

## Model of Recovery-Orientated Practice

*Pathways to Recovery* uses a Model of Recovery-Orientated Practice to guide us in how we work with individuals. The key principles of this model include:

- Recovery is not about finding a cure but having opportunities to exhibit choice and control in your life;
- Recovery outcomes are personal and unique for each individual and are designed to improve your quality of life;
- Individuals are empowered to engage in your community and experience social inclusion;
- Individuals are empowered to participate in the planning of your support.

We are committed to providing every opportunity for you to actively lead and participate in your life. Every person we work with has an Individual Support Plan that is tailored to their needs, and reviewed every 3 months to provide honesty and transparency in the support received. You are central to the support planning process so we can focus on the things that are important to you.

We actively work with family, carers, Guardians and others that you identify as important, to ensure the support you receive is holistic and meets all of your needs.

## Feedback

*Pathways to Recovery* is a quality-focused organisation that encourages all feedback from participants, families, carers or others, on the services we provide.

All feedback received contributes to our service development and continuous improvement strategies.

Our dispute resolution process is designed to ensure that all feedback is acted upon in a timely manner. Participants and their families are supported through the resolution process, and this will not affect the support you receive.

We respect your rights and responsibilities as a service user, and can be contacted in a variety of ways if you have feedback about the service you are receiving.



# Pathways to Recovery

Many paths; *your* journey

## Developing Independence Program

- *Supporting your journey to independent living*

## Pathways to Recovery

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## Developing Independence Program

At *Pathways To Recovery* we understand that transitioning from living at home (or supported accommodation) to independent accommodation can be challenging, which is why we have designed the Developing Independence Program.

We work with you and your identified supports to develop an Individual Support Plan that caters to your current strengths, and supports you to develop new ones.

We assist you in developing planning and organisational skills, and take a step-by-step approach to identifying and working to your strengths. We work with a diverse range of people, including those who have a diagnosis of:

- ASD (Autism or Asperger's Syndrome),
- Intellectual Disability,
- Acquired Brain Injury (ABI),
- Schizophrenia,
- Bipolar Disorder, or
- Anxiety and Depression

You will receive individual support in a share house environment (from 3 to 5 residents) to develop your independent living skills, for up to 2 years.

## What Support Will I Receive?

Depending on individual need, staff can be available 24/7 to provide tailored support in the home. During the Individual Support Planning process we will discuss which areas you would like support with. This could include:

- Safety in the home
- Developing daily routines
- Meal planning and cooking skills
- Cleaning your home
- Maintaining your personal hygiene
- Managing your weekly finances and paying bills
- Making appointments to manage your physical/mental health
- Learning to catch public transport
- Developing personal skills to support your interactions with others
- Participating in your community
- Managing education/work commitments
- Managing your anxiety
- Any other goal you identify as important to you

## What Happens After I Finish The Program?

The choice is yours:

- We can support you to find Independent Accommodation if you haven't already; or

- If you decide you like living in a share house, we can support you to move into permanent Shared Living Accommodation.

## Eligibility Criteria

The Developing Independence Program is designed for people who:

- Have an approved NDIS Plan
- Have Supported Independent Living (SIL) in your NDIS Plan - either Low, Standard or High Needs
- Are aged 18-64 years
- Require a supported environment to learn or re-learn independent living skills

## What are the costs associated with the program?

The following costs are associated with participating in the program:

- Rent
- Share of bills/utilities
- Food costs
- Personal costs (e.g. transport, entertainment, etc.)

All support by *Pathways To Recovery* is included under SIL in your NDIS plan.