

Social Story

My day at the
iDareU Walkathon



16th October 2022 | 10am - 3pm

Lillydale Lake
Swansee Road, Lillydale

Guidelines

Thank you for choosing to use a Social Story written for iDareU 2022 Walkathon . This Social Story is written by [Access Ability Australia](#) and is suited for a person who may live with autism spectrum disorder, a Language Disorder, Social Communication Difficulties and/or a Cognitive Delay/Disability.

For your Social Story to be successful, we recommend you follow these guidelines:

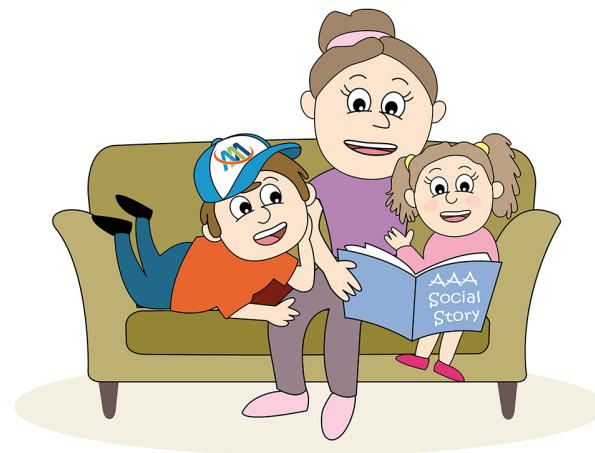
- Read Social Story often and preferably 2 weeks in advance of visit
- Social Story to be read and shared in an environment free of distractions
- Be calm, comfortable and honest when reading a Social Story
- Help the participant comprehend key points and consistently monitor for level of understanding
- Once the visit has taken place, revisit the Social Story to celebrate success.



**Access
Ability
Australia**

Who is [Access Ability Australia](#)? The founders and developers of Access Keys. They also develop visual [Communication Boards](#) and deliver [Communication Access and Awareness Training](#). To learn more, visit www.accessabilityaustralia.com.

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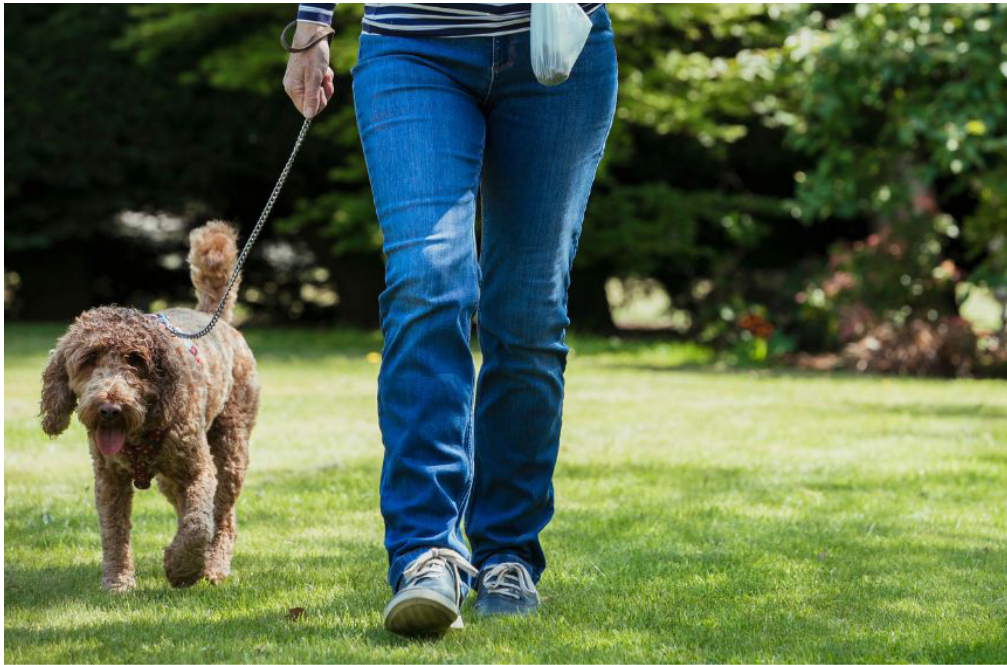




I am going to the iDareU walkathon.

iDareU helps people with disabilities and their families live their best lives.

The walkathon will raise money to help iDareU continue this important work.



The walkathon is on Sunday October 16 from 10am to 3pm at Lillydale Lake.

I will need to wear comfortable walking shoes.

I might also like to bring ear defenders and money to spend on food, market stalls, or the raffle.

If I own a dog, I might also like to bring my dog on a lead and doggie bags.



When I arrive at the entrance to Lillydale Lake, I will see helpers in orange vests.

The helpers will tell me and my support person where to park our car.

I will see lots of helpers throughout the day.

They can answer questions and show me where I need to go.



I might see lots of people.

I will see the lake.

I will see marquees, food vans, a market and food stalls.



I will need to go to the sign-in table.

The sign-in table will be at a big blue marquee with a sign.

I can sign-in at any time from 9am.



The helpers there will ask me my name and get me to sign a form.

My support person can help me with this.

They will give me a wristband to wear.

They will also give me a hat, sunscreen, sunglasses and a water bottle.



St John Ambulance will also be at the sign-in marquee.

Their job is to give first aid to anybody who needs medical help.



There will be toilets at Lillydale Lake, including a Changing Places toilet.

I will need to bring my MLAK to use the Changing Places toilet.

My support person can show me where the toilets are.



There will be a warmup session at 9:45am and a fitness workshop at 12pm.

An instructor will show us some exercises to warm up our bodies.

I might feel like there are lots of people at the warmup session.

The warmup session might sound loud.



I might go to the sensory tent.

My support person can show me where it is.

This is a quiet place, away from the noise.

There will be beanbags, sensory toys and colouring-in items there.



Somebody on a megaphone will tell me when it is time to start the walkathon.

I can start walking later if there are too many people at the start.



There will be two tracks for the walkathon.

One of the tracks is fully accessible for wheelchairs and mobility aids.



I will see helpers around the walkathon track.

There will be seats for me to rest.

There will be water bubblers for me to fill up my water bottle.



I will see dogs on leads around the track.

I might also see dogs off-lead at nearby off-lead parks.

The off-lead dogs will not be able to come close to me.



I can go around the track as many times as I want.

A helper will mark my wristband every time I finish a lap.

The most important thing is that I have fun!



There will be lots of things to do when I have finished the walkathon.

I might buy something to eat or drink.

I might buy something from the jam or jewellery stall.

I might go to the playground.

There is a liberty swing there too. This swing is great for people who use wheelchairs.



I can go back to the sign in marquee to collect my goody bag.

The iDareU walkathon is a fantastic event!

Contact

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