

Life After School Starts Here

**You don't have to have it all figured out.
We'll help you discover what's next.**



Finishing school is an exciting milestone and you probably have a lot of questions - it's totally normal to feel unsure about what's next.

We'll work alongside you, your family and your support network to understand what's important to you and create a plan that reflects your goals, interests and choices.

We can help you find new routines, connections and supports to make your transition from school into adulthood feel a little easier.

Discover What Matters to You

Wherever you're at, we'll meet you there. Life after school is an opportunity to keep growing. We can provide spaces and supports for you to explore new experiences, discover interests and find what feels right.

Whether you'd like to:

- Learn everyday living skills
- Meet new people and grow your social circle
- Explore new hobbies and interests
- Become more independent
- Understand your NDIS funding and the supports available to you
- Connect with services that help you achieve your goals

We're here to help you take the next step—whatever that looks like for you.



What's Next?

Everyday life, made easier

Support at Home & in the Community

What you do every day, at home and in your community, will help shape confidence and independence.

Support looks different for everyone. We can help you with things like:

- Learning everyday life skills like cooking, daily routines and personal care
- Getting out in your community for shopping, exercise and appointments
- Building confidence to public transport and get around independently

Your support is built around your interests, choices and what matters to you.

Find your people and explore new experiences

Day Programs & Social Groups

Finishing school doesn't mean leaving behind the things you enjoy. There are still opportunities to learn, try new things and spend time with others.

Our Day Programs and Youth Social Groups provide you with choice to:

- Try new activities and experiences you enjoy
- Make friends and build meaningful connections
- Explore interests and learn new skills
- Take part in ways that feel right for you

Support as you move forward

Depending on where you live, we offer a range of additional supports for young people moving into adulthood. This includes School Leaver Employment Supports, Therapy Services such as Occupational Behavioural Therapies as well as Support Coordination and Plan Management services to help you manage your NDIS plan and supports.



Life's better with Options

Contact our friendly team today

1300 422 454 abilityoptions.org.au



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