



Mildura Disability
Support

STEPS

Program

What is it?

- ✓ Life Skills
- ✓ Access Community
- ✓ Social connection

STEPS is a structured weekday program 9 to 3pm in our purpose built Buronga Hub, for adults with disabilities.

Person centred care & designed to support confidence, connection, & independence
1 small STEP at a time.

CONTACT US

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Program

Swim Ability – Join our Swimming Program at Mildura Waves and build essential life skills in a fun, supportive environment. Participants will develop independence by managing their own money to pay for entry, practice time management, and improve communication by interacting with staff and peers.

The program supports health and wellbeing through physical activity while also promoting community participation and confidence in public settings. Skills covered include budgeting, water safety, emotional regulation, and using public facilities, making it perfect for working towards NDIS goals like increasing independence, fitness, and social inclusion.

Cook Ability – Join our Cooking Lessons at Buronga Hub and learn valuable everyday skills in a welcoming and hands-on environment. Participants will build independence by preparing meals from scratch, developing skills in meal planning, food safety, and kitchen hygiene. The program also supports money handling, with the opportunity to purchase meals made for \$5 per container, encouraging budgeting and real-life transactions. Social and communication skills are strengthened through teamwork and shared tasks, while confidence grows with each recipe mastered.

This program is ideal for working towards NDIS goals such as building daily living skills, improving independence, and increasing community involvement.

Bowl Ability – Get involved in our Ten Pin Bowling group sessions and enjoy a fun, social outing while building essential life skills. Participants will develop independence by managing their own money to pay for games and snacks, practise communication through positive peer interaction, and strengthen time management by following a group schedule. The sessions also support emotional regulation, turn-taking, and confidence in busy community settings.

This activity is perfect for working towards NDIS goals such as increasing social participation, improving money handling, and developing independence in community environments.

Details & Cost

Meet at Buronga Hub
Travel to Mildura Waves
Swimming
Pack up & travel back to Buronga Hub
Finish
Cost: \$14

Meet at Buronga Hub
Ice breakers & introductions
Cooking lessons together
Serve up food into containers & clean up
Finish
Cost: Free or \$5 for purchase of meals to take home

Meet at Buronga Hub
Ice breakers & introductions
Travel to Sunraysia Ten Pin
Pack up & travel back to Buronga Hub
Finish
Cost: Approx \$20 for 2 games & shoe hire

Program

Play Ability – Take part in our Board Game Group Sessions at Buronga Hub and enjoy a relaxed, social environment while building important everyday skills. Participants will practise turn-taking, problem-solving, and communication through fun and interactive games. These sessions encourage positive peer interactions, emotional regulation, and following group rules, all while developing confidence and focus.

It's a great way to support NDIS goals like building social skills, improving attention and decision-making, and increasing community participation in a supportive setting.

Game Ability – Be part of our Social Gaming Group and connect with others in a fun, tech-friendly environment that supports learning and social growth. Participants will build communication and teamwork skills through cooperative and competitive games, while also developing emotional regulation, strategic thinking, and digital literacy.

The group encourages respectful interaction, turn-taking, and shared enjoyment, making it ideal for working towards NDIS goals like community engagement, increasing social inclusion, building friendships, and improving focus and decision-making in a group setting.

Life Ability – Build and master independent living skills in a supportive and practical environment designed to promote everyday confidence. Participants will learn essential tasks such as cleaning, doing the washing, dishes, cooking, shopping, meal planning, budgeting, personal hygiene, ironing, and more.

These sessions help develop routines, responsibility, and self-reliance, making them ideal for working towards NDIS goals related to daily living, independence, and preparing for more autonomous living at home and in the community.

Details & Cost

Meet at Buronga Hub
Ice breakers & introductions
Choose games to play
Pack up
Finish
Cost: Free

Meet at Buronga Hub
Ice breakers & introductions
Choose games to play
Pack up
Finish
Cost: Free

Meet at Buronga Hub
Ice breakers & introductions
List of skills to be taught during session
Learning skills
Make a snack
Finish
Cost: Free

Program

Trek Ability – Let's get outdoors and explore the great environment around us through nature treks, fishing, BBQs, and more. These sessions are all about building confidence, social connections, community engagement, and practical outdoor skills while enjoying fresh air and physical activity.

Participants will work on communication, planning, teamwork, and personal responsibility, supporting NDIS goals such as increasing community participation, building friendships, and developing healthy routines in outdoor settings.

Details & Cost

Meet at Buronga Hub
Ice breakers & introductions
Agree on a trek track
Travel to trek track
Complete trek
Travel back to Buronga
Finish
Cost: Free

Camp Ability – Experience the excitement of an overnight camping adventure where participants learn valuable outdoor skills in a safe and supportive environment. From pitching a tent and lighting a fire safely to cooking meals outdoors and fishing, this hands-on experience builds confidence, independence, and teamwork.

It's a great way to support NDIS goals related to daily living, problem-solving, community engagement, social interaction, and engaging with the natural environment.

Meet at Buronga Hub
Check all equipment required on board and pack into the car
Arrive at location
Set up camp
Make meals
Stay overnight
Next day pack up & return to Buronga Hub
Cost: Free

Dine Ability – Enjoy a social outing into the community with a group lunch designed to build real-world skills in a relaxed setting. Participants will practice communication, social etiquette, and money handling by ordering and paying for their own meal.

This experience supports NDIS goals such as increasing independence, building confidence in community settings, improving budgeting skills, and developing meaningful social connections.

Meet at Buronga Hub
Ice breakers & introductions
Travel to Lunch venue
Enjoy lunch together
Return to Buronga Hub
Finish
Cost: \$20-\$50 depending on meal & drinks

Program

Fit Ability – Take part in our Group Fitness Sessions designed for all abilities, focusing on fun, movement, and building a healthy routine. Participants will improve physical fitness, coordination, and confidence through guided exercises tailored to individual needs.

These sessions also promote teamwork, motivation, and emotional wellbeing, making them a great way to support NDIS goals like improving health, increasing social participation, and developing independence through regular physical activity.

Fish Ability – Unwind and connect with nature through our relaxing fishing activity, designed to build patience, emotional regulation, and a sense of calm. Participants will learn basic fishing skills while enjoying a peaceful environment that encourages focus, resilience, and mindfulness.

This activity supports NDIS goals related to mental wellbeing, developing coping strategies, and increasing community participation in low-pressure, therapeutic settings.

Employ Ability – Develop real-world employment skills in our Employ Ability – Job Club sessions, where participants learn how to apply for jobs, prepare for interviews, and build the confidence to get and keep a job.

The program focuses on resume writing, communication, workplace expectations, and goal setting, supporting NDIS goals related to increased independence, skill-building, and preparing for open or supported employment opportunities.

Details & Cost

Meet at Buronga Hub
Ice breakers & introductions
Travel to Fitness session location
Fitness session
Return to Buronga Hub
Finish
Cost: Free

Meet at Buronga Hub
Ice breakers & introductions
Travel to Fishing location
Fishing
Return to Buronga Hub
Finish
Cost: Free

Meet at Buronga Hub
Ice breakers & introductions
Job Club activities
Cost: Free

Program

Parent Ability – A parenting education program based on the Positive Parenting Program, designed to support parents with disabilities in developing practical skills and strategies to confidently care for their children.

The program empowers participants to strengthen family relationships, manage daily routines, and build their parenting capacity. It supports them to achieve their NDIS goals related to daily living, family wellbeing, and social participation.

Details & Cost

Meet at Buronga Hub
Ice breakers & introductions
Parenting program video
Discussion
Parenting activity
Finish
Cost: Free

Commun Ability – Join us for Commun Ability, a day program offering community excursions designed to build confidence and develop the skills needed to access and participate in the community safely.

This program supports participants to work towards their NDIS goals related to social and community participation, independence, and everyday life skills.

Meet at the Buronga Hub
Ice breakers & introductions
Travel to the activity
Discussion
Finish

Cost: \$5-\$15 – depending on the location entry fee

Employ Ability – Develop real-world employment skills in our Employ Ability – Job Club sessions, where participants learn how to apply for jobs, prepare for interviews, and build the confidence to get and keep a job.

The program focuses on resume writing, communication, workplace expectations, and goal setting, supporting NDIS goals related to increased independence, skill-building, and preparing for open or supported employment opportunities.

Meet at Buronga Hub
Ice breakers & introductions
Job Club activities
Cost: Free

August

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 9-12pm – Swim Ability 12-3pm – Cook Ability	5 9-12 – Bowl Ability 12-3 – Play Ability/Game Ability Club	6 9-12pm - Cook Ability 12-3pm – Life Ability	7 9-12 – Employ Ability 12-3 - Play Ability /Game Ability club	8 9-12 - Trek Ability 12-3 – Dine Ability – Wentworth Royal Hotel	9
10	11 9-12 – Fit Ability 12-3pm – Life Ability	12 9-12pm – Swim Ability 12-3 – Play Ability /Game Ability club	13 9-12pm - Cook Ability 12-3pm – Parent Ability	14 9-12pm – Employ Ability 12-3pm – Trek Ability	15 9-12 – Bowl Ability 12-3pm – Dine Ability – Gol Pub	16
17	18 9-12pm – Swim Ability 12-3pm – Cook Ability	19 9-12 – Bowl Ability 12-3 – Play Ability /Game Ability club	20 9-12pm - Cook Ability 12-3pm – Life Ability	21 9-12 – Employ Ability 12-3 – Play Ability /Game Ability club	22 9-12 - Trek Ability 12-3 – Dine Ability Mildura RSL	23
24	25 9-12 – Fit Ability 12-3pm – Life Ability	26 9-12pm – Swim Ability 12-3 – Play Ability/Game Ability club	27 9-12pm - Cook Ability 12-3pm – Parent Ability	28 9-12pm – Employ Ability 12-3pm – Trek Ability	29 9-12 – Bowl Ability 12-3pm – Dine Ability Coomealla Club	30
31						

September

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9-12pm – Swim Ability 12-3pm – Cook Ability	2 9-12 – Bowl Ability 12-3 – Play Ability/Game Ability Club	3 9-12pm - Cook Ability 12-3pm – Life Ability	4 9-12 – Employ Ability 12-3 – Play Ability/Game Ability Club	5 9-12 - Trek Ability 12-3 – Dine Ability – Loxton Pub	6
7	8 9-12 – Cook Ability 12-3pm – Life Ability	9 9-12pm – Swim Ability 12-3 – Play Ability/Game Ability club	10 9-12pm – Cook Ability 12-3pm – Parent Ability	11 9-12pm – Employ Ability 12-3pm - Trek Ability	12 9-12 – Bowl Ability 12-3pm – Dine Ability – Red Cliffs Club	13
14	15 9-12pm – Swim Ability 12-3pm – Cook Ability	16 9-12 – Bowl Ability 12-3 – Play Ability/Game Ability Club	17 9-12pm - Cook Ability 12-3pm – Life Ability	18 9-12 – Employ Ability 12-3 - Game Ability Club	19 9-12 – Fish Ability 12-3 – Dine Ability – Workingman's Club	20 Vic - School holidays start – Reduced program
21	22 9-12 – Fit Ability 12-3pm – Commun Ability – Australian Botanical Gardens	23	24 9-12pm – Swim Ability 12-3pm – Commun Ability – Mildura Library	25	26 Public Holiday	27
28	29 9-12pm – Swim Ability 12-3pm – Commun Ability – Benstock Farm	30				

October

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9-12pm – Fish Ability 12-3pm – Commun Ability – Apex Park BBQ	2	3 9-12 – Trek Ability 12-3 – Dine Ability – Wentworth Royal Hotel	4
5 Vic school holidays end	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	