

Kempsey Day Program & Social Groups

Build Skills, Make Friends, Have Fun!



Inclusive & Flexible Day Programs & Social Groups for NDIS Participants

Whether you're a young person, school leaver, or an adult with varied support needs, our programs and social groups are designed around the shared interests of our participants.

With programs running Monday to Friday, we help participants build independence, confidence, and social connections.

- **Foster friendships** in welcoming social environments tailored to age and interests
- **Be supported** by experienced staff trained in disability care and active supports
- **Build independence** through hands-on skill development
- **Engage with your community** through regular outings and events
- **Enjoy unique activities** that support your NDIS goals
- **Choose your path** through programs that blend learning with fun
- **Access safe, reliable transport** for all abilities, including wheelchair support



AbilityOptions





Groups That Make Sense for You

Our Kempsey Day Programs & Social Groups are designed to bring people together based on shared interests and life stages, so you can connect with peers and enjoy activities that feel right for you.

- Our **Under 18s Group** and school holiday programs are especially valued by families. Parents appreciate the convenience of after-school pick-ups, a safe, supported environment and the variety of activities that keep younger participants engaged.
- For school leavers, the **Young Adults Group** focuses on practical life skills that matter. Participants learn how to budget for a meal, write a shopping list, buy ingredients, and prepare food — all while building social connections and teamwork. These experiences give young adults a sense of purpose and readiness for the next stage of life.
- Our **Over 55s Group** offers tailored support and activities for older participants, providing a space where they can share common interests and perspectives. Walking groups, coffee catch ups and library visits are enjoyed by those who appreciate community, conversation and a steady pace.



"Making friends and meeting new people is the best part of Day Program at Ability Options."

— Lisa, Day Program Participant



Life's better with Options

Contact our friendly team today

1300 422 454 abilityoptions.org.au



AbilityOptions

