

# We support Aboriginal and Torres Strait Islander people with a disability.

## **NDIS disability services that respect you, your family and your culture.**

At Uniting we acknowledge the traditional custodians of the land and pay our respects to elders past and present.

Our disability services are designed with you in mind, and we have dedicated Aboriginal workers who can talk to you about what sorts of supports you'd like. They can also help you manage your services, give you ideas about getting out and about in your community, and suggest ways to increase your day-to-day skills so that you can become more independent.

If you have an NDIS plan and are looking for services to meet your own goals, or the goals of someone you care for, Uniting has lots to choose from.

This brochure lists some of our NDIS services, and our Aboriginal workers can help you if you have questions, or would like a service you can't see here. Simply call 1800 864 846 or email [disability@uniting.org](mailto:disability@uniting.org) and we'll get things started.

## **Support coordination.**

Your needs are going to change from one day to the next, as well as over the long term. We can manage your network of supports and help you plan for the future. We can also assist with anything unexpected that comes along.

This support includes:

- Understanding your NDIS plan, with a focus on getting the best value for money and flexibility from your plan
- Assisting with setting up service agreements with providers
- Making sure your supports are working well for you and resolving any issues
- Supporting you to connect with early learning services or schools, health providers, government departments, accommodation services, and employers.

Our long term goal is to help you build up the skills and confidence to develop your own 'support team', and to coordinate your own supports in the future.

## **Social and community participation.**

Our social and community participation supports keep you connected with and included in your community. They're designed to contribute to your wellbeing and promote a better quality of life.

With our tailored approach you can choose:

- How your support is delivered
- Who provides your support
- What activities you take part in.

Whether you chose to participate one-on-one or in a group, this support provides the opportunity to get out and about and connect with recreational activities.

You might choose to:

- Go to the local club
- See a movie
- Go shopping
- Join a sporting club
- Find social groups and attend events
- Find opportunities to volunteer.

## **Daily living supports.**

Our daily living supports under the NDIS offer individual assistance provided to you on a one-to-one flexible basis and include:

### **Assistance with daily living**

This support works with people to both assist with daily tasks, and to learn new skills that help gain independence.

For example, we assist with and develop skills like:

- Cooking for yourself and others
- Menu planning and learning about nutrition
- Cleaning and washing
- Shopping
- Bill paying, visiting shops and other routines and responsibilities.

## **Life skills development**

Select this support to receive training in the skills needed to manage daily life activities, increase communication and social skills, build capacity, problem solving and managing funding of supports. It can be offered individually or through group activities. Using transport and building social confidence are part of this NDIS category, as are:

- Budgeting and money skills
- Travel training and planning how to get out and about
- Developing hobbies such as woodwork, knitting, painting and more
- Exploring your sporting interests
- Managing finances
- Planning for your medical and dental appointments
- Using technology.

## **Improved living arrangements (tenancy management and assistance)**

A support that involves helping people with disability who live independently. Focusing on assistance with tenancy management, we work with you to ensure all aspects of your tenancy are met.

## **Improved relationships**

A full life includes the ability to make friends and join in your community. This support is designed for people who wish to increase their social circles, be in community spaces such as libraries and coffee shops, join groups to expand friend networks and build family relationships.

## **Accommodation supports.**

A range of accommodation supports including short term respite for children and young people, shared living for adults, improved living arrangements for adults, improved living arrangements and specialist disability accommodation.

## **Get in touch.**

1800 864 846  
uniting.org