

Our Choice

What is Our Choice?

'Our Choice' is a program conducted by Interchange. The program provides opportunities for participants and their families direct services to achieve their personal goals.

Interchange supports people living with a disability to access recreation, leisure and social opportunities in their own local community.



Why should I go to Our Choice?

- ✓ To have fun
- ✓ To make my own decisions
- ✓ To build self esteem
- ✓ To increase social skills
- ✓ To learn new skills
- ✓ To build confidence
- ✓ To become more independent
- ✓ To participate in recreational activities
- ✓ To develop friendships

It's
your
choice

How is this Program different to what's already on offer?

Interchange meets with participants and their families on a regular basis to assist in developing a program to meet clients' personal goals.

Interchange prides itself on providing a higher client/worker ratio.



Compliance

All interchange staff and volunteers are fully screened, including National Police Checks and Working with Children Checks.

Interchange is Certified with Australian Healthcare Associates for ISO 9001:2008 and the Department of Human Services Standards.

**For more information
contact Interchange
on 5441 1599 or visit
www.interchangelm.org.au**

What types of activities are enjoyed?

- ✓ Fishing
- ✓ Cooking BBQ's
- ✓ Ten Pin Bowling
- ✓ Picnics and walks in parks or bushland
- ✓ Visits to the Library or bookshops
- ✓ Swimming or spa
- ✓ Trips on the train to surrounding towns
- ✓ Public transport training
- ✓ Bus trips to regional activities
- ✓ Bendigo Pottery
- ✓ Painting, woodwork or craft activities
- ✓ It's your choice!