

Northern Beaches Disability Services Expo 2023



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Welcome to the fifth Northern Beaches Disability Services Expo held by Northern Beaches Council.

This expo aims to help people with disability, their families and carers make informed choices. In this booklet, you will find information about the Expo's service providers, including the services offered and their contact details. Please note that this is not an exhaustive list of service providers in the area.

Don't forget to leave feedback at the registration desk on your way out or you can email us at disability@northernbeaches.nsw.gov.au

Program

10am	Expo opens
10.30	Welcome
10.35	Opening address
10.40 - 11am	Presentation by Action for People with Disability
11.30am	Presentation Carers Gateway
12pm	Draw Lucky Door Prize
1pm	Close

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4ability pty Ltd

11/7 Clyde Road, Dee Why NSW 0425 331 302 contact@4ability.com.au 4ability.com.au

Provides support for people with intellectual disability.

Areas of disability: Intellectual Age of clients: 20 to 90

NDIS Provider Number: 4-3LLM-635

Service categories:

- Assistance with daily life
- Supported independent living
- Improved daily living skills
- Increased social and community participation

Ability Options

Suite 102 Level 1, 696 Pittwater Road, Brookvale 2100 0476 690 703 robby.elamal@abilityoptions.org.au abilityoptions.org.au

This service supports young adults with a disability who want to build the skills they need to join the work force. This support includes work experience, TAFE, workshops and 1:1 time spent with a consultant. The participants/clients are supported achieving their goals to find and keep a job.

Areas of disability: All disabilities Age of clients: All ages

NDIS Provider Number: 4050000068

Service categories:

- Finding and keeping a job
- Supported coordination

Ability Technology

12 Emperor Place, Forestville NSW 9975 4415 info@ability.org.au ability.org.au

Ability Technology helps people with disabilities to use iPads, phones, computers and home automation (environmental control) technology.

Areas of disability: Physical, cognitive, sensory

Age of clients: All ages
NDIS Provider Number: 4050000288

Service categories:

- Assistance with daily life
- Assistive technology
- Improved daily living skills
- Home modifications

Action for People with Disability

177 Rosedale Rd, St. Ives NSW 2075 9949 5355

office@actionadvocacy.org.au actionadvocacy.org.au

Offers individual advocacy for people with disability who are experiencing issues such as abuse, neglect, violence, exploitation or discrimination.

Areas of disability: All disabilities

Active Ability

Level 7, 2 Bulletin Place, Sydney 8678 7874 hello@activeability.com.au activeability.com.au Active Ability offers therapy services such as physiotherapy, exercise physiology and dietetics.

Areas of disability: Autism, ID, mental health, neurological conditions Age of clients: 0-65

NDIS Provider Number: 55973903

Service categories:

- Improved health and wellbeing
- Assistive technology
- Improved daily living skills

Advantage Healthcare Support Nursing Agency

Suite 1 9 Oaks Avenue, Dee Why NSW 0478 110 101

Louie.Calma@ahsnursingagency.com ahsnursingagency.com

Providing individualised support to help achieve goals, promote independence around the house and community, and support engagement in activities.

Areas of disability: Any Age of clients: 0-65

NDIS Provider Number: 430763961

Service categories:

- Assistance with daily life
- Transport
- Supported independent living

Autism Spectrum Australia (Aspect)

PO Box 697, Chatswood NSW 2057 1800 277 328 customerservice@autismspectrum.org.au autismspectrum.org.au Australia's largest autism-specific service provider, with one of the world's biggest autism-specific schools programs.

Working in partnership with people of all ages on the autism spectrum and their families to deliver distinct services, practices and research that recognise a different brilliant® - understanding, engaging and celebrating the strengths and interests of people on the autism spectrum. Local school is Aspect Vern Barnett School in Forestville.

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Areas of disability: Autism Age of clients: 0-100

NDIS Provider Number: 4050003515

Service categories:

- Assistance with daily life
- Improved health and wellbeing
- Increased social and community participation
- Improved life choices
- Improved learning

Blitzit Plan Manager

319 George Street, Windsor NSW 0409 661 199 leane@blitzitplanmanager.com.au blitzit.com.au

Independent plan management provider.

Areas of disability: Any Age of clients: 0-65 NDIS Provider Number: 4050081089

Service categories:

• Improved life choices

Care Squared

6/35 Chandos Street, St Leonards NSW 02 9063 6558 mark.traves@caresquared.com.au caresquared.com.au

Fully mobile allied health provider to NDIS participants of all ages. Supporting participants in their homes, workplaces, schools and community spaces. Areas of disability: Any

Age of clients: 0-65 NDIS Provider Number: 4050039253

Service categories:

- Assistance with daily life
- Improved daily living skills
- Improved relationships
- Improved health and wellbeing
- Finding and keeping a job

Carers NSW

Level 10, 213 Miller Street, North Sydney NSW 9280 4744

marym@carersnsw.org.au carersnsw.org.au

Carers NSW is the peak non-government organisation for carers in NSW, part of the National Carer Network and a member of Carers Australia. Focusing on improving the lives of carers. Carers NSW works with all carers regardless of their age, location, life stage or circumstances. This includes those caring for individuals with support needs relating to ageing, disability, health and mental illness.

Age of clients: Help friends or family to support people with disability of any age.

Service categories:

- Assistance with daily life
- Improved daily living skills
- Improved health and wellbeing
- Improved learning

Careseekers

Level 15/ 5 Martin Place, Sydney NSW 9280 4744

lauren@careseekers.com.au careseekers.com.au

Careseekers connect individuals, families and organisations directly to disability support workers and aged care workers. Service all NDIS participants and partners with a selection of aged care providers.

Areas of disability: Any Age of clients: All NDIS Provider Number: xxx

Service categories:

- Assistance with daily life
- Supported independent living
- Improved daily living skills
- Improved life choices
- Improved health and wellbeing
- Increased social and community participation

CatholicCare

Unit 9b, 44 Wattle Rd, Brookvale NSW 0437 679 833 desley.mcauliffe@catholiccaredbb.org.au

catholiccaredbb.org.au

Offers a variety of programs including adult day programs, recreation programs, independent living/accommodation support, coordination life skills programs and vacation/after school care programs.

Areas of disability: Physical, intellectual Age of clients: 5-65 NDIS Provider Number: 4050002865

Service categories:

- Assistance with daily life
- Supported independent living
- Increased social and community participation

CCNB Limited

20 Rodborough Road, Frenchs Forest NSW 1300 002 262

ccnb@ccnb.com.au ccnb.com.au

CCNB provides support coordination and psychosocial recovery coaching.

Areas of disability: Support Coordination and Psychosocial Recovery Coaching

Age of clients: 18+

NDIS Provider Number: 4050003174

Service categories:

Assistance with daily life

Cerebral Palsy Alliance

187 Allambie Road, Allambie Heights NSW 7

1300 888 378

ask@cerebralpalsy.org.au cerebralpalsy.org.au

Global centre of expertise for cerebral palsy research, advocacy, intervention and assistive technology innovation.

Offer a variety of supported independent living and children and adult short-term accommodation (respite).

Areas of disability: Cerebral Palsy and similar conditions

Age of clients: 0-65+

NDIS Provider Number: 4050003515

- Assistance with daily life
- Transport
- Supported independent living
- Improved daily living skills
- Improved relationships
- Improved living arrangements
- Improved health and wellbeing
- Finding and keeping a job
- Increased social and community participation
- Improved life choices
- Assistive technology
- Vehicle modifications
- Home modifications
- Improved learning

Child Development Institute

173 Warringah Road, Beacon Hill NSW 2100

02 9037 2234

enquiries@cdinstitute.com.a cdinstitute.com.au

Specialise in delivering therapy for children aged 1- 6 years with moderate to severe Autism or developmental delays utilising the evidence based Early Start Denver Model (ESDM).

Areas of disability: Developmental Delay and Autism

Age of clients: 1-6 years NDIS Provider Number: N/A

Service categories:

- Improved relationships
- Increased social and community participation
- Improved learning

EarlyEd

3 Cunningham Street, North Sydney NSW 02 9923 2727

services@earlyed.com.au earlyed.com.au

Family-centred early childhood intervention service for young children with disabilities or delays in their development, and their families.

Areas of disability: Intellectual Disability and Delay

Age of clients: 0-9

NDIS Provider Number: 4050001713

Service categories:

- Assistance with daily life
- Improved daily living skills
- Improved relationships
- Increased social and community participation
- Improved life choices
- Assistive technology
- Improved learning

Easylink Community Services

13 Boola Place, Cromer NSW 02 9919 0700 bookings@easylink.com.au easylink.com.au

Northern Beaches Community Transport provider and has been supporting local community for over 40 years. Door to door transport services to those in need on the Northern Beaches.

Areas of disability: Any Age of clients: All ages NDIS Provider Number: 4-3LLM-922

Service categories:

- Transport
- Increased social and community participation

Carers that Drive

0403 057 051 suzie@carersthatdrive.com.au carersthatdrive.com.au

Unique service that matches caring, qualified drivers with people of all ages and abilities, from all walks of life, who need help getting out and about in the community mainly throughout the Northern Beaches, Sydney Metropolitan areas and some rural regional NSW.

Areas of disability: Any Age of clients: All ages NDIS Provider Number: 4050005554

Service categories:

- Assistance with daily life
- Transport
- Increased social and community participation

Fighting Chance Australia

5A, 10 Rodborough Road, Frenchs Forest NSW 02 9905 0415

hello@fightingchance.org.au fightingchance.org.au

Fighting Chance is representing 3 services Jigsaw, Plus and Avenue

Avenue

Day program alternative where people of all abilities are supported to complete purposeful work tasks and share in the profits, socialise with teammates and develop their individual skills, regardless of their support needs.

Plus

Life-skills day program for people with complex behaviours focused on positive behaviour support. Plus also offers wraparound clinical services that specialises in people with complex behaviours.

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Jigsaw

Social enterprise that revolutionises the way people with disability prepare for the workforce by embedding an innovative training program within a real business. Their model has been designed to overcome many of the barriers that people with disability face in obtaining and retaining employment.

Areas of disability: Various Age of clients: 18-35

NDIS Provider Number: 4050003203

- Assistance with daily life
- Improved daily living skills
- Improved relationships
- Finding and keeping a job
- Increased social and community participation

Friends Matter

59 Wyndora Ave, Freshwater NSW 0416 084 235 michelle@friendsmatter.com.au friendsmatter.com.au

Dedicated facilitator of the PEERS® Social Skills program. Teaching teens and young adults the skills needed to make and keep friends.

Areas of disability: Autism, ADHD, mild to mod cognitive disability Age of clients: 13+ NDIS Provider Number: Independent

Service categories:

provider

- Improved relationships
- Increased social and community participation

Gig Buddies Sydney

125 Blues Point Road, McMahons Point NSW 02 9419 6951 tony@assistcom.org gigbuddiessydney.org

The Gig Buddies project pairs adults with mild to moderate learning disability and/or autism with volunteer gig buddies so they can attend events and activities together. Buddies catch with each other monthly to see live music, attend sporting games, visit art galleries, go bush walking, check out markets, and much more.

Areas of disability: Learning Disability and Autism

Age of clients: 18-80

NDIS Provider Number: 4050003928

Service categories:

 Increased social and community participation

Groove Connections

51/5 Ponderosa Pde, Warriewood NSW 02 9419 6951 carly@grooveconnections.au grooveconnections.au

Head High Disability Service

10 Calypso Avenue, Mosman NSW 0420 553 695 headhighskills@gmail.com facebook.com/headhighskills

Personal and progressive capacity building service for young adults with a strong focus on developing confidence, communication and connections.

Areas of disability: Intellectual disability, autism +/- physical impairment Age of clients: 17-26 years NDIS Provider Number: N/A

Service categories:

- Improved daily living skills Improved relationships
- Increased social and community participation
- Improved life choices
- Improved learning

Hireup

Ground floor, 120 Pacific Highway, Greenwich NSW 02 9113 5933 hello@hireup.com.au hireup.com.au

Hireup is Australia's largest, online, NDIS registered platform which allows Australians with disability to find, hire and manage their own support workers (who are employed by Hireup).

Areas of disability: Any Age of clients: various NDIS Provider Number:

Service categories:

- Assistance with daily life
- Transport
- Improved daily living skills
- Improved relationships
- Improved living arrangements
- Improved health and wellbeing
- Finding and keeping a job
- Increased social and community participation
- Improved life choices
- Improved learning

IDEAL Plan Management

14 Moore St, Canberra ACT 1300 800 110 manager@idealplan.com.au idealplan.com.au

Individual plan management

Areas of disability: Any Age of clients: All ages

NDIS Provider Number: 4050009702

Service categories:

- Assistance with daily life
- Supported independent living
- Improved daily living skills
- Improved relationships
- Improved living arrangements
- Improved health and wellbeing
- Increased social and community participation
- Improved life choices

Inner Bloom Project

11 The Crescent, North Narrabeen NSW 2101

0433 546 434

innerbloomproject@gmail.com innerbloomproject.com.au

Delivering yoga, mindfulness and socialemotional learning (SEL) to young individuals and those with intellectual disabilities. Creating an inclusive and supportive environment where people of all abilities can experience the joy of yoga, enhance their self-confidence, emotional regulation, and develop essential life skills while discovering their unique potential.

Areas of disability: Autism, Down Syndrome, Intellectual, ADHD, Sensory Processing Age of clients: 7-50 NDIS Provider Number: N/A

- Improved health and wellbeing
- Increased social and community participation

Just Better Care

41/7 Sefton Rd, Thornleigh NSW 02 9484 8788 mailhd@justbettercare.com justbettercare.com

Offering home care and NDIS support coordination.

Areas of disability: Any Age of clients: All ages

NDIS Provider Number: 4050003294

Service categories:

• Improved life choices

Like Family

477 Pitt Street, Sydney NSW 0401 080 174 camilla@likefamily.com.au likefamily.com.au

Social support service with the aim to reduce social isolation and loneliness by helping participants find local carers to complete social activities they enjoy.

Areas of disability: Any Age of clients: 6-90 years old NDIS Provider Number: 4050004182

Service categories:

- Assistance with daily life
- Transport
- Improved daily living skills
- Improved relationships
- Improved health and wellbeing
- Increased social and community participation

Living Skills Training

4 Stratford Close, Asquith NSW 0427 082 392 info@livingskillstraining.com livingskillstraining.com

Specialist service offering public transport travel training to teenagers and adults with disability in the Northern Sydney region. Teaching the use of public transport to people with all types of abilities.

Areas of disability: Any Age of clients: 12+ NDIS Provider Number:

Service categories:

- Transport
- Improved daily living skills
- Increased social and community participation

Manly Warringah Gymnastics Club

24 Middleton Rd, Cromer NSW 2099 02 9972 9222 inclusion@mwgymclub.com mwgymclub.com

Offering multiple programs including recreational and school gymnastics and specialised 1:1 or group therapy-based programs for people who are living with mild to profound physical, developmental, intellectual, behaviour, learning or emotional disability.

Areas of disability: Mild to profound physical, developmental, intellectual, behaviour, learning or emotional disability

Age of clients: School aged children NDIS Provider Number: N/A

Service categories:

- Increased social and community participation
- Improved daily living skills
- Improved relationships
- Improved health and wellbeing
- Improved learning

Mates that Matter

Level 6, 55 Chandos Street, St Leonards NSW 0409 072 870

dandrapac@matesthatmatter.com matesthatmatter.com.au

Sydney based, all male, NDIS friendly community and weekly social (events) program. Designed to help low support needs males create their own Mates
That Matter. Our community allows us to provide extremely valuable social outlets for our members who may otherwise feel marginalised or struggle socially.

Areas of disability: Low level, socially impairing disabilities - ASD, Anxiety, Mental health conditions, psychosocial disabilities

Age of clients: 18-65 NDIS Provider Number:

Service categories:

 Increased social and community participation

My Plan Manager

Level 9/400 King William St, Adelaide SA 5000

02 8526 5685

mirella.manna@myplanmanager.com.au myplanmanager.com.au

Individual plan management.

Areas of disability: Any Age of clients: All ages NDIS Provider Number:

Service categories:

• Improved life choices

NDSP

Head Office 48 Greenhill Rd, Wayville SA 0472 820 875 cklaassen@ndsp.com.au ndsp.com.au

Individual plan management.

Areas of disability: Any Age of clients: 0-65 NDIS Provider Number: 4050019899

Service categories:

• Improved life choices

Northside Enterprise

5/26 William Street, Brookvale NSW 2100 02 9905 5377

mail@northside-enterprise.org.au northside-enterprise.org.au

Not for profit organisation supporting people with disabilities to live vibrant and inclusive lives. Have been providing quality, person centred services and support to people with disability since 1991.

Areas of disability: Intellectual Disability Age of clients: 18-60 NDIS Provider Number: N/A

Service categories:

- Assistance with daily life
- Improved daily living skills
- Improved relationships
- Finding and keeping a job
- Increased social and community participation
- Improved life choices
- Improved learning

Northcott

Suite 102, 13 Spring Street, Chatswood NSW 1800 118 481 earlychildhood@northcott.com.au northcott.com.au/earlychildhood

Together with the NDIS, Northcott delivers the early childhood approach which supports families to access assistance for their child. Early Connections (children 6-9 years) and Early Supports (children under 6 with developmental concerns) Areas of disability: Any Age of clients: 0-9 NDIS Provider Number: N/A Service categories: Improved daily living skills

Northern Beaches Council -Library Service

Six branches - Manly, Warringah Mall, Dee Why, Forestville, Glen St and Mona Vale Libraries 02 8495 6855

northernbeaches.nsw.gov.au/library

Council Library services.
Featuring Home Library Service, programs and events, and general resources free to the public.

Areas of disability: N/A
Age of clients: N/A
NDIS Provider Number: N/A

Service categories:

- Improved health and wellbeing
- Increased social and community participation
- Assistive technology
- Improved learning

Northern Beaches Council – Disability News

Community Development Team 02 8495 6621 disability@northernbeaches.nsw

disability@northernbeaches.nsw.gov.au northernbeaches.nsw.gov.au/services/ disability

Council provides free information and referral about services, activities and programs to people with disability, carers, family and friends, as well as professionals working in the disability sector. The monthly newsletter 'The Wave' informs about upcoming events, grant options, community involvement and other important topics.

Areas of disability: N/A Age of clients: N/A

NDIS Provider Number: N/A

Service categories:

- Improved health and wellbeing
- Increased social and community participation
- Assistive technology
- Improved learning

Northern Sydney Arts Therapists

c/- 152 Woorarra Avenue, Elanora Heights NSW 0433 812 679 nsarttherapists@gmail.com

Local group of individual professional Creative Arts Therapists offering services to NDIS participants on the Northern Beaches. Creative Arts Therapists are mental health professionals who use art, media and the creative process to facilitate the exploration of feelings, improve self-awareness and reduce anxiety for clients.

Areas of disability: Any Age of clients: 2-99 NDIS Provider Number: 4-IVQUG6P

- Improved daily living skills
- Improved relationships
- Improved health and wellbeing
- Increased social and community participation
- Improved life choices

Omnia Inclusive Employment Solutions

Level 7, 465 Victoria Avenue, Chatswood NSW

1800 466 046

hello@omnia-inclusive.com.au omnia-inclusive.com.au

Specialist Youth NDIS and DES provider offering post school support such as employment support, independent living skills and social and community access.

Areas of disability: Any Age of clients: 16-24 NDIS Provider Number:

Service categories:

- Assistance with daily life
- Improved daily living skills
- Improved living arrangements
- Finding and keeping a job
- Increased social and community participation
- Improved life choices
- Improved learning

People with Disability Australia

418/A Elizabeth Street, Surry Hills NSW 1800 422 015 pwd.org.au

Areas of disability: Any Age of clients: All ages NDIS Provider Number: N/A Service categories:

- Supported independent living
- Improved daily living skills
- Improved relationships
- Improved living arrangements
- Improved health and wellbeing
- Finding and keeping a job
- Increased social and community participation
- Improved life choices
- Home modifications
- Improved learning

Plan Tracker

Park Plaza, 131 Henry Parry Dr, Gosford NSW 2250 0461 477 074 christa.ellis@plantracker.com.au plantracker.com.au

Individual plan management.

Areas of disability: Any Age of clients: All ages NDIS Provider Number: 4050012016

Service categories:

Plan Management

Relationships Australia

Level 1, 651 Pittwater Rd, Dee Why NSW 2099

02 9981 9799

northernbeachesfrc@ransw.org.au relationshipsnsw.org.au

Relationships Australia Dee Why
Centre offers: Family Dispute Resolution
(mediation) for separated couples
to develop agreements in relation to
parenting and property arrangements.
Counselling support for individuals,
couples and families. A wide variety of
relationship education programs.

Areas of disability: Any Age of clients: 16+

NDIS Provider Number: N/A

Role OT

Mobile service based in Frenchs Forest 0411 025 768 anna@roleot.com.au roleot.com.au

Occupational Therapy service specalising in supports for children and young people with physical disabilities. Services include assistive technology assessment, functional assessment and parent coaching. Role OT provides a mobile service, meaning they come to child or young person's home or school. Can Support NDIS participants who are self managed or plan managed.

Areas of disability: Physical disability, Intellectual disability, developmental delay, autism

Age of clients: 0-20 NDIS Provider Number: N/A

Sargood on Collaroy

1 Brissenden Ave, Collaroy NSW 02 8597 0600 enquiries@sargoodoncollaroy.com.au sargoodoncollaroy.com.au

Sargood on Collaroy is a resort designed for people with spinal cord injury, their families and carers. Located on the spectacular headland of Collaroy Beach, the resort provides holidays, short term accommodation and allied health services.

Areas of disability: Spinal Cord Injury and other physical disabilities

Age of clients: 16-80

NDIS Provider Number: 4050002604

- Improved living arrangements
- Increased social and community participation
- Improved health and wellbeing
- Assistive technology

Sunnyfield

185 Allambie Rd, Allambie Heights NSW enquiries@sunnyfield.org.au 1300 588 688 sunnyfield.org.au

Service provider offering SIL, SDA, Community Access, Support Coordination, SLES, Community Hubs, STA/MTA and In Home Supports

Age of clients: All ages NDIS Provider Number: 4050000238

Service categories:

• Assistance with daily life

Areas of disability: Intellectual

- Supported independent living
- Improved daily living skills
- Improved relationships
- Improved living arrangements
- Finding and keeping a job
- Increased social and community participation
- Improved life choices

Takuro Group Australia Pty Ltd

8/40 Military Road, Neutral Bay NSW 0432 887 893 tgapl@email.com tgapl.com

Multiple support solutions including support coordination, daily task, household task and more.

Areas of disability: Any
Age of clients: All ages
NDIS Provider Number: 4-3LLM-487

Service categories:

- Assistance with daily life
- Improved daily living skills
- Improved health and wellbeing
- Increased social and community participation

Tuned In Music Therapy

1110 Oxford Falls Road, Frenchs Forest NSW

0416 102 393

anita@tunedinmusictherapy.com tunedinmusictherapy.com

Tuned In Music Therapy offers music therapy services for families and adults seeking to enhance their health and wellbeing.

Areas of disability: Any
Age of clients: All ages
NDIS Provider Number: 4050012084

Service categories:

- Assistance with daily life
- Improved daily living skills
- Improved health and wellbeing
- Increased social and community participation
- Improved life choices

Up & Over

23 Beach Road, Collaroy NSW 0401 232 787 admin@upandover.com.au upandover.com.au

Group based support connecting people with disabilities to their community. Social groups, community skills, volunteering and travel!

Areas of disability: Physical and Intellectual

Age of clients: 12-80 check NDIS Provider Number: N/A

Service categories:

• Increased social and community participation

Wellways Australia

Building 1 Level 2, 20 Bridge Street, Pymble NSW enquiries@wellaways.org 1300 111 4000 wellways.org

Wellways offers a wide range of individually tailored services designed to support people affected by mental health issues or disability, as well as their families, friends and carers.

Areas of disability: Any Age of clients: All ages

NDIS Provider Number: 4433143

Service categories:

- Assistance with daily life
- Transport
- Improved daily living skills
- Improved relationships
- Improved living arrangements
- Improved health and wellbeing
- Finding and keeping a job
- Increased social and community participation
- Improved life choices

Your Side - Carer Gateway

1800 422 737

kierstenj@yourside.org.au carergateway.gov.au

Carer Gateway is the federally funded program to support all unpaid carers in Australia. Services include free counselling, coaching, peer supports, tailored support packages valued up to \$3,000, emergency and planned respite, and a specific program to support Young Carers under 25. A carer is someone who gives care and support to a relative or friend with a disability, medical condition, mental health issue, or is frail due to age.

Areas of disability: Any Age of clients: All ages NDIS Provider Number: N/A

- Assistance with daily life
- Transport
- Supported independent living
- Improved daily living skills
- Improved relationships
- Improved living arrangements
- Improved health and wellbeing
- Finding and keeping a job
- Increased social and community participation
- Improved life choices
- Assistive technology
- Improved learning



Need Help?

If you have experienced discrimination, abuse, neglect or mistreatment, there are a number of places you can go for help.

Australian Human Rights Commission 1800 620 241

Investigates complaints of discrimination, harassment and bullying based on a person's sex, disability, age or race.

Commonwealth Ombudsman

1300 362 072

Independent watchdog that ensures that Commonwealth government agencies fulfil their functions properly and improve their delivery of services to the public.

LawAccess NSW

1300 888 529

Free government phone service providing legal information, referrals and advice for people who have a legal problem in NSW.

NDIS Quality and Safeguards Commission

1800 035 544

Independent government agency that receives and investigates complaints about NDIS providers.

NSW Ageing and Disability Commission

1800 628 221

Investigates allegations of abuse, neglect and exploitation of older people and adults with disability, focusing on the conduct of the person's family and other informal supports.

NSW Fair Trading

13 32 20

Investigates unfair practices and ensures that products sold in NSW are safe and meet their regulations and safety standards.

NSW Ombudsman

1800 451 524

Independent watchdog that ensures NSW government agencies and community services fulfil their functions properly and improve their delivery of services to the public.

NSW Police

131 444

Emergency service that investigates criminal action.

Royal Commission into Violence, Abuse, Neglect and Exploitation of People with Disability

1800 880 052

National inquiry into violence, abuse, neglect and exploitation of people with disability in all settings and contexts.

