

OPTIONS

DISABILITY SUPPORT



Welcome to **OPTIONS**

OPTIONS is a Central Coast based organisation committed to providing high quality, unique services to adults with disability.

Whether you want to:

- Meet others that share the same interests as you
- Increase your independent living skills
- Discover your artistic and creative talent
- Become a valued member of the **OPTIONS** community
- Try new and different things
- Be involved with your local community
- Enjoy social events with your friends

The choice is yours, you've got **OPTIONS**.

OPTIONS
DISABILITY SUPPORT





At **OPTIONS** we offer a wide range of activities and supports to suit your individual needs.

Each of our services invite you to enjoy a variety of engaging and interesting activities designed to help you to reach your life goals, so you can ...

BE INDEPENDENT

BE CREATIVE

BE INVOLVED

BE SOCIAL



The choice is yours, you've got

OPTIONS
DISABILITY SUPPORT

Why choose us?

FLEXIBLE

OPTIONS listens to what you want and we support you to create individual solutions for what you want to achieve.

Whether you choose structured activities and supports, or if you prefer a more flexible approach, we can tailor support to fit your individual needs.

FOCUSED

Our programs, activities and supports focus on developing and providing you with opportunities to achieve your goals.

OPTIONS will provide you with practical support and experiences so that you can develop independence, as well as personal and social skills that will allow you to live, work, have fun and participate in your community.

FRIENDLY

OPTIONS friendly, experienced staff are chosen for their skills and passion in supporting and empowering the people that they work with.

Our dedicated staff go the extra mile to make everyone feel welcome and ensure that you will always feel respected and supported.





parklands

Parklands 45 at Kariong is situated in the Mount Penang Gardens and is perfect for participants who require more targeted support.

Participate in a variety of activities and supports that focus on your interests and abilities in these areas:

- Create and Discover
- Everyday Living
- Link and Connect
- Active and Engaged



Join in on a range of fun and stimulating projects in a friendly and familiar environment, surrounded by beautiful gardens.



Where plants and people grow



ediblegarden.org.au

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edible garden

Where plants and people grow

Come to this friendly space centred around permaculture and seasonal food.

Be part of our team in the:

- Print Room
- Art Shed
- Café Crew
- Foodies Group
- Garden Crew
- Work Crew



Join us to grow, design and produce a wide range of amazing products.



options theatre company

“ I like to learn about how a theatre company works. I’m improving the person I am in singing, dancing and performing.”

Skye

“ I love acting and performing and getting to play different characters in our shows”

Ben

“ Options Theatre Company is the perfect place, a training ground for actors to grow and learn new skills”

Olivia





options theatre company

Options Theatre Company is a unique experience for anyone who has a passion for performance.

We offer a range of dynamic programs where you can explore your interests in:

- Drama
- Dance
- Music & Singing
- Film Making
- Art & Design
- Costume
- Backstage

*Join the ensemble at
Options Theatre Company
to discover your hidden talents
and unleash your inner star!*

optionstheatrecompany.org.au

SOCIAL
CONNECTIONS

*“Social Connections helps me spend time
with friends while seeing awesome shows”*

Simon





SOCIAL CONNECTIONS

Get Social with your friends!

It's time to get out and about with **OPTIONS Social Connections.**

Explore and develop your interests in a way that suits you.

Choose from a range of exciting activities and events through our:

- Quarterly Social Catalogue
- Customised Group Activities
- Create Your Own Event
- Trips Away

Tell us your ideas, what you want to do, where you want to go and we'll find the support to make it happen!





the shed

Set on 2.5 acres of picturesque rural land, **The Shed** at Wye offers a wide range of activities.

Develop your skills and interests in the following areas:

- Create and Discover
- Aim to Work
- Everyday Living
- Link and Connect
- Active and Engaged
- Gather and Celebrate



*Come and be a part of our growing community at **'The Shed'**.*





**FIND OUT
HOW WE CAN
SUPPORT YOU**
(02) 4340 5155

optionsdisabilitysupport.org.au

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