



*'My life is very different since coming to Merrimu. I've got new friends and new skills. I'm much happier and not bored anymore.'*

Tahnee



# About Merrimu

## What's important to you?

Because no two people are the same, everything we do is about providing the people we support with choice.

Merrimu supports Victorians of all ages with a physical, sensory or intellectual disability – including those with complex support needs, acquired injuries or autism. We also provide transitional support to school leavers.

For 40 years, we've been working with adults, their families and their support people to achieve what is important to them.

Through planning, support and mentoring, we ensure people have choice about the things they need to reach their goals.

We plan and facilitate programs in group or individual settings, and continue to provide ongoing mentoring to ensure people are achieving their goals. We also build strong community partnerships to help people access the things they need.

And not only do we create a tailor-made plan that's unique for each person, we also help them get to where they need to be with our SmartRun transport service.

## Your life, your choice.

We talk to people about what they would like to achieve and work with them to create an individualised plan that's just for them. We then facilitate the plan by looking first to connect people with options available in the wider community, before linking people with specialised services or those run directly by Merrimu. Our aim is to help people access their choice of opportunities and experiences, including:

### Building life skills

We help develop essential life skills so people can confidently take control of their own lives. Examples of activities include cooking and healthy eating, setting budgets, shopping, traveling independently and our 'Healthy Friendships' course.

### Vocation and education participation

Through learning opportunities, we help people unlock their potential and have more choice about their futures. Initiatives include literacy and numeracy groups (such as Unibeets), opportunities to learn retail skills (such as You Want You Should and FDR), and work experience in local businesses.

### Connecting with community

We create strong communities to help people build social networks, make friends and shape a sense of self-identity. People can choose ways to become involved with the Merrimu and wider communities through activities including drama, community radio, and participation in Community Gardens.

### Recreation and social opportunities

We help people find the pathways for a happy, engaging and meaningful life. Our recreation and social choices cover a broad range of interests, including dance, sports, choir, woodwork, leatherwork and pottery.

### Enhancing independence

We provide individual twenty-four seven support anywhere you need it, to assist with the important things that help you to get on with your day. It all starts with the simple question, 'what is important to you today?'