



Outlook

an inclusive society for all

Program & Services Guide

1300 137 140

disabilityvic@outlookaust.org.au



Welcome to Outlook

Outlook Australia is a registered charity and social enterprise empowering individuals facing social disadvantage and barriers to employment, including people with disability. For over 50 years, we have supported communities across Victoria, New South Wales and Queensland.

Community Services

As an NDIS-registered provider, we deliver day programs, in-home care, and community access support to help participants build independence and enrich their lives. Our services include daily living support, community engagement, and skill development programs.

Social Enterprise

Outlook operates Australia's largest waste management social enterprise, creating inclusive employment opportunities. NDIS participants can access work experience, supported employment, and skill development at our transfer stations, reuse shops, and Victoria's Container Deposit Scheme locations.



What do we do?

At Outlook, we help individuals define their goals and create personalised schedules based on their interests. We focus on understanding what matters to each person and providing support that enables them to connect, grow, and enjoy the life they want.



Outlook also provides experienced staff, accessible facilities and tailored support for participants with complex physical, medical or behavioural needs. Available across our group programs, in-home, community based and special interest groups, our care teams help participants build independence, pursue work opportunities, follow their passions, connect with others, and engage safely and meaningfully with the community.

How to join Outlook?

Contact us to enquire or complete the online form on our website:



1300 137 140



disabilityvic@outlookaust.org.au



www.outlookaust.org.au



www.bit.ly/OutlookAgedDisability

Or Scan Here



OUTLOOK HUBS and MEETING LOCATIONS

Outlook Community Centre

24 Toomuc Valley Rd, Pakenham



Narre Warren Learning Hub

2A Malcolm Crt, Narre Warren



Clayton South Learning Hub

9 Scott Ave, Clayton South



Meeting Locations

For programs involving engaging in the community, locations are chosen to be accessible and as easy to reach as possible. All meeting locations and schedule changes will be clearly communicated to participants and carers.

Transport Options

If participants cannot access hubs, we provide transport options, including **travel assist** (staff pick-ups and drop-offs) or **travel training** (staff teach participants their travel routes).

Who do we support?



Venkatesh is a young man eager to gain work experience. With Outlook, he enjoys the hands-on programs to develop real work skills, enjoys adventurous outings, and stays active at the pool as he learns to swim in Outlook's All-In programs.

Najee has been with Outlook for years and loves diving into painting and creativity. On sunny days, he enjoys outdoor adventures with friends, exploring and making every moment memorable.



Mujeeb is exploring exciting new opportunities with Outlook, learning important travel and work readiness skills while trying fun experiences, discovering pathways for his future, and having a great time along the way.

Nicole enjoys spending time with her friends and support staff, whether being pampered or catching up at a café. She takes the lead in planning her days, choosing what she wants to do and making the most of every day.



Home and Community Supports

We offer tailored individual support, including assistance with daily tasks and travel, respite and goal-focused guidance to help you thrive.

Assistance with daily living

Travel assistance

Personal care

Medication checks and administration

Respite support

Domestic assistance

Social support



As parents of two adult sons with complex needs, holidays have always been stressful. This time, leaving them at home with Outlook staff was incredible. They were safe, happy and well cared for, with no behaviours of concern.



Since joining Outlook, we've seen fewer behavioural incidents and more successful days out in the community. Feeling safe with his care team, he's able to do what he enjoys instead of staying isolated.



NAVIGATORS

Safety and Independence

Empowering individuals with life skills to thrive in the community, this group builds social skills, safety, independence, money management and time management in a supportive environment.

- ✓ Build social skills and confidence
- ✓ Understand community safety and personal awareness
- ✓ Learn money-handling and budgeting skills
- ✓ Improve time management skills



It's about the journey - learning how to be independent in the community and what to do when things go wrong.

Community Engagement

It's about the destination - accessing the community and making friends at new and much-loved locations.



EXPLORERS

Safety, Fun and Adventure

An engaging, inclusive program for individuals who love exploring and having fun. Participants enjoy outings, develop life skills, and build confidence to thrive safely in their community.

- ✓ New social interaction, friendships and community connections
- ✓ Explore the community and places of interest
- ✓ Develop independent skills using public transport





TRANSITION EDUCATION

Skills, Confidence and Independence

Certificate I in Transition Education helps learners develop skills for life after school, including independent living, community participation, and pathways to work, volunteering or further study.

- ✓ Independent and personal development
- ✓ Social and community connection
- ✓ Vocational and Practical Skills



WORK EDUCATION

Personalised Pathways

Certificate I in Work Education helps learners with intellectual disability build essential skills, increase employability, and explore pathways to further vocational education and career opportunities.

- ✓ Create personalised employment plans.
- ✓ Workplace skills
- ✓ Personal, interpersonal and practical skills



WORK & LIFE SUCCESS

Life Skills and Individual Goals

Participants will develop personal and social skills through a program focused on self-discovery, growth, and achieving meaningful accomplishments across all areas of life.

- ✓ Develop teamwork and collaboration skills
- ✓ Reinforce essential work skills and professional behaviours
- ✓ Practice applying strategies in a group setting



CAREER LAUNCHPAD

Individualised Opportunities

Supporting participants to explore individualised career paths, build their resume, and pursue further education, work placements, apprenticeships and job opportunities.

- ✓ Explore further education options like vocational training and courses
- ✓ Create resumes that showcase skills and experience
- ✓ Build skills to complete job applications successfully



OCCUPATIONAL SKILL BUILDING

Real life experiences

This hands-on program gives participants the opportunity to learn practical workplace skills at Outlook's waste transfer and reuse shop locations. Participants will gain experience in a real work environment while building confidence, independence and employability.

- ✓ Customer service and teamwork
- ✓ Sorting, handling, and processing recycled goods
- ✓ Operating safely within a workplace environment
- ✓ Cash handling and point-of-sale experience
- ✓ Workplace communication and problem solving



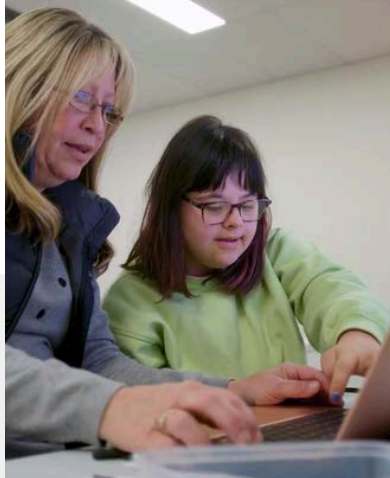


TECH TREK

Computer Skills and Online Safety

A computer program empowering participants with essential digital skills, building confidence, competence and online safety in today's technology-driven world.

- ✓ Communicate effectively online
- ✓ Browse the internet safely and avoid scams
- ✓ Use Word, Excel, and PowerPoint confidently



NUMERACY AND LITERACY

Essential Skills and Foundations

This program uses fun, group-based activities to develop essential numeracy and literacy skills, helping participants practice daily tasks and build confidence.

- ✓ Manage everyday tasks with numbers, including budgeting, shopping, and time management
- ✓ Improve reading, writing, and comprehension for effective communication
- ✓ Apply numeracy and literacy skills in real-life situations



ROAD SAFETY

Safety in the Community and Practicing for Learners Permit

This course helps participants develop road safety knowledge and skills, building confidence and independence, whether or not they choose to pursue a learner permit.



- ✓ Build road awareness, traffic rule knowledge, and safe behaviours
- ✓ Learn and practice for the learner permit test
- ✓ Develop skills to be safe, responsible, and more independent in the community



THE KITCHEN IS YOURS

Essential Cooking Skills and Kitchen Safety

A cooking class designed to teach foundational skills, from preparing family staples to international dishes. Build confidence using kitchen tools and techniques like chopping, measuring, frying and baking.

- ✓ Learn core cooking techniques (measuring, chopping, frying, baking, etc.) and confidence with cooking tools
- ✓ Practice food safety and hygiene
- ✓ Budget, plan, and shop for cost-effective meals



Learn how to be independent in the kitchen. We aim to teach you simple meals you can cook at home.

Cost: \$10 for ingredients

Learn all the skills from beginner to advanced. This group is for people that love food and trying new things.



FUN IN THE KITCHEN

Enjoyment of both food and company

A cooking class focused on creating delicious meals to enjoy and share. From favourites to new dishes, participants will practice essential skills while experiencing the joy and satisfaction of preparing and eating amazing food together.

- ✓ Create and enjoy a variety of tasty meals to share with others
- ✓ Practice essential cooking skills through hands-on experience
- ✓ Build confidence, pride, and social connections through shared food experience

All-In Fitness and Wellness Programs

Cardinia Leisure

Outlook and Cardinia Leisure have partnered to offer All-In programs, helping people with disability stay active in a fun, supportive and inclusive environment. Participate in functional fitness, swimming, water safety and sports programs designed for maximum enjoyment, social connection and physical, mental and emotional benefits.



Cardinia Leisure is located at 6 Olympic Way, Pakenham

All-In FIT

Group-fitness programs designed to empower people with disabilities through tailored fitness, offering a supportive and accessible environment to achieve health and wellness goals.

**Cost: \$10
per session**

All-In SWIM

A safe, supportive and accessible swimming program to help participants build confidence in the water, learn to swim, develop new skills, and enjoy the benefits of being in the water.

**Cost: \$10
per session**

All-In SPORT

An inclusive and non-competitive sports skills program offering a fun, inclusive, and supportive environment where participants of all abilities can try new sports or improve their skills.

**Cost: \$7.50
per session**



SWIMMING

Pools, Relaxation and Fun

A fun and relaxing experience, with enjoyable pool activities and opportunities to explore and engage with the community in a supportive environment.

Cost: As per facility entry



- ✓ Build social connections and a sense of community
- ✓ Enhance physical health and fitness in a supportive environment



ACTIVITY CONNECT

Fun Activities to Suit Your Interests

Providing individuals with disabilities the chance to enjoy a range of fun activities with members of the community.

- Football
- Sailing
- Bowling
- Many more!

Cost: Depending on activity

- ✓ Engage in a variety of adaptive sports activities
- ✓ Build relationships and a sense of community
- ✓ Boost health, self-esteem and promote independence



HEALTH & WELLBEING

Fun Activities to Suit Your Interests

This program supports participants to take charge of their health and wellbeing in fun, practical ways. It encourages confidence, independence and a healthier lifestyle through engaging activities.

- ✓ Gain practical skills to support healthier lifestyles
- ✓ Strengthen confidence and independence for life
- ✓ Enhance social connections and teamwork





GARDEN EXPLORERS

Gardening, Volunteering and Community

Join in to develop hands-on skills, build and create your own garden spaces, and foster a sense of pride and inclusivity. Each week, you'll engage in practical activities and connect with the local community through volunteering opportunities, helping to create and maintain gardens, and support others.



- ✓ **Develop core gardening skills and practical techniques**
- ✓ **Build social connections and teamwork**
- ✓ **Foster creativity and engagement through hands-on projects**



COMMUNITY CHAMPS

Learning with friends in the community

Participants will engage with their local communities, gaining hands-on skills and forming genuine connections that can lead to lasting friendships. Activities may include organising local can drop-off points, upcycling projects, or joining community groups like men's sheds with friends.

- ✓ **Build practical skills through community projects and hands-on activities**
- ✓ **Form meaningful friendships and connections within the local community**
- ✓ **Grow confidence and independence**





ARTS AND CRAFTS

Explore and Create

A welcoming space to explore creativity through arts and crafts. Participants enjoy sensory-rich activities, build artistic skills, and express themselves in a supportive environment. No matter your skill level, this group offers the chance to connect, create and share the joy of art.

Cost: \$10 to cover materials

- ✓ Explore and express creativity
- ✓ Work on personal projects
- ✓ Enjoy sensory-rich activities



LOOK OUT!

Outlook's Own Cover Band

Unleash your inner rock star. Whether you're a beginner or experienced musician, you'll learn instruments, jam with others, and build confidence. Together, we'll create, collaborate and perform.

- ✓ Explore and express creativity
- ✓ Create personal art projects
- ✓ Enjoy multi-sensory activities



MUSICAL JOURNEYS

Musical Opportunities for Everyone

This group invites you to explore all things music! Learn instruments, join the All Together Choir, attend inclusive discos, and enjoy a variety of other music experiences - all in a supportive, engaging environment.

- ✓ Use music for self-expression and exploration
- ✓ Build connections and collaborate on musical projects
- ✓ Enjoy therapeutic benefits, including stress reduction and improved wellbeing





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