Who is NADO?

We are all about community inclusion, individual achievement and family resilience.

Our services are tailored and versatile through our person centred approach, to fulfil the expectations and goals of the person with a disability.

Families and carers also play a valuable role in our development of quality and meaningful programs for people with disabilities at NADO.

We pride ourselves on being a local organisation, with local knowledge and local connections with our community, whilst maintaining a very global view on the rights of people with a disability.

When people connect with NADO, new doors will open to work, friendship, sport, leisure and independence.

We are passionate about helping each person we support to live life to the fullest.

Accommodation
Social and Recreation Activities
Social Community Programs
Programs for Children and Teenagers

For further information around program, location and costs please contact Tara Kelton on 1300 738 229 or email tkelton@nado.org.au

www.nado.org.au
WHAT IS UP, UP AND AWAY?

Up, Up and Away is a 6 week course aimed to assist people with disability to develop the skills and confidence needed to meet the challenges of independent living.

As well as skill development, the course will assist participants to build meaningful and connected support networks and gain greater confidence to live a more independent lifestyle.

- Small group based sessions
- Supportive encouraging facilitators
- Paced to the individual’s needs
- St Marys location

The Program

This exciting program will assist you to gain skills in the following areas:

- **Week 1** Safety and Security
- **Week 2** House Maintenance and Cleaning
- **Week 3** Dress and Personal Care
- **Week 4** Budgeting and Money Matters
- **Week 5** Food Preparation, Safety and Nutrition
- **Week 6** Time to practice what you have learnt and a sleepover
- **Week 7** Graduation

A pre and post program evaluation is optional to assist you and your circle of support to see your progress and share in your success.

Next 6 week program
*(Limited Spots Available)*

**Start Date**
Saturday 23rd July 2016

**Finish Date**
Sunday 28th August 2016

**Graduation Date**
Saturday 3rd September 2016

ENQUIRE NOW!

For more information about our services, please call 1300 738 229 or email info@nado.org.au