

Living Skills Programs

Vista Community Support's Living Skills Programs offer one-to-one assessment of current skills and development programs designed for each individual.

As part of our commitment to support people to have greater life opportunities, these programs assist them to learn valuable skills and develop an increased sense of independence and self-esteem.

WHAT LIFE SKILL AREAS DO WE SUPPORT?

Vista offers living skills development in areas such as:

- Leisure
- Personal care
- Meal-time skills
- Home care
- Community access
- Finance and budgeting
- Socialising and relationships
- Emotional skills



OUR APPROACH

Our specially-trained staff conduct a strength-based assessment of the person's capabilities. From this, we develop the support program and set realistic goals.

At the completion of the program, a report is generated outlining the person we support's skills and achievements. This report can be used for vocational purposes or funding applications.

Where appropriate, we focus on linking people into established community groups. We can also facilitate group activities, such as cooking groups. This concept creates a social environment and the potential to develop friendships and support networks.

With support from Vista and his family, Kien is living in his own unit. We are continuing to assist him to develop his skills around the house.

HOW DO I ACCESS THIS SERVICE?

This service is available anywhere in Victoria. It can be privately funded or accessed through an Individual Support Package (ISP), such as state funding or the Transport Accident Commission.

Referrals are through agencies and health professionals, or call us directly on the numbers below.

FURTHER INFORMATION

Phone us to find out more.

Barwon South West:
03 5228 0100

Gippsland: 03 5135 4300

Grampians: 03 5320 0300

Hume:
02 6056 5698 (Wodonga)
03 5821 4964 (Shepparton)

Loddon Mallee: 03 5442 8441

North West Metro:
03 9487 8100

Metro: 03 9564 1030

or email:
info@vistasupport.org.au

www.vistasupport.org.au

Statewide Coordination Centre
1036 Dandenong Road, Carnegie, Vic. 3163
t: 03 9564 1030 f: 03 9564 1004
e: info@vistasupport.org.au

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Our strength-based approach enables the people we support to set and achieve realistic skills development goals.