

**Life skills for
people with an
intellectual
disability.**

**Some underpinning
approaches and
principles:**

- ◆ *early intervention*
- ◆ *social justice*
- ◆ *holistic principles*
- ◆ *collaboration*
- ◆ *participation*
- ◆ *social role valorisation*
- ◆ *least restrictive alternative*
- ◆ *empowerment*
- ◆ *promoting independence*
- ◆ *community development*
- ◆ *transparent*



More information

To find out more about this service,
please contact us:

Phone: **(07) 3260 6243**
35 Dalziel Street
Nundah Q 4012

Fax: (07) 3260 6460

Email: alina@spiritus.org.au

Hours: 9am to 4pm
Monday to Friday



**Working
alongside people
with an intellectual disability**

Alina supports:

Families where one or both parents have an intellectual disability.

In addition they will have a child under the age of 12 months or the woman is pregnant.

Single women with an intellectual disability and are homeless or are at risk of becoming homeless.

Eligibility

The family or single woman must fit the criteria above and reside within the geographical area accessed by a maximum thirty minute car drive from the Nundah office.

Referrals will be accepted only when the person/s are aware of the referral and are entering Alina of their own choice.

Alina is a time-limited, inclusive, strength based program with two distinct target groups

Families

that are headed by a parent/parents who have an intellectual disability.

We work alongside the primary person who enters the Alina program of their own choice to engage in case management support within their family centred goals.

This can include:

- ◆ *maximising independence;*
- ◆ *community participation;*
- ◆ *accessing other services; and*
- ◆ *parenting issues/challenges and successes.*



Single women

- ◆ **who have an intellectual disability**
- ◆ **who are homeless or are at risk of homelessness**



We work with single women who enter the program of their own choice.

This support is within the context of maintaining or finding accommodation.

This can include:

- ◆ *accessing other services;*
- ◆ *maximising independence*
- ◆ *community participation.*