

# FACT SHEET



## HOP (HOLIDAY OPTIONS PROGRAM)

HOP is a supported group recreation program that provides participants with opportunities to learn and develop new skills, make new friends, and connect with their local community. HOP provides inclusive opportunities in a small group setting. HOP is led by Community Access Workers who provide support and supervision, and may also be supported by teenage and adult volunteers who provide social connections and peer support.

**Eligibility:** Aged 5 - 12 years, residing in Gippsland and have a NDIS plan.

### Program benefits and outcomes:

- Social participation in the community
- Meet new people and develop friendships
- Improve and develop communication skills
- Opportunity to access new activities and try new things
- Development of life and independent living skills
- Self care for carers and participants

Regular activities take place during the school holidays and a limited number take place during the school term. Activities are between 6 - 8 hours in duration.

Activities are planned based on participant interests and may include:

- **Events** – shows, plays, exhibits.
- **Action** – kayaking, laser tag, rock climbing, snow, water parks, indoor play centres.
- **Creativity** – dancing, music, art, craft, cooking.
- **Health and Wellbeing** – fitness, teamwork, exercise.

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