

# Forster Day Program

## Build Skills, Make Friends, Have Fun!



### Inclusive and supported in-centre and community-based Day Programs that offer variety and connection

Our Forster Day Programs offer adult NDIS participants a flexible mix of activities that build life skills, independence, and social connection. With a blend of structured routines and participant-led choices, our programs operate Monday to Friday, catering to a wide range of abilities and interests.

- **Build independence** through hands-on skill development like cooking, budgeting, and personal care
- **Connect socially** through group activities, shared meals, and creative expression
- **Boost wellbeing** with sensory programs, music, art, and movement
- **Explore your community** through regular outings, volunteering, and public events
- **Shape your journey** with programs aligned to your NDIS goals and personal interests
- **Thrive in a safe space** with tailored support for complex care needs
- **Be supported by qualified staff** trained in behaviour support and high-needs care
- **Enjoy accessible transport** to and from the centre and community outings



AbilityOptions





## Our Day Program Centre

Our conveniently located Forster Day Centre is designed for comfort, learning, and accessibility.

- Kitchen for cooking and barista training
- Creative art areas and sensory zones
- Quiet spaces for regulation and relaxation
- Accessible layout and equipment to support mobility and sensory needs

## Community Connections That Matter

Our Forster Day Program has a strong community focus, offering regular outings, volunteer opportunities, and partnerships with local cafés, businesses, and events. Be supported to engage meaningfully in your community and showcase your developing skills at public events like pop-up cafés and open days. These experiences will help you build confidence and independence.



*"I love attending day program and catching up with the group, especially going out for social night for dinner."*

Daz - Forster Day Program Participant



**Life's better with Options**

Contact our friendly team today

**1300 422 454** [abilityoptions.org.au](http://abilityoptions.org.au)



AbilityOptions

