



ENJOYABILITY

YOUR HAPPINESS OUR MISSION



About Us

We founded Enjoyability based on 25 years of experience caring for our sister. We watched all ups and downs throughout her life, and now we are here to **apply** all that we have learnt to everyone who joins the Enjoyability **family!**

Our Mission

We are on a mission to make every participant **smile!** We ensure that every service we provide is tailored to the participant, and are constantly evolving to improve. Through this, we are striving to reach the ultimate goal of helping every participant have an **optimistic** outlook on life, and give them the support they need to tackle every goal they have dreamt of.



Community Access

Create **lifelong** relationships with carers and participants while undertaking a customised program!



Short-Term Accommodation

Learn important **life skills** while enjoying fun activities at a fun and **safe** environment!



Fitness with Friends Program

Train through a program tailored to your preferences, and watch your **mental** and **physical health** improve!



Allied Health Services

Receive treatment from our experienced therapists to help you live more **independently!**

Call us for
more info!



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COMMUNITY ACCESS AND PERSONAL CARE



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Our Community Access Program is designed to enhance the well-being and quality of life of our participants. We believe that meaningful engagement goes beyond simply being outside, rather it is about creating **genuine carer-participant connections** and ensuring that every individual feels valued and supported.



A key aspect of our service is carefully considering each pairing of participants with support workers who are not only highly trained but also genuinely passionate and **energetic**. We strive to create **real friendships** between participants and their support workers, fostering trust, comfort, and a shared **sense of enjoyment** in every activity.



Our intake process is meticulous and tailored, allowing us to develop a **customised program** that aligns with participants' abilities, interests, and hobbies. Whether a participant enjoys outdoor adventures or creative arts, we ensure that every experience is both useful and enriching.



We also recognise that some individuals may require additional assistance with personal care to fully participate in our programs. As inclusivity is at the heart of what we do, we offer personal care support where needed, ensuring that **no participant misses out** on the opportunity to engage in their community and enjoy fulfilling experiences.



Our goal is to provide a fun and warm approach to community access, encouraging participants to build confidence, develop social connections, and lead **vibrant, active lives**.



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Sydney

SHORT TERM ACCOMMODATION



We provide Short Term Accommodation (STA) in beautiful, safe, and relaxing locations, offering participants the opportunity to take a refreshing break from their usual routine, and allowing informal carers such as family members to take time to reset. Our STA program is designed not only to provide respite but also to support **personal growth** and independence in a comfortable and engaging environment.



During their stay, participants have the option to engage in **life skills training** tailored to their individual abilities and goals. This can include essential daily tasks such as cooking, cleaning, making the bed, shaving, showering, and more. We also welcome requests from participants and their families, ensuring that each stay is personalised and **beneficial** to their development.



To maintain transparency and peace of mind, we provide **daily updates** to family members or nominees, keeping them informed about the participant's well-being, activities, and overall experience. Our priority is to ensure that both participants and their loved ones feel **comfortable** and reassured throughout the process.



In addition, we offer this service at a rate lower than the standard NDIS price, allowing participants to maximise their funding while still receiving high-quality care and support. Our goal is to make STA not only an enjoyable experience but also an accessible and valuable opportunity for **personal growth**.



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Our Fitness with Friends Program is customised to each participant's abilities, interests and goals, ensuring a fun and engaging experience that also promotes **physical and mental well-being**. We will develop a personalised plan based on the participant's skill level and goals, providing **structured guidance** while **tracking progress** along the way. By recording achievements and improvements, we help participants build **confidence** and stay motivated as they reach new milestones.



Engaging in regular physical activity is proven to have significant health benefits, including improved strength, **coordination**, and cardiovascular fitness. Beyond physical advantages, sports and exercise also enhance mental well-being, helping to reduce stress, **boost mood**, and improve focus. Participation in sports can also foster **social connections**, encourage teamwork, and build resilience, contributing to a healthier and more **independent** lifestyle.



Our program includes a diverse range of sports and activities, such as:
Walking & Hiking – Enjoying the outdoors while staying active
Gym Workouts – Strength training and fitness improvement
Basketball – Developing teamwork and coordination
Soccer – Enhancing agility and strategic play
Boxing – Boosting discipline, focus, and fitness



We are always open to participant requests, ensuring that each individual has the opportunity to engage in sports they love while exploring new activities in a supportive and encouraging setting. Our goal is to make physical activity **accessible**, enjoyable, and rewarding for everyone!



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We provide high-quality Allied Health Services designed to help participants build capacity and become better equipped to face daily life. Our dedicated team of professionals works closely with each individual to deliver **personalised therapy**, ensuring that they work towards building skills for a better future.

Our range of Allied Health Services includes:



Occupational Therapy – Enhancing daily living skills and independence

Speech Therapy – Supporting communication, language, and swallowing difficulties

Physiotherapy – Improving mobility, strength, and physical function

Exercise Physiology – Using tailored exercise programs to promote health and well-being

Dietitian – Providing expert nutritional guidance for better health outcomes

Counselling – Receive professional mental health support and improve your wellbeing



To make access as convenient as possible, all our services are **mobile**—we come to you! Whether at home, school, childcare centres, or community hubs, our therapists provide support in environments that are comfortable and familiar to the participant.



We are continuously expanding our team to ensure **availability** for new participants, allowing for timely access to therapy without long wait times. Our therapists and practitioners are not only highly qualified and experienced but also passionate about making a **real difference** in the lives of those we support.



Above all, we believe in ethical and participant centred care. We will always assess whether a service is truly needed and are not afraid to decline a participant if we believe our support is not **essential** to their well-being. Our focus is on providing genuine, high-quality care that aligns with each participant's needs and goals.



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WE WOULD LOVE TO HEAR FROM YOU!



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SYDNEY

HAVE AN AMAZING DAY!

