) House Intensive program supports participants in small tailored groups to experience and learn all that is involved in living outside the family home.

The program runs weekly for two days and one night, starting at 9am on day one and finishing at 3pm on the second day. IOE runs these programs from two rental properties in the community; one in Chirnside Park and the other in Scoresby.

### Eligibility

- You have NDIS goals around increasing your Independent living skills and have the appropriate funding in your current plan;
- You and your family are ready for you become more independent in day to day and family life;
- You are able to manage with group staffing ratios of one staff member and up to four participants;
- You demonstrate a degree of self motivation and readiness to learn new things; and
- You are ready to meet new people and have fun!

## Contact

For enquiries or enrolment, contact Linda on 9758 5522 or [linda.hull@ioe.org.au](mailto:linda.hull@ioe.org.au)



*Real and natural opportunities to learn and develop independent living skills!*

## Program Outcomes

Each intensive is tailored to meet an individual's needs and goals. Participants will experience and learn about some or all of the following:

- Self care e.g. hygiene, grooming, dressing, exercise and meditation.
- Meal preparation e.g. shopping, healthy choices and cooking.
- Budgeting and money handling.
- Being part of a community e.g. public transport, volunteering, making appointments.
- Interpersonal and social skills e.g. conflict resolution, team work, decision making, confidence and respect for others.
- General household maintenance e.g. assessing risk, gardening, changing a light bulb.
- Life skills e.g. basic first aid, what to do in an emergency, stranger danger.
- Domestic tasks e.g. cleaning, making beds, laundry.
- Forming positive friendships

Participants in the program may be working towards differing levels of independence. For some, this may simply start with becoming comfortable away from the family home. For others they may commence the program with far higher expectations and goals they wish to achieve.

Suitable participants may transition into our next steps Home Experience Program (HEP) where three housemates live together in a rental property for six months.

## Cost

Core Support Description	Support Times	Hours per Intensive	Occasions per Annum	Total NDIS Core - 12 Months
Overnight Independent Living Skills Program	2x Weekdays 1x Overnight per occasion	30 hours	48 weeks (\$964.06 per occasion)	<b>\$46,275</b> <b>\$0 out of pocket expense</b>

**NOTE:** There is a minimum six month commitment to this program.

*"Our son really looks forward to House Intensive every week. It has made him more confident and independent and he participates in tasks he wouldn't think of at home. We consider it a valuable part of his education. The program deals with both skill building and social integration. We have found it to be an amazing, confidence building program that has a positive impact on home life as well."*

