

A photograph of a person with a prosthetic left leg running on a red track. The person is wearing a black t-shirt and black shorts. The prosthetic leg is grey and black, with a white logo on the upper part. The background is a blurred green field and a red track.

The Challenge Award

A personal development program for people with disabilities and special needs aged 25 years plus.

WHAT IS THE CHALLENGE AWARD?

The Challenge Award is a personal development program designed for adults with disabilities over 25 years. The program is modelled on The Duke of Edinburgh's Award, and requires participants to set goals in activities of their choosing, in the areas of Service, Skill, Physical Recreation and Adventurous Journey.

The program is structured to motivate and encourage adults to pursue activities that promote self-development and independent living skills. It encourages confidence and self-esteem, team work, community connectedness and healthy lifestyle choices.

The program adopts a self-directed planning approach whereby activities are completely chosen and driven by the participant in order to gain control over their own lives and the achievements in their lives.

Participants record their involvement in their record book with the assistance of a mentor or supervisor and receive a certificate and badge to acknowledge their efforts.

LINKS WITH SERVICE DELIVERY

The Challenge Award adopts a holistic approach to personal development for people with a disability. This approach is in line with case management models as well as programs which encourage the development of Independent Living Skills (ILS).

The Challenge Award can be delivered in a range of settings from community organizations, day centres, respite centres or employment services which employ people with disabilities.



PLEASE NOTE:

The Challenge Award enables participants to learn about persistence and commitment. To assist this we encourage participants to show an ongoing commitment to each section through regular involvement over a number of weeks.

LEVEL 1	LEVEL 2	LEVEL 3
<p>Skill</p> <ul style="list-style-type: none"> ▶ Regularly undertake a practical skill, independent living skill or interest ▶ Minimum 10 hours 	<p>Skill</p> <ul style="list-style-type: none"> ▶ Regularly undertake a practical skill, independent living skill or interest ▶ Minimum 20 hours 	<p>Skill</p> <ul style="list-style-type: none"> ▶ Regularly undertake a practical skill, independent living skill or interest ▶ Minimum 30 hours
<p>Examples: Catching public transport, self-care activities, communication skills specific to the individual</p>		
<p>Adventurous Journey</p> <ul style="list-style-type: none"> ▶ Prepare and take part in a journey through a new area ▶ Minimum 1 x Overnight Journey 	<p>Adventurous Journey</p> <ul style="list-style-type: none"> ▶ Prepare and take part in a journey through a new area ▶ Minimum 1 x Overnight Journey 	<p>Adventurous Journey</p> <ul style="list-style-type: none"> ▶ Prepare and take part in a journey through a new area ▶ Minimum 1 x Overnight Journey
<p>Examples: Planned excursions or day trips</p>		
<p>Physical Recreation</p> <ul style="list-style-type: none"> ▶ Learn and participate in a physical activity ▶ Minimum 10 hours 	<p>Physical Recreation</p> <ul style="list-style-type: none"> ▶ Learn and participate in a physical activity ▶ Minimum 20 hours 	<p>Physical Recreation</p> <ul style="list-style-type: none"> ▶ Learn and participate in a physical activity ▶ Minimum 30 hours
<p>Examples: Physiotherapy, occupational therapy, sports, dance, gym programs</p>		
<p>Service</p> <ul style="list-style-type: none"> ▶ Participate in an activity that directly benefits the Community ▶ Minimum 10 hours 	<p>Service</p> <ul style="list-style-type: none"> ▶ Participate in an activity that directly benefits the Community ▶ Minimum 20 hours 	<p>Service</p> <ul style="list-style-type: none"> ▶ Participate in an activity that directly benefits the Community ▶ Minimum 30 hours
<p>Examples: Horticulture, fundraising, service to school or service organisation the participant is involved with, peer mentoring</p>		



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