

Aspect Adult Community Services

**What's next for Autistic adults?
Learning new skills, making new
friends and real life moments.**

Our tailored activities can help you with:

Communication and friendships

Develop your personal communication and social skills and engage in local community activities with peers.

Independent living skills

Build the skills you need to be more independent, such as cooking, cleaning and self-care.

Health and wellbeing

Improve your physical and emotional, wellbeing, through selected

programs, such as meditation, yoga and healthy eating.

Sport and recreation

Improve your physical fitness, and fine motor skills through activities that encourage creativity, develops self-esteem and builds confidence. These activities are designed with your needs in mind and for people of all abilities.

Therapy and PBS

We can also provide access to our therapists and Positive Behaviour Support practitioners through your NDIS plan.

**Our purpose
a different brilliant®**

Understanding,
engaging and celebrating
the strengths, interests
and aspirations of people
on the autism spectrum.



Find out more
about Aspect's
Adult Community
Services in
Melbourne

aspect.org.au/how-can-we-help/we-understand-you

Welcome to a place that adapts to you

How we work

We partner with you. Aspect exists to support people to live their best life possible.

We work to understand people on the autism spectrum from their perspective.

We focus on the strengths and interests of individuals on the autism spectrum.

Our solutions are evidence-informed and proven to work.

Our services are personalised to each person and family.

Locations

Our Melbourne centres are located in Hawthorn, Northcote, Heatherton and St Albans.



Our highly trained support workers know how to bring out the best in you. Every day we're building quality moments, memories and relationships for Autistic adults and their families/carers. Our participants feel comfortable and safe being in an environment that very quickly becomes their home-away-from-home.



Aspect is one of Australia's largest autism-specific service provider. We have over 55 years of experience partnering with people of all ages on the autism spectrum, as well as their families, carers and support networks.

A spectrum of choice.

