

## Charlie's Guidelines

for a GREAT Short Break

### Choose Well

Choose the Short Break that's right for you. There are different types of Short Breaks, so find the ones that fit your interests and needs.



### Be considerate

of others. Keep the noise down after 10pm and respect the neighbours. Don't leave without letting someone know where you're going and when you'll be back. Share food and other resources equally.



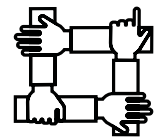
### Take care

Be responsible for yourself and your things. This means taking care of your own medications, personal care and hygiene. It also means being mindful of food hygiene, not smoking (except in designated areas), or using drugs or alcohol.



### Be a Team Player

Help out with tasks like cooking, keeping things tidy and decision making.



### If you're not feeling well

Let your support worker know. They can support you to get home or connect you with the right services.



### Be a great communicator

Be respectful of everyone. This means communicating with dignity and respect, listening to the ideas of others and keeping things confidential



### In an emergency

We will get you the help you need. We will contact your emergency contact and emergency services. If an ambulance is required it will be at your expense.



Please acknowledge that you understand and agree to the guidelines when participating in a Charlie Takes a Break program.

- I have read and agree to the Guidelines
- I give permission to contact my emergency contacts and emergency services
- I will be responsible for all costs and expenses of emergency transport or other transport to return home if required
- I understand that the program aims to support and encourage teamwork, build self esteem and confidence and will involve participating in group activities. I hereby agree that Charlie Takes a Break and its staff shall be, to the full extent permitted by law, released from and shall not incur any responsibility or liability for any accident or injury sustained by me or any damage to or loss of my personal property during the program.

Name: ..... Date: .....

Signature: .....

Please send to Charlie Takes a Break

