





Empowering young adults with Autism Spectrum Disorder to live more independently







Links to Life is:

-  A capacity and skill building program for adolescents and young adults with developmental disabilities
-  Focused on utilising evidence based behavioural interventions to increase independence and functional living skills
-  An individualised 1:1 program for 12 - 25 year olds
-  Run in 2 hour sessions once or twice a week




Giving young people the life skills to lead fulfilling lives with increased independence

Daily activities include:

-  **Functional communication** Opportunities to use language to make choices, express their needs and listening to and understanding others
-  **Community navigation and safety** Road awareness, identifying surroundings in the community, shopping and money management
-  **Self-care** Grooming, hygiene, behaviour management and time management
-  **Daily living skills** Cleaning the home, cooking, doing laundry and developing leisure skills



Contact us

-  enquiries@abalink.com.au
-  02 9411 4618
-  Suite 1, Level 3, 5-9 Devlin St
Ryde NSW 2112

abalink.com.au/links-to-life

NDIS terms and funding supports used to describe these services are:

- Assistance with daily living, social and community participation
- Increased social and community participation
- Improved relationships
- Improved daily living skills