

Care Squared Connect is dedicated to bringing unique therapies, group programs and events to life, supported by Care Squared's team of allied health clinicians.



Connections & Relationships

Personal development program for NDIS participants.

Relationships can be a tricky thing for anyone to navigate, let alone for the participants we support under the NDIS. It is apparent to us across interactions with participants the common hope to have a significant other to share their lives with is of high priority for many.

Building self-confidence and connection is an important step in developing interpersonal skills. Through our work in the NDIS we have come to appreciate how many participants feel they are the only ones experiencing a delay in forming meaningful social and romantic relationships. Our group program creates an environment where we can learn and share experiences, allowing participants to develop important tools to foster relationships and create connections.

Our Connections & Relationships program facilitates building key skills and knowledge needed to develop healthy, lasting relationships whilst providing an opportunity to create real connection, friendships, and more between group members.

Throughout our program we explore:

- Our existing relationships (family, friends, support network, romantic, etc.) and what they mean to us
- Improving our communication skills by sharing our experiences, learning from each other, and practicing our skills together
- Gender identity and expression

- Changing relationship dynamics - moving from friend to partner or sweetheart
- Increasing our self-esteem by focusing on our strengths, what we bring to a relationship, and also what we deserve, e.g. healthy and respectful relationships
- Building our self-confidence, enabling us to experience dating by increasing our skills and knowledge (e.g. conversation starters and what to expect/do on a first date)
- Understanding what healthy and respectful relationships look like, and how to identify and manage unhealthy relationship traits
- How to express sexuality appropriately and positively
- Appropriate displays of affection in public
- Body parts, sexual feelings and attractions
- Sex and safety (consent, boundaries, safer sex, and protective behaviours)
- Staying safe online, including navigating social media and online dating
- Discussions around separation (when it's time to move on)

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