

LIFE AFTER WORK DAY PROGRAM



For enjoying your later years



What is Life After Work?

Life after Work (LAW) is a Day Program for adults with disabilities, who have retired from the workforce or are transitioning to retirement.

Situated in a large indoor and outdoor hub in Eastlakes, this program offers experiences, projects and activities based on each participant's needs, interests, goals and hobbies.

This program offers the use of a work shed, for woodworking, furniture restoration and other creative projects, as well as a outdoor garden and veggie patch for the green thumbs.

Windgap also has a fleet of transport vehicles with hoists and take public transport to ensure we get out and about in the community, to explore new places and activities.

What are the benefits?

Day Programs provide many benefits for both the participants and their families, including:

- Community inclusion and participation
- Independence skills in shopping, cooking, cleaning
- Build confidence and self esteem
- Opportunity to learn new skills and uncover hidden talents
- Enhance literacy, numeracy and communication skills
- Improve health and wellbeing tips for diabetes, heart disease and osteoporosis
- Travel and community safety, using public transport
- Relationship building and social skills
- Opportunity to meet new people, form friendships and have fun!

Activities and experiences include:

Community Activities and Experiences

- Art exhibitions, cultural events and community festivals
- Restaurants, clubs and cafes
- Theatre, community concerts and cinema
- Library, museums and community centres
- Parks, walking groups, picnics
- Join in our Diamonds Choir performances
- Yoga and relaxation classes

Onsite Activities and Work Shed

- Gardening and vegetable patch
- Cooking and meal preparation
- Woodworking, use of hand held carpentry tools, restoring furniture
- Mosaics, painting and drawing
- Needlecraft
- Jewellery design
- Scrapbooking
- Photography

Programs for all ages and abilities

At Windgap, we provide a choice of the Day Program that best suits your needs, interests, age and abilities.

Start a conversation with us today to find out more.



TALK TO US

Contact our team today to get the most out of your NDIS plan.

P: 02 8337 3600
Monday to Friday - 8.30am to 4.00pm

E: info@windgap.org.au

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