

Bayley House specialises in supporting adults with an intellectual disability to live a full, engaged life.

# LIVE

Daily living skills, promoting independence, positive relationships and connecting with the community.

### CREATE

Visual and performing arts. It's as much about the process as the end product.

### WELLBEING

Physical health and emotional wellbeing. We listen, create opportunities and offer choices.

### LEARN

High quality, accredited courses and in-house activities catering to individual skill levels.

### BELONG

Our homes are warm and welcoming. We foster social relationships and participation in all aspects of daily living through active support. We provide rewarding opportunities to facilitate continual learning, enhanced independence and inclusion in our wider community.

We support you to:

- Develop your talents and potential
- Attain new skills
- Be an active member of your community
- Enjoy friendships and social opportunities
- Foster greater independence

Activities are available during the day, after hours and on weekends.

# LIVE

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### Out and about

Interacting with the broader community is a key feature of our activities. Our calendar is packed with opportunities and outings. You learn about road safety and journey planning while out taking advantage of all our great community has to offer.

#### **Culinary skills**

- Life-skills cooking includes: menu planning, grocery shopping, nutrition, cooking and baking
- Sensory-based cooking. Enables individuals with high support needs to bake and cook within their abilities and enjoy the touch, texture, smell and taste of the process

#### Technology

- Cyber-safety with computers and iPads
- Social media and mobile phone use
- Photography, short movie making and multimedia
- Eye Gaze technology assists people to communicate using eye movements

#### Gardening

- Kitchen garden: growing veggies and herbs
- Garden maintenance



### CREATE

A vibrant creative and performing arts scene is a stand-out feature of life at Bayley House.

#### Arts

- Canvas art
- Crafts and card making
- Jewellery making
- Ceramics

# Performing artsDance therapy

- Singing, song writing, karaoke and Bayley FM
- Smooth Stars performance group
- Music and movement
- Drama and improvisation – All Stars theatre company
- Fashion design and production

### LEARN

# Learning underpins all our activities, and we also have specific education initiatives including:

#### **Accredited courses**

 Certificate 1 courses at: Holmesglen TAFE, Melbourne Polytechnic and with AST (Access Skills Training)

#### **In-house courses**

- Literacy and numeracy
- · Self advocacy and Bayley Ambassadors

#### **Social enterprises**

- Bayley Bakes
- Retail Art
- Bayley Blooms

#### Workplace training

Thanks to our strong partnerships with a wide range of 20+ local businesses, this extremely successful initiative creates opportunity for individuals to participate in the workforce while being supported by Bayley House.





### WELLBEING



# Wellbeing is about promoting emotional and physical health.

#### Sport

We offer a wide variety of activities based on interest, feedback and skill level. We access local facilities and benefit from accredited coaches in basketball, gym training and aqua fitness.

- Group exercises such as: aerobics, step classes, chair-based exercises and more
- Basketball/netball
- Gym
- Hydrotherapy
- Community lawn bowls and ten pin bowling
- Snooker/billiards
- Yoga and relaxation techniques
- Swimming
- Go-karting

#### **Allied services**

- Positive Behaviour Support
- Counselling group and individual
- Physiotherapy



### BELONG



# Our accommodation services support residents to live fulfilling lives in Melbourne's Bayside suburbs.

In our homes, our qualified staff provide active support to ensure you are maximising opportunities to live a fulfilling life within your local area. You are supported in all aspects of daily living including attending appointments and sporting events and to develop and maintain social relationships.

### Short-stay accommodation

We provide families with an opportunity to recharge and refresh. People accessing our short-stay accommodation have the opportunity to develop new friendships and enjoy fresh experiences in a safe and supportive environment.

#### Transport

Our fleet of cars and minibuses provide a safe, reliable, door-to-door transport service to and from your home to our Brighton campus and community activities.

# Why choose Bayley House?

- We are specialists in supporting adults with an intellectual disability
- With seven decades of experience, we continually evolve to meet ever-changing needs
- We know the NDIS
- We are a professional not-for-profit organisation – our priority is our clients
- We actively support people, using proven evidence-based practices
- We have a range of services to suit different individual's needs and abilities
- We listen to you and support you to achieve your specific goals
- We are a fun place to be!

# How to join Bayley House

# Contact us to arrange a meeting and tour of our Brighton campus.

We will explore your specific support requirements and seek to understand your aspirations.

We offer trial periods to support individuals and families throughout the decision-making process.

Applicants must be 18 years or older.

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CONNECT



