

# **AFTER SCHOOL INFORMATION**

**For students with a disability  
2022/2023**





## Introduction

This booklet has been developed to provide you with information about your options after school. Please use it to help you gather as much information as possible at Expos, Information Sessions, and on your visits to providers.

You can read about your choices after school, as well as a list of the providers in your local area who are offering those services.

Thank you to **NOVA Employment** for supporting the printing of this directory.



### Local NOVA offices are located at:

**Caringbah** – Suite 1A 20-26 President Ave

PH: 9535 8800

**Engadine** – Shop 3, 25 Station Street

PH: 95084400

**Hurstville** - Level 5/34 Macmahon Street,

PH: 8568 7700

**Rockdale** - 631 Princes Highway, Rockdale

PH: 9508 4400

**Bankstown** - Level 1, Unit 10-14 398 Chapel Rd,

PH : 8713 9900

**T: 1300 224 548** for general enquiries

W: [novaemployment.com.au](http://novaemployment.com.au)

W: [transition.com.au](http://transition.com.au)

W: [focusonability.com.au](http://focusonability.com.au)

**Please note:** Information about providers was correct at the time of printing. Details can change throughout the year and services may no longer be available. Please use this directory as a starting point. We would appreciate any feedback regarding changes or new services you become aware of throughout the year.

## Department of Education Support Teachers Transition (STT's)

Amanda Hurst

Support Teacher Transition: **St George/Canterbury**

NSW Department of Education

**Contact:** [amanda.hurst@det.nsw.edu.au](mailto:amanda.hurst@det.nsw.edu.au)

Karmen Courtney

Support Teacher Transition: **Sutherland Shire**

NSW Department of Education

**Contact:** [karmen.courtney@det.nsw.edu.au](mailto:karmen.courtney@det.nsw.edu.au)

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# CHECKLIST

## **Services Australia:** T: 132717

<https://www.servicesaustralia.gov.au>

- CRN number (customer reference number)
- Disability Support Pension. You may be eligible for the DSP from the age of 16. Start applying at least 3 months before your 16th birthday
- Youth Disability Supplement (if you are under 21 and receive the DSP)
- Pensioner Education Supplement (if you are studying whilst receiving the DSP)
- Health Care Card
- Carers Allowance (income supplement) or Carers Payment (income support if you are unable to work because of the demands of your caring role)

## **Services NSW** [www.service.nsw.gov.au](http://www.service.nsw.gov.au)

- Companion Card
- Proof of age/photo card
- Taxi Transport Subsidy Scheme

## **Financial Services**

- Bank account
- Tax file number

## **Health Services:**

- Medical Transition:** You may qualify for a referral to adult services. Contact Kogarah Developmental Assessment Service or enquire at your school. **Kogarah DAS - T: 8566 1222**
- Medicare Card:** It is advisable to have your own Medicare card once you turn 18

## **Guardianship/Supported Decision Making**

- Public Guardian: 1300 109 290  
<https://www.tag.nsw.gov.au/public-guardian>
- Electoral Roll:** You will need to apply if you wish to be removed from the Electoral Roll  
<https://www.aec.gov.au/enrol/>

## **Carer Support**

- Carers NSW – [www.carersnsw.org.au](http://www.carersnsw.org.au)  
T: 1800 242 636  
Emergency respite T: 1800 052 222
- Carers NSW Young Carers Program  
[www.youngcarersnsw.org.au](http://www.youngcarersnsw.org.au)  
T: 1800 242 636  
Emergency respite T: 1800 052 222
- Carer Gateway - [www.carergateway.gov.au](http://www.carergateway.gov.au)  
T: 1800 422 737  
Emergency respite T: 1800 052 222  
After Hours T: 1800 059 059

## **Information and services**

- Disability Gateway T: 1800 643 787  
[www.disabilitygateway.gov.au](http://www.disabilitygateway.gov.au)
- Online Directory MyCareSpace T: 1300 288 893  
[www.mycarespace.com.au](http://www.mycarespace.com.au)

## **Department of Education Supports**

- Support Teacher Transition  
STT's are area based. See front page for details
- Head Teacher & Support Unit staff -school based
- Learning and Support Teacher (LaST) - school based
- Transition Advisor - school based
- School Counsellor - school based

# LEAVING SCHOOL? - What are my options?

## Open Employment

Employment in the open labour market. The Supported Wage System allows employees with disability an opportunity to receive a wage based on their productivity.

## Supported Employment (ADE)

Commercial businesses that provide fully supported employment to people with disability. **Must be receiving the DSP or have NDIS funding.**

## EMPLOYMENT

## Disability Employment Service (DES)

A DES provider can help you look for a job, find a job and keep a job. You must have a future work capacity of at least 8 hours per week in open employment. Register via Centrelink or as an eligible school leaver

## SLES

Work readiness for up to 2 years after finishing year 11 or 12. Designed to help you develop skills and confidence to find and keep a job. **NDIS funding required.**

## COMMUNITY

## Community/Social Participation

Community participation/day programs are an alternative to employment or further education which can support your transition from school to adult life. Support is based on participants needs. **NDIS funding required.**

## STUDY AND WORK

## Start an Apprenticeship or Traineeship.

See what help is available for Australian apprentices with disability eg Disabled Australian Apprentice Wage Scheme (DAAWS)

## FURTHER STUDY

## University

Universities employ Disability Consultants who provide advice and practical assistance to support students with disability.

## TAFE

TAFE offers pre-enrolment advice with Disability Consultants as well as ongoing learner support, assistive technology, fee exemption, note-takers and assessment modifications.

# UNIVERSITY

**How can I access disability support at university?** Look up disability services at your chosen university. Be sure to discuss what options are available to you BEFORE you start your course, as some support requirements may be difficult to access later. You can look up disability support services for university students around Australia at the Australian Disability Clearing House for Education and Training: [www.adcet.edu.au](http://www.adcet.edu.au) (type "university" into the search bar)

**What is disability support?** Most universities offer a range of disability support for students and have staff members called Disability Liaison Officers or Disability Advisers. The role of Disability Liaison Officers and Disability Advisers is to provide advice and arrange practical assistance or support for students to complete their university course. This assistance may be for assessments, for exams and/or in class.

Examples of supports provided include:	Other supports available at university include:
<ul style="list-style-type: none"> <li>• Provision of material in alternative format</li> <li>• Library assistance</li> <li>• Lecture recording/note taking</li> <li>• Interpreting</li> <li>• Equipment loans</li> <li>• Alternative assessment arrangements</li> <li>• Accessible parking</li> <li>• Quiet/chill out rooms/areas for students</li> <li>• Counselling services.</li> </ul>	<ul style="list-style-type: none"> <li>• Learning support</li> <li>• Financial support, such as scholarships and bursaries</li> <li>• Financial planning, such as budgeting</li> </ul>

### Who is eligible for support?

Eligibility criteria will often include:

- Having a disability as defined in the *Disability Discrimination Act 1992*
- Having a disability which impacts, or has the potential to impact, the student's studies in some way
- Having supporting documentation, including medical documentation (usually from within the last 2–3 years) describing the disability and any corresponding needed for services and/or adjustments.
- Eligibility is determined at a registration appointment with a Disability Liaison Officer/Disability Adviser.

## National Disability Coordination Officer (NDCO)

### What is it?

The Australian Government's National Disability Coordination Officer (NDCO) Program works strategically to assist people with disability access and participate in tertiary education and subsequent employment, through a national network of regionally based NDCOs.

### How NDCOs can help:

The NDCO Program seeks to address barriers to participation in tertiary education and employment by improving coordination and collaboration among service providers and building their capability to support people with disability. The Program also seeks to increase the knowledge and awareness of people with disability about their post-school options and supports to enable them to participate in education and subsequent employment to the same extent as people without disability.

For more information visit the NDCO: [www.education.gov.au/national-disability-coordination-officer-programme](http://www.education.gov.au/national-disability-coordination-officer-programme)

For more information on disability support services at Australian universities: [www.adcet.edu.au/students-with-disability/current-students/disability-services-university](http://www.adcet.edu.au/students-with-disability/current-students/disability-services-university)

TAFE NSW provides nationally recognised vocational education and training courses and qualifications. Sydney TAFE meet the requirements of the Australian VET Quality Framework and the Disability Education Standards Courses and services can be found at [www.tafaensw.edu.au](http://www.tafaensw.edu.au)

TAFE NSW is committed to ensuring that students with disabilities have access and equal opportunities while studying. Please contact the Teacher Consultant for students with a disability prior to enrolment for a confidential meeting.

Teacher consultants can help you choose the services you need. They begin with vocational course guidance. For example, you can arrange:

- A pre-enrolment consultation and assistance throughout the enrolment process
- Career planning
- Enrolment assistance
- Fee exemption and concession eligibility advice.
- Arrange adjustments and variations to the way you do your course, including the following:

<p><b>Adaptive technologies and equipment</b></p> <p>Assistive technology will depend on your personal needs and may include:</p> <ul style="list-style-type: none"> <li>• Audio systems such as FM systems and amplification devices</li> <li>• Computers and computer aids and software including screen readers</li> <li>• Wheelchair access and modified furniture</li> <li>• Manual dexterity assistance</li> <li>• Writing and reading assistance</li> </ul>	<p><b>Learner support</b></p> <p>Learner support is organised and is based on your individual needs. Learner support can be one to one or in a group. Examples of learner support include:</p> <ul style="list-style-type: none"> <li>• Organisation/explanation of class notes</li> <li>• Writing and study skills</li> <li>• Help with assignments</li> <li>• Modification of delivery</li> <li>• Adjustment of learning materials</li> <li>• Organisation of assessments in alternative formats</li> <li>• Assistance with adaptive technology.</li> </ul>	<p><b>Assistance for exams</b></p> <p>Exams can be given in different ways. This may be arranged by the teacher-consultant after discussions with you and the teacher. Exam assistance is flexible and may include one or more of the following services:</p> <ul style="list-style-type: none"> <li>• Extra time/break times</li> <li>• A reader and/or writer</li> <li>• Exams rewritten in plain English</li> <li>• Interpreters for Deaf and hearing impaired students</li> <li>• Separate exam rooms</li> <li>• Adaptive equipment (e.g. computers, reading/writing aids, seating, lighting)</li> <li>• Exam materials in different formats such as Braille or large print.</li> </ul>
<p><b>Note-takers</b></p> <p>Note-takers go to class with you and take class notes in plain English. They can also explain the notes to you after class. Alternatively, you may prefer to use adaptive equipment.</p>	<p><b>Access and mobility</b></p> <p>Teacher-consultants can arrange appropriate access on behalf of students or they can organise the location of a class to be changed. They can also:</p> <ul style="list-style-type: none"> <li>• Assist with organising attendant care</li> <li>• Give or organise college orientation</li> </ul> <p>Provide mobility training</p>	<p><b>Interpreters</b></p> <p>An interpreter can be provided to communicate what is happening in the classroom. The interpreter will, as far as possible, communicate all discussions, information and demonstrations delivered by teachers and/or students in class. They can also communicate your comments to the class.</p>



# TAFE NSW - Disability Contacts

## Physical Disability

**TAFE NSW Enmore, Eora, Gymea, Loftus, Petersham, Randwick, St George**  
T: 9469 8642

**TAFE Ultimo**  
T: 9217 3099

## Deaf and Hearing

**TAFE NSW Gymea, Loftus, St George**  
SMS: 0409 515 251  
Skype: stgeorgtafedeaf1

**TAFE NSW Enmore, Eora, Petersham, Randwick, Ultimo**  
SMS only: 0408 252 304

## Psychosocial

**TAFE NSW Enmore, Eora, Petersham, Randwick**  
T: 9335 2310 or 9469 8619

**TAFE NSW Gymea, Loftus, St George**  
T: 9710 5193

**TAFE Ultimo**  
T: 9217 3709

## Intellectual Disability

**TAFE NSW Enmore, Eora, Petersham**  
T: 9335 2532

**TAFE Randwick**  
T: 9469 8537

**TAFE NSW Gymea, Loftus, St George**  
T: 9598 6268

**TAFE Ultimo**  
T: 9217 3970

## Neurological and Specific Learning Disability

**TAFE NSW Enmore, Petersham, Ultimo**  
T: 9217 3628

**TAFE NSW Eora, Petersham, Ultimo**  
T: 9217 4715

**TAFE NSW Gymea, Loftus, St George**  
T: 9710 5879

## Vision Impairment

**TAFE NSW Enmore, Eora, Gymea, Loftus, Petersham, Randwick, St George, Ultimo**

T: 9217 4061

## Questions to ask the TAFE NSW disability contacts

- What evidence do you require of my disability?
- Can I get assistance during enrolment and orientation?
- To which staff should I introduce myself?
- Are there scholarships/fee exemptions for students with disability?
- What equipment am I likely to need?
- Who is to provide the equipment?
- Which buildings on the campus have accessible facilities?
- What help can I get with exams and assessments?

## VOLUNTEERING

Engaging in unpaid work for a non-profit or community organisation is also an option. You may wish to combine this with your TAFE study or SLES program? It enables you to pursue an interest, connect with the local community or, most importantly, gain work experience.

### **3 Bridges Inclusive Volunteering Project:**

Helping people with disability find a volunteer role, learn the ropes and settle in.

T: 1300 327 434 [www.3bridges.org.au](http://www.3bridges.org.au)

Other websites you may like to visit include:

- [www.volunteer.com.au](http://www.volunteer.com.au)
- [www.sydney-greeters.com](http://www.sydney-greeters.com)
- [www.artgallery.nsw.gov.au](http://www.artgallery.nsw.gov.au)
- [www.vinnies.org.au](http://www.vinnies.org.au)

## DES – Disability Employment Services

Disability Employment Services (DES) is a government initiative to help people with disability, injury, illness or health condition (including mental health) to find work and maintain employment.

**Applicants should be able and ready to work independently for 8 hrs or more each week.**

**Disability Employment Services has two parts:**

- Disability Management Service (DMS)** is for job seekers with disability, injury or health condition who need assistance to find a job and the occasional support to keep a job.
- Employment Support Service (ESS)** is for job seekers with permanent disability who need help to find a job and who need regular, ongoing support to keep a job

**Supports from a DES usually include:**

- Work/career advice
- Resume development
- Job searching, and speaking with employers
- Accessing Informal or formal training as required
- Interview preparation
- On-the-job support
- Access to the Employment Assistance Fund, which provides funding for workplace equipment, modification and services.

### **How can I access this service?**

**Eligible School Leaver:**

You can apply for direct registration to a DES if you meet one of the following criteria:

- Enrolled in a support unit or special school
- Receiving the DSP
- On Integration Funding Support at school

**OR:**

If you **don't** meet the criteria for an Eligible School leaver you can, at the completion of school, call or visit your local Services Australia (Centrelink) who can arrange a referral for you.

They may ask you to take an Employment Services Assessment Test (ESAT).

This assessment is a job capacity assessment to determine what kind of support you require.

## Local DES providers - [www.jobaccess.gov.au/find-a-provider](http://www.jobaccess.gov.au/find-a-provider)

### **Aboriginal Employment Strategy**

T: 1300 855 347

[www.aes.org.au](http://www.aes.org.au)

Redfern

### **Aim Big Employment**

T: 1300 034 997

[www.aimbigemployment.com.au](http://www.aimbigemployment.com.au)

Hurstville, Miranda, Rockdale

### **APM**

T: 1800 276 276

[www.apm.net.au](http://www.apm.net.au)

Caringbah, Hurstville, Sutherland, Rockdale

### **Asuria**

T: 1800 773 338

[www.asuria.com.au](http://www.asuria.com.au)

Hurstville, Kogarah, Miranda

### **At Work Australia**

T: 1300 192 642

[www.atworkaustralia.com.au](http://www.atworkaustralia.com.au)

Bankstown, Campsie, Cronulla, Hurstville,  
Menai, Rockdale, Riverwood,

### **Break Thru**

T: 1800 767 212

[www.breakthru.org.au](http://www.breakthru.org.au)

Bankstown, Campsie

### **Campbell Page**

T: 1300 139 920

[www.campbellpage.com.au](http://www.campbellpage.com.au)

Hurstville, Miranda, Sutherland

### **MTC Australia**

T: 1300 232 663

[www.mtcaustralia.com.au](http://www.mtcaustralia.com.au)

Caringbah, Hurstville, Sutherland

### **Flourish**

T: 1300 779 270

[www.flourishaustralia.org.au](http://www.flourishaustralia.org.au)

Bankstown, Caringbah

### **Job Life Employment**

T: 1800 319 502

[www.joblifeemployment.com.au](http://www.joblifeemployment.com.au)

Hurstville, Rockdale, Sutherland

### **Job Support - Moderate Intellectual Dis**

T: 9544 9555

[www.jobsupport.org.au](http://www.jobsupport.org.au)

Kingsgrove

### **Max Solutions**

T: 1800 603 503

[www.maxsolutions.com.au](http://www.maxsolutions.com.au)

Bankstown, Campsie, Rockdale, Sutherland

### **Nova Employment**

T: 1300 224 548

[www.novaemployment.com.au](http://www.novaemployment.com.au)

Bankstown, Caringbah, Engadine, Hurstville,  
Rockdale

### **OCTEC Limited**

T: 1800 258 182

[www.octec.org.au](http://www.octec.org.au)

Campsie, Caringbah, Hurstville, Kogarah,  
Riverwood, Sutherland

### **Vision Australia**

T: 1300 847 466

[www.visionaustralia.org](http://www.visionaustralia.org)

Ashfield, Caringbah

### **Wise Employment**

T: 9849 9820

[www.wiseemployment.com.au](http://www.wiseemployment.com.au)

Hurstville, Sutherland

## SLES – School Leaver Employment Supports. NDIS funded

School Leaver Employment Support (SLES) is an NDIS funded employment support for Year 11 or Year 12 students with disability to support their transition from school to work. It is a **work readiness program**, building confidence through access to work experience and job skills training. **The expectation is the young person will be moving into open employment at the conclusion of these supports.**

Individualised support is offered for up to two years after finishing Year 11 or 12 to help you develop skills and confidence to find and keep a job. **This support is only available if you are an NDIS participant. You must make it clear in your planning meeting that you would benefit from early intervention in the form of SLES to increase capacity and access employment.** SLES is tailored to the employment goals outlined in your NDIS plan.

SLES is accessed via a service provider (the same scenario for other aspects of your NDIS plan). **A person can change providers if the arrangement is not working or they are unhappy with the supports provided. Your funding will move with you.**

Once the supports have concluded, you would then be linked to a Disability Employment Services (DES) who will continue to support you with your employment goals.

For more information on SLES, visit:

[www.ndis.gov.au/providers/working-providers/school-leaver-employment-supports](http://www.ndis.gov.au/providers/working-providers/school-leaver-employment-supports)

### Examples of SLES support categories:

• Develop individual vocational plan	• Develop personal management skills for work
• Participate in Job Seeking Activities	• Participate in Vocational taster activities
• Supported work experience	• WH&S awareness
• Workplace communication	• Budgeting
• Work effectively with others	• Employment skills
• Communication	• Work skills
• Team building	• Healthy lifestyle
• Job prep – resume, interviews, clothing	• Negotiating employment opportunities
• Looking for jobs and job matching	• Integration into the work place
• Explore education options – Tafe, uni	• Travel training
• Time management	• Taking instructions

**Note:** There is also an option to gain a qualification at TAFE or a private RTO (Registered Training Organisation), work cover, white card, first aid certificate, barista certificate, RSA (Responsible Service of Alcohol) or RSG (Responsible Service of Gaming), and learners permit if these are goals in your NDIS plan.

**Ask for this information when you speak to a provider.**

## Local SLES providers - (NDIS funded)

### **Ability Connex**

T: 0466 326 880

[www.abilityconnex.com.au](http://www.abilityconnex.com.au)

Sutherland, Rockdale

### **Afford**

T: 1300 997 052

[www.afford.com.au](http://www.afford.com.au)

Marrickville

### **Aspect**

T: 1800 276 276

[www.aspect.org.au](http://www.aspect.org.au)

Burwood

### **APM**

T: 1300 276 757

[futures@apm.net.au](mailto:futures@apm.net.au)

Caringbah, Hurstville, Sutherland, Rockdale

### **BelieveAbility**

T: 0428 629 131

[www.believeability.com.au](http://www.believeability.com.au)

Miranda, Burwood

### **Beyond Abilities**

T: 0488 832 253

[www.beyondabilities.com.au](http://www.beyondabilities.com.au)

Sutherland and St George LGAs

### **Breakthru Employment**

T: 1800 767 212

[www.breakthru.org.au](http://www.breakthru.org.au)

Bankstown, Campsie, Maroubra

### **Catholic Centacare Industries**

T: 13 18 19

[www.atholiccare.org](http://www.atholiccare.org)

Belmore

### **Disability Services Australia (DSA)**

T: 1300 372 121

[www.dsa.org.au](http://www.dsa.org.au)

Kingsgrove, Mascot, Bankstown

### **The Disability Trust**

T: 1300 797 443

[www.disabilitytrust.org.au](http://www.disabilitytrust.org.au)

Miranda

### **Job Support** (specific criteria applies)

T: 9544 9555

[www.jobsupport.org.au](http://www.jobsupport.org.au)

Kingsgrove

### **Max Solutions**

T: 1800 603 503

[www.maxsolutions.com.au](http://www.maxsolutions.com.au)

Rockdale, Sutherland

### **Northcott**

T: 1800 818 286

[www.northcott.com.au](http://www.northcott.com.au)

Hurstville

### **Nova Employment**

T: 1300 224 548 T: 1800 656 537

[www.transition.com.au](http://www.transition.com.au)

Caringbah, Engadine, Hurstville, Rockdale, Bankstown

### **Phoenix Community Project**

T: 9576 5045

[www.phoenixcommunityproject.org.au](http://www.phoenixcommunityproject.org.au)

Sutherland

### **The Intellectual Foundation of St George (Ascalon)** T: 8566 2800

[www.idfstgeorge.org.au](http://www.idfstgeorge.org.au)

Kogarah

## Questions to ask SLES providers

- What do you offer in a SLES/Work Readiness program?
  - Work Experience in a supported setting?
  - Work Experience in an open setting?
  - Continuation of Literacy and Numeracy Skills?
  - Life Skills for independence?
  - Travel training?
- Does your service link with a Disability Employment Service (DES)?
- What are your hours of operation? Are you flexible in the days and times you deliver my supports? Do you offer any other activities on the remaining 2 days of the week?
- What is your success rate in placing young people in employment? If you are also a Disability Employment Service (DES), what is your star rating?
- What employment connections do you have? Do you offer any opportunities for work experience **in an area I am interested**?
- Will your service assist with NDIS planning?
- Do you have Open Days or Tasters so I can visit the premises and meet the people who will be working with me?
- How many clients in each group? Can you give me some idea of the client group I will be working with? Ages etc? Do you offer individualised supports? A 1:1 job coach?
- Do you have vacancies for next year? What is the registration process?
- What training do the staff in your service have?

## ADE (Australian Disability Enterprise) Supported Worksites. (NDIS funded)

ADEs support people with disability to engage in fully supported employment. People who, because of their disability, **require substantial ongoing support** to obtain or retain paid employment. People who are **unlikely to enter open employment** and earn an award wage.

ADEs provide a range of employment options. Supported Employment Worksites are commercial businesses. They provide a variety of work tasks such as:

- Packaging
- Production
- Recycling
- Garden maintenance and landscaping
- Laundry services
- Assembly
- Production
- Plant nursery
- Cleaning services
- Food services

Providers will discuss your goals and assist you to develop your skills to allow you to progress to more complex tasks. A wage assessment tool enables employees to increase their income as their skills and productivity improves.

### Who is eligible for a supported Worksite?

- You must be over the age of 16
- You are receiving or eligible to receive to Disability Support Pension **OR**
- **Have funding in your NDIS package**

**PLEASE NOTE:** You can move from a SLES into a Supported Worksite or combine a Community Participation program and a Supported Worksite. Just ask the provider.

It is essential that you include these options in your NDIS goals to ensure you have adequate funding.



## Local ADEs (NDIS Funded)

### **Afford**

T: 1300 997 052

[www.afford.com.au](http://www.afford.com.au)

Marrickville

### **Civic Industries**

T: 1300 692 484

[www.civic.org.au](http://www.civic.org.au)

Caringbah

### **Disability Services Australia (DSA)**

T: 1300 372 121

[www.dsa.org.au](http://www.dsa.org.au)

Kingsgrove, Mascot

### **Ozanam**

T: 9519 3044

[www.ozanam.org.au](http://www.ozanam.org.au)

Stanmore

### **The Intellectual Foundation of St George Limited (IDF)**

T: 8566 2800

[www.idfstgeorge.org.au](http://www.idfstgeorge.org.au)

Kogarah

### **Windgap**

T: 8337 3600

[www.windgap.org.au](http://www.windgap.org.au)

Eastlakes

## Questions to ask an ADE

- Where is your service located?
- What type of work happens at your organisation?
- Do you provide transport?
- Do you think I would be suitable for your service?
- Do you have any vacancies?
- Would I have to complete an unpaid work trial?
- Can I do work experience with you if I am still at school?
- If I am still at school can I leave now and work with you?
- Do I need to include your service in my NDIS plan? How do I do this?
- How much do I get paid?
- Do I have to be receiving the Disability Support Pension? Will I lose my pension if I start working with you?
- What are your hours of operation?
- Are there annual holidays?
- Are there any costs involved with your service?
- Will there be opportunities to try other jobs?
- Am I able to gain any qualifications while working for you?
- Can I transfer to SLES if I am not happy? Do you offer SLES?

## Community Participation (NDIS funded)

Day programs are run by disability service providers or community organisations. They are largely programs with a **recreational and independent living skills focus**, intended to help people with moderate to high support needs to participate in the community.

Their supports are based on the participants needs and can provide 1:1 support for personal care and accessing the community. **They require substantial funding as part of your NDIS package which is also dependant on the level of care you require. You will need to be aware of all costs involved so they can be included in your package.**

Speak to your Support Teacher, Support Teacher Transition, Local Area Coordinator, NDIS Planner or the provider directly, to discuss eligibility.

**Please note:** Not all services provide **1:1 support**. If this is the level of care you require, you will need to **make sure it is available** before you look at a prospective service.

They will also have additional activity costs which are **not covered by NDIS**. You need to be aware of these before you make your choice.

Activities can be based in a centre or enable people to access the broader community, individually, or in groups. You may choose to use a combination of different providers to suit your needs and recreational goals.

**There are three different program options available:**

- **Centre based with community access** – design your own program of activities in a centre and the community.
- **Individual community based options** – design your own program of activities in a range of community settings whereby a service provider would act as an option coordinator.
- **Self-Managed Model** – design your own program (with your family or advocate) within the funding allocation. A mediator will manage the legal, financial and administrative requirements.

## Community Participation – NDIS funded

### **Afford**

T: 1300 997 052

[www.afford.com.au](http://www.afford.com.au)

Bexley, Belmore, Ashfield, Camperdown

### **Allevia**

T: 9773 8894

[www.allevia.org.au](http://www.allevia.org.au)

Bankstown Airport

### **Aruma**

T: 1300 538 746

[www.aruma.com.au](http://www.aruma.com.au)

Hurstville

### **Aspect**

T: 1800 277 328

[www.aspect.org.au](http://www.aspect.org.au)

Marrickville

### **Avenue**

T: 1800 037 159

[www.avenuecoworking.org.au](http://www.avenuecoworking.org.au)

Botany

### **Beyond Abilities**

T: 0488 832 253

[www.beyondabilities.com.au](http://www.beyondabilities.com.au)

Bankstown

### **Cass Chinese Australian Services Society**

T: 9878 4587

[www.casscare.org.au](http://www.casscare.org.au)

Campsie

### **Centacare Industries**

T: 9784 4777

[www.catholiccare.org](http://www.catholiccare.org)

Belmore

### **Circle of Hope**

T: 8774 9699

[www.circleofhope.com.au](http://www.circleofhope.com.au)

Yennora

### **Civic**

T: 1300 372 121

[www.civic.org.au](http://www.civic.org.au)

Sutherland

### **Disability Services Australia (DSA)**

T: 1300 372 121

[www.dsa.org.au](http://www.dsa.org.au)

Cronulla

### **Northcott**

T: 1800 818 286

[www.northcott.com.au](http://www.northcott.com.au)

Hurstville, Roselands

### **Participate Australia**

T: 9799 4333

[www.participateaustralia.com.au](http://www.participateaustralia.com.au)

Croydon

### **Phoenix Community Project**

T: 9596 5045

[www.phoenixcommunityproject.org.au](http://www.phoenixcommunityproject.org.au)

Waterfall

## Community Participation Continued

### **Sylvanvale**

T: 1300 244 577

[www.sylvanvale.com.au](http://www.sylvanvale.com.au)

Caringbah, Sutherland

### **St George and Sutherland Community College**

T: 8543 7403

[www.disability.sgsgcc.edu.au](http://www.disability.sgsgcc.edu.au)

Jannali

### **Sunnyfield**

T: 1300 588 688

[www.sunnyfield.org.au](http://www.sunnyfield.org.au)

Bexley, Dulwich Hill

### **The Intellectual Disability Foundation of St George (IDF)**

T: 8566 2800

[www.idfstgeorge.org.au](http://www.idfstgeorge.org.au)

Arncliffe

### **TLC**

T: 1300 998 885

[www.tlcdisabilityservices.com.au](http://www.tlcdisabilityservices.com.au)

All Sydney metropolitan

### **Wesley Mission**

T: 1300 086 906

[www.wesleymission.org.au](http://www.wesleymission.org.au)

Ashfield, Beverly Hills, Croydon Park, Woollooware

### **Windgap Foundation**

[www.windgap.org.au](http://www.windgap.org.au)

T: 8337 3600

Eastlakes

## Questions to ask Community Participation providers

Minimum of a **visit to 3 different providers** is recommended.

- What kinds of supports do you offer?
  - Community Access and/or Centre Based activities
  - Music/Art therapy
  - Work Experience in a supported workplace (ADE)
  - Living Skills program
  - Health and Fitness
  
- Does your service offer 1:1 support?**
  
- Do you work with clients with challenging behaviours and/or high support needs?
  
- What is the client/staff ratio?
  
- Do you provide transport? Is there an additional cost?**
  
- Does the service also offer short term accommodation, or links to a particular service?
  
- Does the service have an allied health team?
  
- Does your service link with Supported Employment (ADEs)? Can I do a combination of both?
  
- Will your service assist with NDIS planning?
  
- How would I ask for your program to be included in my NDIS funding package?
  
- Are there any additional daily costs which are **not** covered by NDIS?

## What does the NDIS do?

The NDIS provides reasonable and necessary funding to people with a permanent and significant disability to access the supports and services they need to live and enjoy their life. Every NDIS participant has an individual plan that lists their goals and the funding they have received.

People who are **not** eligible for the NDIS can still get help to access community and other government services. The NDIS can provide information and helps connect all people with disability, their families and carers to community and other government services.

## How to apply (Access Request Form)

1. You can call **1800 800 110** to make a Verbal Access Request or ask for the form to be mailed to you. You can also download the form online.
2. Your treating **health professional** will need to complete Section 2 of the Access Request Form, or, if you have existing reports or assessments, you can send them to the NDIA with your completed form.
3. Complete and submit the [Access Request form](#) via email or deliver to your closest LAC's office (addresses below). You may also need to give some supporting information when you submit your access request.
4. You will be contacted by the NDIA to inform you of the outcome.
5. If approved, an initial planning meeting will be scheduled. There are opportunities to appeal the outcome if approval isn't granted. Further supporting documentation may be required.

## How is the NDIS employment funding applied?

There are four categories of NDIS funded employment supports that are relevant to school leavers:

- Employment related assessment and counselling
- Workplace assistance
- School leaver supports to connect to work
- Supports once employed

### Important:

An NDIS plan will provide funding to support your transition from school into a post school pathway. **It is extremely important that you have access to the scheme by the time you are in Year 11** in order to make the most of these supports. Please ensure you have a plan up and running **before** you begin Year 12.

## For further assistance contact your Local Area Coordinators:

**La Trobe Community Health Service** T: 1800 242 696

E: [south.east.sydney.lacintake@ndis.gov.au](mailto:south.east.sydney.lacintake@ndis.gov.au)

**Miranda Office address:**

Suites 4 & 5, 38-40 Urunga Pde, Miranda

**Hurstville Office address:**

Level 2, 34 MacMahon St, Hurstville

**Maroubra Office:**

Level 6, Suite 601, 806-812 Anzac Pde, Maroubra

**Settlement Services International (SSI)** for Marrickville, Canterbury, Bankstown and Burwood Government Areas

T: 1800 960 975

E: [lac@ssi.org.au](mailto:lac@ssi.org.au)

**Bankstown Office address:**

2/462 Chapel Rd, Bankstown

**Ashfield Office address:**

Level 2, 158 Liverpool Rd, Ashfield



- » Reasonable and necessary supports for NDIS participants must contribute to achieving individual goals
- » Deciding on reasonable and necessary supports is a delegate’s decision based on legislation and the information provided.
- » The individual transition plan is an example of the information that will support the delegate decide what is reasonable and necessary.
- » All participant funding is tied to a goal.

<b>Core Supports</b>	<b>Capital Supports</b>	<b>Capacity Building Supports</b>
<p>These are supports that enable daily living</p>	<p>These supports provide:</p> <ul style="list-style-type: none"> <li>» Assistive technology equipment</li> <li>» Home and/or vehicle modifications</li> <li>» Specialist disability accommodation</li> </ul>	<p>These supports enable the building of independence skills</p>
<p>The participant has flexibility to choose specific supports in this space within the budget but cannot reallocate this funding for other purposes</p>	<p>Funding in these areas is restricted to items identified in the plan</p>	<p>Budget allocated at this level must be used to achieve the goals set out in the participant’s plan</p>
<p>Core supports can provide:</p> <ul style="list-style-type: none"> <li>» Assistance with daily living</li> <li>» Transport support</li> <li>» Consumables</li> <li>» Assistance with social and community participation</li> </ul>	<p>Capital supports provide:</p> <ul style="list-style-type: none"> <li>» Assistive technology</li> <li>» Home</li> </ul>	<p>Capacity building supports provide:</p> <ul style="list-style-type: none"> <li>» Support coordination</li> <li>» Improved living arrangements</li> <li>» Increased social and community participation</li> <li>» Finding and keeping a job</li> <li>» School leaver employment supports</li> <li>» Improved relationships</li> <li>» Improved health and wellbeing</li> <li>» Improved learning</li> <li>» Improved life choices</li> <li>» Improved daily living</li> </ul>

# Goal planning prompts



Planning areas	NDIS domains	Example goal (when writing goals, be specific)	Example adjustments to support a young person to achieve their goal
<b>Further education and training</b>	» Lifelong learning	» To improve opportunity for an apprenticeship through a vocational course at TAFE or another RTO » To do a community education cooking course	» Contact disability support personnel at TAFE » Attend expos and supply by listing questions that may support the process
	» Work » Relationships	» To get a job » To get a part time job before I finish school	» Opportunities for repetition and practice to learn new skills
<b>Personal care and management</b>	» Choice and control » Daily living » Home	» To learn how to shop for ingredients for dinner for a week » To learn to budget my money	» Identify ingredients visually
	» Health and wellbeing	» To join a sports club in my local area to learn skills, make friends and keep active » To do volunteer work at a home for old people	» Research and list local area clubs
<b>Social and community participation</b>	» Social and community participation » Relationship	» To access centre-based supports and part time supported employment with an Australian Disability Enterprise (ADE) » Help to get a better routine in my life	» Visual schedules for timing and following instructions » List steps to follow
	» Daily » Social and community participation	» To learn to travel independently to new places to improve my chances of finding employment and participating in the community	» Identify local transport routes » Teach safe travel behaviour

## Services for people with disability

SERVICE	CONTACT DETAILS
<div style="border: 1px solid black; padding: 2px; margin-bottom: 10px;"><b>Health Services for Transition</b></div> <ul style="list-style-type: none"> <li>• <b>Kogarah DAS</b> - (Kogarah Development Assessment Service) medical transition support. You may qualify for a transition clinic for a referral to adult services.</li> <li>• <b>Trapeze</b> -Trapeze enables current and past patients from Sydney Childrens Hospital, Randwick and Westmead to make a seamless transition to adult health services. (patients aged 18-25).</li> <li>• <b>A2D Healthcare – Admission to Discharge</b> Provides a number of resources on the website to alert hospital staff about patients with disability, communication stressors etc.</li> <li>• <b>Family Planning NSW</b> - Advice on reproductive and sexual health, offering clinics, education and training, specific to people with disability, library and resources.</li> <li>• <b>Relationships Australia</b> – Disability Counselling Service</li> </ul>	<p>T: 8566 1222 or enquire at your school</p> <p>T: 8303 3600 <a href="http://www.trapeze.org.au">www.trapeze.org.au</a></p> <p><a href="http://www.a2d.healthcare/resources">www.a2d.healthcare/resources</a></p> <p>Confidential talk line: 1300 658 886 8.30am – 5.30pm weekdays. <a href="http://www.fpnsw.org.au">www.fpnsw.org.au</a></p> <p>T: 1300 024 320</p>
<div style="border: 1px solid black; padding: 2px; margin-bottom: 10px;"><b>Dental</b></div> <ul style="list-style-type: none"> <li>• <b>Mission Australia Special Needs Dental Service</b> – A free service for people with mental health issues</li> <li>• <b>Sydney Dental Hospital</b> – Special care dentistry for people with a disability</li> </ul>	<p>T:93560621</p> <p>2 Chalmers St, Surry Hills T: 9293 3270</p>
<div style="border: 1px solid black; padding: 2px; margin-bottom: 10px;"><b>Mental Health Services</b></div> <ul style="list-style-type: none"> <li>• <b>Lifeline</b></li> <li>• <b>Mensline</b></li> <li>• <b>Kids Helpline</b> (5-25 years)</li> <li>• <b>Aftercare</b> - Youth Support Services for young people with mental health issues. Services include community outreach, clinical supports and residential services.</li> <li>• <b>New Horizons</b> – Clients receive 1:1 support from a volunteer with lived experience of, or an interest in, mental health in order to increase community access.</li> </ul>	<p>T: 13 11 14</p> <p>T: 1300 789 978</p> <p>T: 1800 551 800</p> <p>T: 1300 001 907 <a href="http://www.aftercare.com.au">www.aftercare.com.au</a></p> <p>T: 1300 725 372 <a href="http://www.newhorizons.org.au">www.newhorizons.org.au</a></p>

<ul style="list-style-type: none"> <li>• <b>2 Connect (formerly St George Youth Services)</b> Youth and Family support including Mental Health</li> </ul> <p><b>ONLINE RESOURCES:</b></p> <ul style="list-style-type: none"> <li>• Finding the right digital mental health resource</li> <li>• Mental Health online directory for services in your area</li> <li>• Supporting people living with mental health conditions to navigate the NDIS</li> <li>• An interactive program that helps users prevent and manage depressive symptoms.</li> </ul>	<p>T: 9556 1769 <a href="http://www.2connect.org.au">www.2connect.org.au</a></p> <p><a href="http://www.headtohealth.gov.au">www.headtohealth.gov.au</a></p> <p><a href="http://www.directory.wayahead.org.au">www.directory.wayahead.org.au</a></p> <p><a href="http://www.reimagine.today">www.reimagine.today</a></p> <p><a href="http://www.moodgym.anu.edu.au">www.moodgym.anu.edu.au</a></p>
<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"><b>Mental Health Employment Services</b></div> <ul style="list-style-type: none"> <li>• <b>At Work Australia</b></li> <li>• <b>APM</b> Advanced Personnel Management</li> <li>• <b>Breakthru</b> - Family Mental Health Services</li> <li>• <b>Flourish Australia</b></li> <li>• <b>Ostara</b> – Works with employers and job seekers to find sustainable employment for people living with mental illness</li> <li>• <b>The ORS Group</b> – Individualised placement and support programs for people with mental illness, employment preparation and job search, travel training and capacity building</li> </ul>	<p>T: 1300 192 628 <a href="http://www.atworkaustralia.com.au">www.atworkaustralia.com.au</a></p> <p>T: 1800 276 276 <a href="http://www.apm.net.au">www.apm.net.au</a></p> <p>T: 1800 767 212 <a href="http://www.breakthrough.org.au">www.breakthrough.org.au</a></p> <p>T: 1300 356 874 <a href="http://www.flourishaustralia.org.au">www.flourishaustralia.org.au</a></p> <p>T: 1300 562 7335 <a href="http://www.ostara.org.au">www.ostara.org.au</a></p> <p>T: 1800 000 677 <a href="http://www.orsgroup.com.au">www.orsgroup.com.au</a></p>
<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"><b>Health Services for Mental Health</b></div> <ul style="list-style-type: none"> <li>• <b>Youth Mental Health Team</b> (acute care: intake 24/7)</li> <li>• <b>Headspace</b></li> <li>• <b>Transcultural Mental Health Centre, Cumberland Centre</b></li> </ul>	<p>T: 1800 011 511</p> <p>Hurstville T: 8048 3350 Miranda T: 9575 1500</p> <p>T: 9912 3850</p>

<ul style="list-style-type: none"> <li>• <b>Mission Australia Special Needs Dental Service</b> – A free service for people with mental health issues or experiencing homelessness. 19 Denham St, Surry Hills</li> <li>• <b>EDUCATION: South Eastern Sydney Recovery College</b> – offers free comprehensive education training programs encouraging learning and growth for better mental health</li> </ul>	<p>T: 9356 0621 to see if you are eligible</p> <p>T: 9133 2981</p>
<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"><b>General Services</b></div> <ul style="list-style-type: none"> <li>• <b>Neurodiversity Hub</b>- - for neurodivergent students and employers</li> <li>• <b>IDEAS</b> – A wealth of information and resources on disability and Advocacy</li> <li>• <b>3 Bridges Community</b> – Ability focused programs for people with disability. They provide accredited training, youth support services, counselling, inclusive volunteer programs, carers, community services including home modifications and recreation. Located in Carss Park, Penshurst, Hurstville, Arncliffe and Menai</li> <li>• <b>Dress for Success (Women)</b> – To empower women to achieve economic independence by providing professional attire, career guidance and support</li> <li>• <b>Dress for Work (Men)</b> – Practical support and professional clothing for men seeking employment</li> </ul>	<p><a href="http://www.neurodiversityhub.org">www.neurodiversityhub.org</a></p> <p>T: 1800 029 904 <a href="http://www.ideas.org.au">www.ideas.org.au</a></p> <p>T: 1300 327 434 <a href="http://www.3bridges.org.au">www.3bridges.org.au</a></p> <p>T: 1800 773 456 <a href="http://www.sydney.dressforsuccess.org">www.sydney.dressforsuccess.org</a></p> <p>T: 8709 0200 <a href="http://www.dressforwork.org">www.dressforwork.org</a></p>
<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"><b>Finding a Support Worker</b></div> <ul style="list-style-type: none"> <li>• <b>Hire Up</b> – An online platform for people with disability to find, hire and manage support workers</li> <li>• <b>Mable</b> – An online platform enabling people who have a disability to customise their own care and support</li> <li>• <b>Like Family</b> – An online marketplace to find a companion, carer, mentor or all in one</li> <li>• <b>Find a Carer</b>– An online marketplace where people with disability can connect directly with a carer</li> </ul>	<p>T: 9113 5933 <a href="http://www.hireup.com.au">www.hireup.com.au</a></p> <p>T: 1300 736 573 <a href="http://www.mable.com.au">www.mable.com.au</a></p> <p>T: 1800 545 332 <a href="http://www.likefamily.com.au">www.likefamily.com.au</a></p> <p><a href="http://www.findacarer.com.au">www.findacarer.com.au</a></p>
<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"><b>Legal</b></div> <ul style="list-style-type: none"> <li>• <b>NSW Trustee and Public Guardian</b> – Planning ahead: your Will, Enduring Power of Attorney and Enduring Guardianship</li> </ul>	<p>T: 1300 364 103 <a href="http://www.planningaheadtools.com.au">www.planningaheadtools.com.au</a></p>

<ul style="list-style-type: none"> <li>• <b>Intellectual Disability Rights Service (incl' Justice Advocacy Service JAS and Ability Rights Centre)</b> – A specialist legal advocacy service for people with disability in NSW, providing legal advice, support at police stations and education and training</li> <li>• <b>St George Domestic Violence Service</b></li> </ul>	<p>T: 9265 6350 T: 1300 665 908 <a href="http://www.idrs.org.au">www.idrs.org.au</a></p> <p>T: 9113 2495</p>
<div data-bbox="113 472 325 539" style="border: 1px solid black; padding: 2px; text-align: center;"><b>Travel</b></div> <ul style="list-style-type: none"> <li>• <b>St George Community Travel</b> Support with travel training individuals and small groups</li> <li>• <b>Holdsworth Community Travel Training</b> (Sutherland Shire, Botany Bay, Rockdale, Georges River) Support with travel training individuals and small groups.</li> <li>• <b>Living Skills Training</b> – Public transport travel training service</li> </ul>	<p>T: 9585 3000</p> <p>T: 9302 3600</p> <p>T: 0427 082 392</p>
<div data-bbox="113 994 536 1061" style="border: 1px solid black; padding: 2px; text-align: center;"><b>Continence Products</b></div> <ul style="list-style-type: none"> <li>• <b>Enable NSW</b></li> <li>• <b>Brightsky Australia</b></li> </ul>	<p>T: 1800 362 253 <a href="http://www.enable.health.nsw.gov.au">www.enable.health.nsw.gov.au</a></p> <p>T: 1300 886 601 <a href="http://www.brightsky.com.au">www.brightsky.com.au</a></p>
<div data-bbox="113 1364 858 1431" style="border: 1px solid black; padding: 2px; text-align: center;"><b>At-Risk Youth/Housing/Youth Homelessness</b></div> <ul style="list-style-type: none"> <li>• <b>The Housing Hub</b> – Helping people with disability find suitable homes</li> <li>• <b>Helping Hand (2Connect)</b> – Provides free support to people 16 yrs and over in the St George and Sutherland Shire who are at risk or homeless</li> <li>• <b>St George Accommodation for Youth</b> – Supports young people aged 16-25 who are homeless or at risk of homelessness and dealing with complex issues.</li> <li>• <b>Creative Youth Initiative (CYI)</b> – A unique service that provides free creative programs for young people aged 16-25 who are facing many and varied challenges in their lives.</li> </ul>	<p><a href="http://www.thehousinghub.org.au">www.thehousinghub.org.au</a></p> <p>T: 9556 1769</p> <p>T: 9503 6001</p> <p>T: 9356 8897</p>

<ul style="list-style-type: none"> <li>• <b>Project Embark</b> – supporting young people with a mental health issue who are experiencing or at risk of homelessness, to access the NDIS.</li> <li>• <b>First Care</b> – Community Justice Program to support young people with an intellectual disability/mental health issue who have had contact with the criminal justice system.</li> <li>• <b>Youth off the Streets</b> – Marrickville</li> <li>• <b>Oasis Youth Support Network (The Salvation Army)</b> Pathways to Employment – A five week work readiness program for young people 16-25 who are disengaged from school and at risk of long term exclusion from the workplace. Referrals required.</li> </ul>	<p>T: 9281 3338  <a href="http://www.embark.icla.org.au">www.embark.icla.org.au</a></p> <p>T: 1300 552 110</p> <p>T: 9330 3500</p> <p>T: 9331 2266  <a href="http://www.salvationarmy.org.au">www.salvationarmy.org.au</a></p>
<div style="border: 1px solid black; padding: 5px; text-align: center;"><b>Sexuality and Gender Support</b></div> <ul style="list-style-type: none"> <li>• <b>Rainbow Door</b> – Free service for LGBTIQ and community. You do not need a referral to use this service</li> <li>• <b>Glisten</b> – A social support group for same sex attracted gender and gender diverse young people under 25 in the St George and Sutherland areas</li> <li>• <b>Twenty10</b> – LGBTIQ youth and family support</li> <li>• <b>The Gender Centre</b> – Services for the Transgender and Gender Diverse Community</li> <li>• <b>Family Planning NSW</b> – Advice on reproductive health and sexual health offering clinics, education and training specific to people with disability, library and resources</li> </ul>	<p>T: 1800 729 367  SMS: 0480 017 246  <a href="http://www.rainbowdoor.org.au">www.rainbowdoor.org.au</a></p> <p>T: 9556 1769</p> <p>T: 9594 9555  <a href="http://www.twenty10org.au">www.twenty10org.au</a></p> <p>T: 9569 2366  <a href="http://www.gendercentre.org.au">www.gendercentre.org.au</a></p> <p>Confidential talkline: 1300 658 886  <a href="http://www.fpnsw.org.au">www.fpnsw.org.au</a></p>
<div style="border: 1px solid black; padding: 5px; text-align: center;"><b>CALD – Community Support Services</b></div> <ul style="list-style-type: none"> <li>• <b>SSI Multi Disability Hub</b> – A website and hotline where you will find information on disability and the NDIS in your language</li> <li>• <b>Advanced Diversity Services</b> – Provides settlement assistance, information and referral, carers support group and disability support services</li> </ul>	<p>T: 1800 629 072  <a href="http://www.disabilityinlanguage.info">www.disabilityinlanguage.info</a></p> <p>T: 9597 5455</p>

<ul style="list-style-type: none"> <li>• <b>Multicultural Disability Advocacy Association</b> – The MDAA is the peak body for all people in NSW with disability and their families and carers, with a particular focus on those from a CALD background. Its aim is to promote, protect and secure the rights and interests of people from NESB with disability, and their carers.</li> <li>• <b>Multicultural Health Services</b> – Translated health information, bilingual health workers, refugee health screening, mental health, sexual health, womens’ health. Free interpreting service.</li> <li>• <b>Sydney Health Care Interpreter Service</b> – Face to face and phone interpreting. A free service in public health facilities available 24 hours a day.</li> <li>• <b>NSW Multicultural Communication Service</b> – Health information in languages other than English.</li> <li>• <b>Multicultural Women’s Group</b> – A supportive group for women from different backgrounds living in the St George and Sutherland Shire.</li> </ul>	<p>T: 9891 6400</p> <p>T: 9382 8670</p> <p>T: 9515 0030</p> <p><a href="http://www.mhcs.health.nsw.gov.au">www.mhcs.health.nsw.gov.au</a></p> <p>T: 9524 9559</p>
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## Advocacy Associations

Services designed to support you to express your views and concerns, defend your rights and explore your choices. Or one of the following:

- Aboriginal Disability Network NSW (ADN NSW)
- Association of Blind Citizens of NSW
- Deaf Society of NSW
- Disability Advocacy & Information Service (DAIS)
- Information on Disability & Education Awareness Services (IDEAS)
- Intellectual Disability Rights Service (IDRS)
- Multicultural Disability Advocacy Association (MDAA)
- NSW Council for Intellectual Disability
- People With Disability Australia (PWDA)
- Physical Disability Council of NSW (PDCN)

[www.disabilityadvocacyfinder.gov.au](http://www.disabilityadvocacyfinder.gov.au)

[www.adnsw.org.au](http://www.adnsw.org.au)

[www.asnblind-nsw.org.au](http://www.asnblind-nsw.org.au)

[www.deafsocietynsw.org.au](http://www.deafsocietynsw.org.au)

[www.dais.org.au](http://www.dais.org.au)

[www.ideas.org.au](http://www.ideas.org.au)

[www.idrs.org.au](http://www.idrs.org.au)

[www.mdaa.org.au](http://www.mdaa.org.au)

[www.nswcid.org.au](http://www.nswcid.org.au)

[www.pwd.org.au](http://www.pwd.org.au)

[www.pdcnsw.org.au](http://www.pdcnsw.org.au)

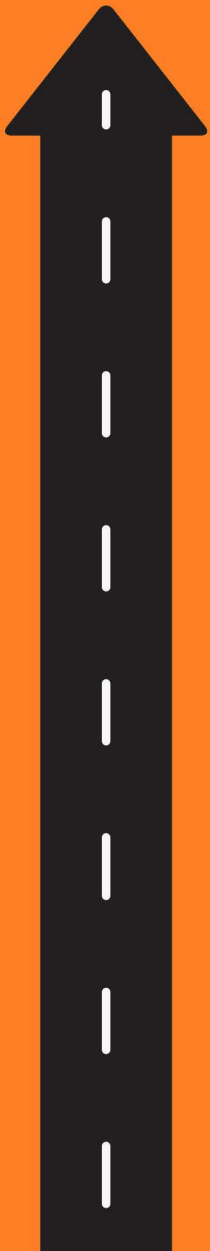


## Recreation and Leisure

- **Sydney Southern Region Special Olympics** – Sports include bocce, football, golf, gymnastics, swimming, tennis and bowling  
[www.specialolympics.com.au/sydneysouth](http://www.specialolympics.com.au/sydneysouth)
- **RSAC** – Recreation Sports and Aquatic Club – Provides sport, recreation and a social club for people with disability.  
T: 9790 5001
- **Swimming** – Rainbow Club in Taren Point, Sutherland and Revesby  
[www.rainbowclubaust.com.au](http://www.rainbowclubaust.com.au)
- **Dancing** – Star Performers, Miranda  
Kogarah Youth Club “Dance Movement”  
[www.twinklestarperformers.com.au](http://www.twinklestarperformers.com.au)  
[www.kogarahrslyouthclub.org.au](http://www.kogarahrslyouthclub.org.au)
- **Drama** – Shopfront Contemporary Arts and Performance, Carlton  
T: 9588 3948
- **CM Fitness and Health** – personal and group training, nutrition, movement and flexibility program, health and lifestyle consults and in-home training for people with disability  
T: 0422 039 741 (Chris Mahoney)  
[www.cmwellnessco.com.au](http://www.cmwellnessco.com.au)
- **Sailability** – Cronulla and Blakehurst  
[www.sailabilitynsw.com](http://www.sailabilitynsw.com)
- **Beyond Abilities** – Provides support and services for people with disability to improve independence via a range of programs including recreation, living skills programs and supported travel  
[www.beyondabilities.com.au](http://www.beyondabilities.com.au)  
T: 0488 832 253
- **The Disability Trust** – Social groups, weekend and evening outings in the Sutherland and St George area, as well as supported travel.  
T: 9540 3011  
[www.disabilitytrust.org.au](http://www.disabilitytrust.org.au)
- **BelieveAbility Adventures** – Weekend recreation programs and day trips  
T: 0428 629 131 (Michael Cham)  
[www.believeability.com.au](http://www.believeability.com.au)
- **UNSW Lifestyle Clinic** – Exercise therapy consultations, strength clinic, functional conditioning, exercise therapy for young people with medical and movement disorders. Randwick.  
T: 9385 3352
- **Inner West Neighbour Aid Social Saturdays** – A day adventure and friendship for people with disability under 65. Outings every second Saturday  
T: 9779 5099
- **Stellar Experiences (Sutherland)** - Supported social outings and travel for 16-35 year olds  
T: 0480 104 954  
[www.stellarexperiences.com](http://www.stellarexperiences.com)







**2022/2023**