



PERSON CENTRED  
LIFESTYLE OPTIONS



# Options to Live a Happy Life

**“Support to people who live independently, with their family or in shared accommodation.”**



McCallum's Lifestyle Options provides a flexible service that is in tune with the changing needs of the people we support. This person centric format means you have 'Choice & Control' over the supports you receive.



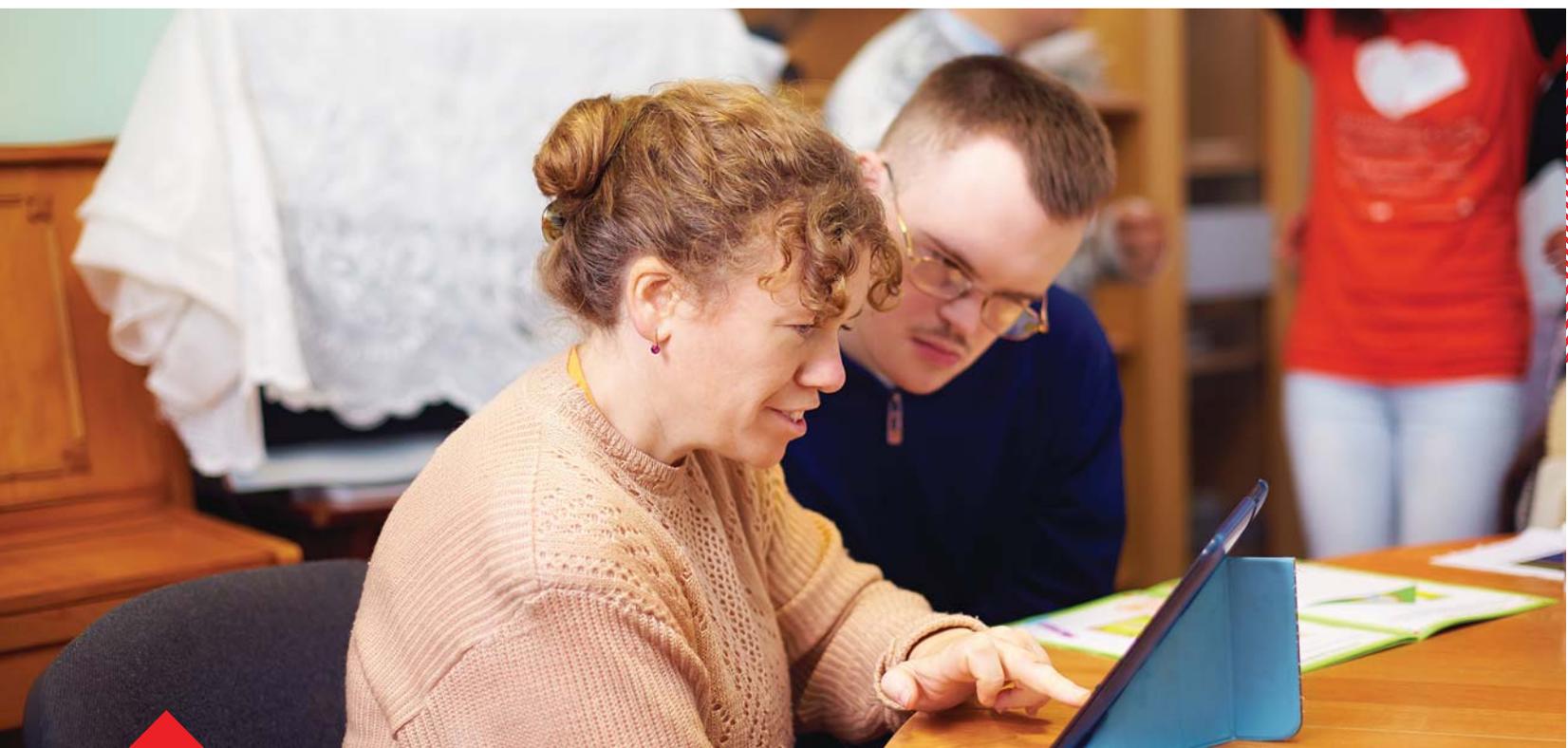
Lifestyle Options program's primary focus is for people to assume as much control of their life as possible. McCallum will assist you with your pursuit of your goals and aspirations.



Support for people in their home and in the community.



McCallum enables people to access a wide range of activities including sport, drama and dance, arts, as well as spiritual activities. We can also help you build social connections in your local community.



# Choose Your Supports

McCallum can provide the supports you need to live a happy, fulfilled and enjoyable life. We understand some decisions can be tricky and sometimes a 'helping hand' can make the process much simpler and less stressful.



McCallum can help you with:

- Planning your week, month or year
- Budgeting
- Cooking a meal
- Going on a holiday
- Joining social groups
- Personal care
- Transport assistance
- Community access

"McCallum's Lifestyle Options enables you to reach your goals and live a fun, happy life. "



"We can help create opportunities for you to live the life you want to live"

# Support from the comfort of your own home

Like many young adults, Aaron lives with his parents in their family home in Ballarat. Similarly to other young adults, Aaron enjoys participating in activities independently.

Understandably, so do Aaron's parents who also enjoy their own space, time away from their children and relaxing when they're not working.

Aaron has been diagnosed with Autism Spectrum Disorder (ASD). ASD is characterised by difficulties with social interaction, impaired communication skills, restrictive and repetitive interests, as well as behaviour and sensory sensitivities.

Aaron has found comfort in McCallum's Flexible Respite Support program which allows him to receive the supports he needs from the comfort of his own home. It also allows his family to take some time away from their regular life to concentrate on their health and wellbeing. McCallum's Lifestyle Options program provides support to Aaron and his family nine weekends per year.

The best option that suited Aaron was for his support to be delivered from his home. This provides comfort and continuity in his life, without any disruptions and uncertainty of going to a new, unfamiliar environment.

Aaron's mother Colleen said flexible respite support is much more suitable for Aaron's needs because he is familiar with his surrounds.

"You can see that Aaron is happy to spend time with the McCallum team. This means we are able to go away and enjoy the weekend knowing Aaron is being cared for," she said.



## CONTACT US FOR MORE INFORMATION

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