

Become a Member of Life After Work



What is Life After Work?

Life After Work (LAW) is a day program for adults with intellectual disabilities, who have retired from the workforce or are transitioning to retirement.

Situated in a beautiful federation house in Daniel Street Botany, we have an active and thriving calendar where participants can enjoy a range of on site and community-based activities, as well as day trips in and around Sydney.

These activities ensure participants enjoy regular opportunities to experience activities and outings in the community that interest them. These activities can be through a range of group and individual interactions.

Our staff at LAW foster a caring and person centred approach to ensure activities and learning are tailored to assist individuals to reach their personal goals, learn new skills, practice their hobbies, and make lasting friendships.

Activities

Community Experiences

- Participation in art exhibitions
- Attending cultural events including multicultural and naidoc week
- Shopping – budgeting and money management
- Restaurants, clubs and cafes – ordering from menus, personal choices, paying the bill
- Bowling
- Theatre, community concerts and cinema
- Library
- Community festivals
- Museums
- Parks, walking groups, picnics
- Community centres

Facility-Based Activities

- Gardening
- Our 'Diamonds Choir'
- Cooking, meal preparation
- Current events discussion groups
- Housekeeping

Onsite Community Shed

- Woodworking, restoring furniture
- Use of hand held carpentry tools
- Mosaics
- Painting and drawing
- Needlecraft
- Jewellery design
- Scrapbooking
- Photography

Learning and Development

- Communication skills
- Learning, including literacy and numeracy
- Problem-solving
- Relationship building
- Money management
- Classes on skill development
- Travel and community safety, use of public transport
- Food safety

Health and Fitness

- Yoga and relaxation classes
- Nutrition classes
- Falls prevention tips
- Diabetes prevention talks
- Personal hygiene
- Prevention tips for diabetes, heart disease and osteoporosis

About Windgap

The Windgap Foundation is a not for profit organisation, started by a group of parents over 65 years ago to provide education to their children with intellectual disabilities.

Today, as in the past, our 'Person Centred' approach is at the heart of everything we do and we pride ourselves on providing quality programs and support to foster independence, learning and development, fun and empowerment.

Our NDIS registered programs and services are guided by the Windgap Customer Care and Advocacy and include:

- Plan Management and Support Coordination
- School Leavers Employment Support
- Life After Work Program
- Day Programs – recreational, sport and community participation
- Learning, including literacy and numeracy programs
- Supported Employment Service
- Flexible Support Service
- Supported Accommodation
- Growability – our landscape employment initiative
- Making Airwaves – our unique radio program initiative

How do I apply?

Our Customer Care and Advocacy Service is the best place to start, so we can work with you to understand your plan, needs and goals.

Contact us directly on **1300 NDIS CARE** or send an enquiry through our website.



Contact us

To find out more call us on:
1300 NDIS CARE or (02) 8337 3600
8.00am to 5.00pm - Monday to Friday

1300 NDIS CARE | www.windgap.org.au

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