

Casa Services Day Program



from the heart...

Supporting people with disability in
Alice Springs for over **40 years**

Casa Services is **100% local**

Casa Services Day Program activities offer you the chance to explore creativity, make new friends, develop skills and be independent.

We match people's interests to activities, and refresh programs regularly.

Our goal is to let you realise your potential by giving assistance with social and community participation.



Our Day Program activities include:

Social Events

- Arts and crafts: For creative expression and motor skill development.
- Music: To build confidence and coordination.
- Games: To boost self-reliance.
- Sensory activities: To engage the senses through touch, smell, taste, sight and sound.
- Performances: Attending the cinema or concerts to support social interaction.

Health and Wellness Activities

- Adaptive fitness: Fitness sessions tailored to different abilities.
- Swimming: Learning or practicing swimming and other water skills.
- Mindfulness: Meditation and relaxation techniques.
- Therapeutic support: Programs for emotional and cognitive development.

Skill-building and Education

- Daily living skills: Cooking, budgeting and other household chores to promote independence.
- Pre-employment skills: Building career goals and learning practical skills for the workplace.
- Education: Numeracy and literacy programs or other learning activities.

Community and Social Activities

- Community outings: Trips to local attractions like parks and museums.
- Volunteering: Community projects or local events.
- Social events: Going to movies and concerts.
- Spirituality: Attending a place of worship if interested.
- Group activities: Social outings like bowling or a local festival.

We have registered nurses on staff and an Aboriginal Liaison Officer to aid in providing culturally relevant care.



Email: hello@casa.net.au

www.casaservices.org.au

Trusted help, one call away

- call **08 8953 4311**

