



# Empower Autism

## emPOWER UP: Independence at Home

### WHO IS EMPOWER AUTISM?

Empower Autism is a not for profit that strives to continually enable positive social change for autistic people through programs based on: inclusiveness, self-development, and self-advocacy.

### WHAT IS emPOWER UP: INDEPENDENCE AT HOME PROGRAM?

The transition into adulthood can be challenging and often stressful for young autistic adults.

The emPOWER UP: Independence at Home program has been designed with and for autistic people, to become more self sufficient at home, or preparing to move out.

The program will help guide, support and empower you as you navigate your way to independence.

Learn skills to apply to practical areas such as: self-care, domestic chores, scheduling/time management, budgeting and community access.



### WHO IS THIS PROGRAM FOR?

The program is designed primarily for young autistic adults between the ages of 16-25 years who :

- Identify as autistic
- Have good literacy skills (high school level)

### PROGRAM DETAILS

emPOWER UP: Independence at Home is delivered both in person and online. Find the program that best suits you.

In the program, you will learn:

- Time management
- Goal setting
- Motivation
- Health
- Getting around
- Planning & budgeting

### FEES

**\$125 per module**

*Access to program sessions, tailored advice, and all accompanying resources are included in the cost.*

## HOW TO APPLY

If you are interested in enrolling in the program, please email [hello@empowerautism.org.au](mailto:hello@empowerautism.org.au) or call (07) 3865 2911 or register at [www.empowerautism.org.au/](http://www.empowerautism.org.au/)

