

**Orientation and Mobility Service
2012 Group Programs**

February 6 - February 10 2012

3 Day Program at a beach location (YAP)

The theme for this program is Beach. Why not make the most of the warm weather and explore all our coast has to offer. Experiences travelling through different terrain, like walking along the beach or bushwalking. Plan some activities in the local area and increase your skills in the kitchen by making and packing your own picnic lunch.

May 31 2012

1 Day Program – Self Defence (OM all ages)

This program is run by a professional Self Defence Instructor. It gives participants the opportunity to learn how to avoid potential dangerous situations and what to do if they found themselves in danger, including verbal responses and physical techniques.

July 9 - July 11 2012

3 Day Program in Melbourne CBD (YAP)

This program was developed from feedback received by YAP participants and is a selection of the most popular activities to date. The program provides opportunities to extend both mobility and activities of daily living. Participants will indulge in a chocolate tour through the city, learn some new recipes at a cooking school and prepare their own meals, including one for a progressive dinner.

September 28 2012

Adaptive Technology for Mobility (OM all ages)

Come along to Guide Dogs Victoria to trial a range of adaptive technology that may assist with independent mobility. Learn about the latest GPS mobility aids and ultrasonic secondary devices to improve your ability to move safely and confidently through the environment.

December 13 2012

End of the year dinner program (YAP)

For those who enjoy challenging their mobility skills in a new environment and getting together for a social meal. Come along and get acquainted with some of the hottest spots in Melbourne.

Other Programs

Ladies Program

Currently seeking interest from clients aged 18 - 35 years old. This program is planned to run subject to your feedback, four times a year. Dates set aside are the Last Tuesday of the month including February, May, August and November.

Adrenaline Men's Program (AMP)

An exciting young mens program (18–35 years old) that addresses masculine activities, behaviours and responsibilities. AMP runs monthly in a variety of locations and is facilitated by GDV OT and O&M staff.

Quality Journeys (QJ's)

An adult orientated program run monthly for motivated clients focussed on making a difference within themselves and others. The objective of the program is to promote involvement and overcome the challenges to becoming a valued member in our community. This group is geared at people who may have recently experienced vision loss or those who have been living with long term vision loss. A member of QJ's is motivated to create opportunities, make a positive impact within the group and is prepared to step out of their comfort zone. This group is supported and attended by GDV OT and O&M staff and is held monthly.

All programs and the RSVP closing dates are advertised in the Orientation and Mobility Service Newsletter produced tri - annually. Invitations will also be sent.

Please contact any of the team if you have any queries:

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