# Skill Building Stays



Supported
accommodation and skill
building opportunities
for those aged 6 - 18
years. Delivered by our
team of caring and
passionate autism
professionals.



We listen to what young people and their families tell us, then work with them on their goals and individual needs. Our team incorporate positive behaviour support, visual supports and other autism strategies into the daily program. Our individualised planning and behaviour support are designed to build the capacity and skills of autistic children and their families.

### **Mansfield Based**

We offer residential skill building stays in our purpose built house on our 100 acre farm in Mansfield, Victoria. This is supported accommodation and intervention for those aged 6-18 years who need a little extra help to develop important life skills. Skill building stays often involve intensive parent training to help transfer the skills back to the home.

### **Health and Wellbeing**

No screens! Our program is built around 'no technology'. We explore new activities and build healthy outdoor habits and social skills for our young people. We run yoga, massage, swimming, and many outdoor adventures to support our young people with their health & wellbeing

## **Skill Building**

A stay at Mansfield Autism is rich with skill building opportunities. The program is flexible and responsive to needs and goals of each individual. In general, we work on skill development in daily living skills such as toileting, self-care, personal hygiene, eating programs, sleep hygiene, night-time, morning and after school routines, social and communication skills, or emotion regulation.

### **Family Respite**

Everyone needs a chance to rest and recharge! Our skill building stays provide families with some quality time to focus on their own health and wellbeing.

The skill building stay was extremely beneficial and gave us hope for the possibilities for our child



# More information

Families require funding under Short
Term Accommodation and Capacity Building and / or Improved Relationships.



# Key details:

- Skill building stays are delivered in Mansfield, Victoria from purpose-built houses that are safe and supportive.
- The stays are of flexible duration and provide 24/7 care.
- Young people are supported by a staff ratio as determined by need.
- We deliver person-centred support: all services and strategies are based on the young person's needs, strengths and capacity.
- Skill building stays often have an element of intensive parent training to help transfer new skills to the home.
- Our farm is currently in its growth phase. We are building and creating new experiences and spaces.

# In our service, we aim to:

- Reduce behaviours of concern and increase self regulation and communication skills.
- Increase adaptive behaviours (daily living skills like toileting, sleeping, diet & self care).
- Increase the social and emotional wellbeing of families and support networks, reducing anxiety and stress by offering skill building stays with 24/7 care.
- Build the family's confidence and understanding of autism. We empower families to use evidence based strategies and supports for their child.
- Increase participation of children and young people in leisure activities and within the community.
- Improve the health and wellbeing of autistic children and young people.

Contact Us! 03 5775 2876 info@autismmansfield.org.au PO BOX 715, Mansfield, Vic, 3724

Mansfield Autism Statewide Services are committed to promoting and protecting at all times the bestinterests of children and young people involved in its programs.

programs.
Any child having contact with
Mansfield Autism Statewide
Service, has the right to feel safe
and be safe. The wellbeing of
children in our care will always be
our first priority and we have zero
tolerance to child abuse.



To apply, visit: www.autismmansfield.org.au