



**Empower
Autism**

emPOWER UP: INDEPENDENCE AT HOME



WHO IS EMPOWER AUTISM?

Empower Autism is a not for profit that strives to enable positive social change with autistic people, by delivering programs and services that empower and support autistic people to improve their employment outcomes and social connectedness.

WHAT IS emPOWER UP: INDEPENDENCE AT HOME?

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

emPOWER UP: Independence at Home is designed by autistic people, for autistic people, for those aiming to become more self sufficient at home, preparing to move out, or already living on their own and looking to make improvements.

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 adults between the ages of 15-30 years who :

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

PROGRAM DETAILS

emPOWER UP: Independence at Home runs periodically through the year, from our Stafford Office or online via Zoom. The program is split into six individual modules:

- Motivation Around the Home
- Planning & Budgeting
- Scheduling & Time Management
- Getting Around
- Health
- Goal Setting

FEES

Access to program sessions, tailored advice, and all accompanying resources are included in the cost of \$125 per module. This may be covered through your NDIS plan.

HOW TO APPLY

If you would like to know more about emPOWER UP, register your interest at empowerautism.org.au/independence-at-home/ email programs@empowerautism.org.au or call (07) 3865 2911



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