



**Empower
Autism**

emPOWER UP: INDEPENDENCE IN THE COMMUNITY



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 IN THE COMMUNITY?

emPOWER UP: Independence in the Community is designed by autistic people, for autistic people, specifically to empower young, autistic adults to increase their capacity for independence.

The program is designed to ensure participants have the tools and strategies to survive and thrive in their daily lives.

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 four individual modules:

- Living Arrangements
- Responsible Citizenship
- Positive Relationships
- Wellbeing

FEES

Access to program sessions, tailored advice, and all accompanying resources are included in the cost of \$175 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-in-the-community/ email programs@empowerautism.org.au or call (07) 3865 2911



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