



Want to find out more?

Call us for a chat on 03 6208 0600

Freecall: 1300 067 842

or email [info@possability.com.au](mailto:info@possability.com.au)

Nurturing  
potential.

**Hobart**

Derwent Park Office

6B Lampton Avenue

Derwent Park TAS 7009

[possability.com.au](http://possability.com.au)

 PossabilityAus

# Possability

**Seven Mile Beach Retreat**

Short Term Accommodation

## Alicia's Story

Alicia lived at home with her family. Like many young people, she wanted to increase her independence but had never stayed away from the family home before. Alicia and her mother Sue worked with Possability staff to create a tailored plan to reach her goals.

Alicia began to stay at Seven Mile Beach retreat a few days a week, and with support from staff, she developed her daily living skills that she would need to move out of home such as cooking, cleaning and going grocery shopping. These stays allowed Alicia to work towards being away from the family home for longer periods. Building her skills over time, Alicia felt she was ready to move out of home and worked with Possability to move into a supported accommodation unit with another young woman.

Alicia is now enjoying having her own place and enjoying her independence. She is feeling happy, confident and has settled into her new surroundings and loves to visit her family on the weekends.



## Seven Mile Beach Retreat

Possability



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# Seven Mile Beach Retreat

Set in a peaceful, rural location just a 10 minute walk from beautiful Seven Mile Beach, the Retreat includes a spacious four-bedroom home and two self-contained one-bedroom units, accommodating a maximum of six residents each night.



## Take a break

Relax with the reassurance of knowing you or your family member are being supported in an enjoyable and safe home style environment by our team of qualified and experienced staff. Before a stay with us, we meet with you to develop an Individual Support Plan that helps staff deliver support as close as possible to what happens at home.



## Flexible stays

We design our accommodation to make you feel as comfortable as possible. A stay can be as short as one day. Stays of two nights to one week help everyone become familiar with the service. Longer stays can be arranged for circumstances such as a family holiday or carer illness.



## Skills development

We offer skill development opportunities, working with your strengths and tailoring activities to your needs. Our fun daily activities can include group outings, excursions, sport, cooking, and arts and crafts.



## Transition to independent living

Our self-contained units provide the ideal opportunity to trial independent living in a safe and supported environment. Our focus is on developing skills and confidence to prepare people for moving out of home or a shared living arrangement to live independently.

*"A holiday from home, with support and fun activities to meet your individual needs."*



### BEGIN JOURNEY

Set your goals and create your personal plan

### BUILD CAPACITY

Develop your skills and confidence while staying in the main house

### INCREASE INDEPENDENCE

Trial short stays in self contained units

### NEXT STEPS

Transition to semi independent or independent living