

LIFESTYLE OPTIONS - COMMUNITY ACCESS SERVICE (CAS)



The Lifestyle Options program is a leisure and recreational service for people with cerebral palsy. It is based in a new centre at the Allambie site of The Spastic Centre.

The Service

The group is open to its members Monday to Friday, between 9.30am and 3.30pm.

The members who attend Lifestyle Options have chosen not to work due to physical/ageing issues and do not attend any other day services.

The service user to staff ratio is approximately 2:1 and personal care and mealtime assistance is offered to all members.

Activities Offered

A variety of leisure and recreational activities are offered. These range from craft and art to community access outings, letter writing, swimming, discussion groups and entertainment. These are all activities chosen by the current group and are planned around a flexible timetable.

Location

189 Allambie Road,
Allambie Heights, NSW 2100
Tel 02 9975 8478 Fax 02 9975 8442

Further Information

For information and direction on services that may meet your needs, contact:

PATHWAYS

The Spastic Centre information, referral, intake and planning unit

1300 888 378

Anyone may refer to Pathways



The Spastic Centre
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