

## What people say about Goulburn Options?

*We will be forever grateful for the support and help we have been given with our daughter's transition into this new chapter of her life.*

**Parent**

*Your day programs are really good and I've come out of my bubble a lot more and I am learning things that I never knew before. The staff at Goulburn Options are really friendly and helpful.*

**Gemma**

*Thank you for your amazing effort and care. You all do an excellent job and its a credit to you all and Goulburn Options.*

**Parent**

*I love it here, I love my friends and my programs.*

**Shannon**

*GO helps me learn cooking skills so I can cook for my family.*

**Crystal**



### GOULBURN OPTIONS Seymour, Vic 3661

**GO Centre - 28 High St**

**GO-Again Op Shop - 115 Anzac Avenue**

**GO Get Living Units - 22 O'Sullivan Road**

**Telephone:** 03 5792 3192

**Mobile:** 0417 153 365

**Admin:** [finance@goinc.org.au](mailto:finance@goinc.org.au)

**Programs:** [programs@goinc.org.au](mailto:programs@goinc.org.au)

**Website:** [www.goinc.org.au](http://www.goinc.org.au)

**Postal Address:** PO Box 345 Seymour 3661

Goulburn Options Inc is a registered charity with the Australian Charities and Not-for-Profit Commission.

Goulburn Options Inc is also a Public Benevolent Institution that is endorsed as a Deductible Gift Recipient (DGR)

Donations can be made at:  
[givenow.com.au/goulburnoptions](http://givenow.com.au/goulburnoptions)



## GOULBURN OPTIONS

*Appreciating individual capability,  
recognising the value of diversity and  
promoting equity*



NDIS Registered Service Provider





## Who Are We?

Goulburn Options is a community based, not for profit, registered charity providing support services including those delivered under the NDIS (National Disability Insurance Scheme).

Based in Seymour the organisation attracts participants from throughout the Goulburn region of Victoria.

Born from community action in 1981 Goulburn Options has grown to become a leading service provider in the region, strongly integrated into the life of the district, enjoying community collaboration, and employing many local staff.

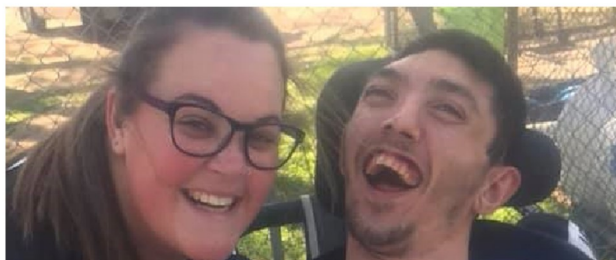


Our aim is to support participants as they seek to live their 'biggest life possible'.

However, as we assist individuals to meet their goals, we are also supporting carers and families.

## Group Activities

Goulburn Options provides a varied range of group activities, at the Seymour centre and throughout the community.



Programs include:

- Independent living skills
- Work skills,
- Recreation and leisure
- Health and wellbeing
- Community access
- Social connections

Participants may choose to be involved with the GO-Again Opportunity Shop, the Art program, the GO Radio Program, the GO Ragz program, the GO Band, Horticulture training or Go Floral.



## Flexible Supports

Participants can also request services tailored to their individual needs such as support with community and social activities.



We can individualise services to accommodate various requirements such as attendance at medical appointments, event participation, or holidays.



In-home independent living supports are also available for people who require assistance to remain in the family home or for people who require support to live independently.

Short term accommodation (respite) is also available if required.