



Wesley Disability  
Services

## Living your way

A guide to Wesley Disability Services under the NDIS



# ‘Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can!’

Wesley Mission is excited about the possibilities for people with a disability under the National Disability Insurance Scheme (NDIS). Because nobody understands you better than you and now the power is in your hands to choose when, where and how you are supported.

Wesley Mission has a long and proud history of providing quality disability services that are innovative and flexible to meet your changing needs. So no matter what your goals are, we're here to support you in reaching them in a way that works for you.



**Rev Keith V Garner, AM**  
Superintendent/CEO



# Hello

My name's Jo. I'm one of about 200 people who make up the Wesley Disability Services team. Every day we support people in their homes, LifeSkills centres and the community with services that are customised to help them reach their individual goals.

In this brochure you'll find out more about how we can work with you: from supporting you with day to day living, to helping you find a safe and comfortable home, to supporting you to grow and connect more within your community.

Everyone is different. Different needs. Different goals. And we get that. You might need some services, but not others, so no matter who you are and what stage of life you're at, it's our job to help you access the supports you want in a way that makes sense to you.

The NDIS is all about making sure you have choice and control over your life. But with all the changes, you might feel as though you're in information overload. If you're not sure how it all works, call us on 1300 086 906. We're here to help you understand the NDIS and how you can get the most from it.

# Need support with day to day activities?

Wesley Disability Services support you to live safely and as independently as possible in the comfort of your home. We help you build up your skills and confidence and offer a helping hand with a range of tasks.

## Looking after yourself

Our experienced team can help you with personal activities like toileting, showering and getting dressed in your home.

## Building up your life skills

Buying groceries, catching public transport, learning how to care for yourself – we can help you develop the skills you need to become more independent and reach your potential.

## Keeping up with household tasks

Cleaning, mowing the lawn, gardening, washing sheets and clothes, preparing and delivering meals – whatever practical support you need to keep your home in order, we're here to help.

## Getting from A to B

Whether you're going to school, catching up with friends, or heading to work, if you can't use public transport, Wesley Mission's transport team and fleet of specialised vans can help you get there.

## Strengthening mind and body

Become mentally and physically stronger with our specialist mental health teams, exercise physiology, personal training and occupational therapies.

## Finding and keeping a job

Find a job that fits you and your abilities, develop skills to make work an everyday part of your life and access education from TAFEs, universities and other institutions to take the next steps in your career.

Wesley Employment & Training Services can connect you with specialised supported employment opportunities where you can train and work in supportive businesses that deliver packaging, gardening and cleaning services

We can also connect you to volunteering opportunities, either in Wesley Mission or other organisations, where your time and skills can benefit others. Get involved in activities including gardening, helping out in retail shops, visiting people and working with animals.



## Need help coordinating your supports?

It can be challenging to keep track of all the different services and supports that make up your NDIS plan. Our coordination services can support you get the most out of your plan, by supporting you to:

- find and connect with providers that meet your needs
- implement your supports
- coordinate the full range of your supports (even non-funded ones)
- build on informal supports and develop connections
- resolve points of crisis



# Looking for a place to call home?

Your home is your safe place, a space that works for you, where things are in reach and you can relax. Whether you're looking for a new place to live or ways to make your current home better suit your needs, you can count on us to help.

## Home modifications

From design to installation, we can help modify your home with fittings and equipment so you can live safely and as independently as possible.

## Specialist Disability Accommodation (SDA)

If you have very high needs and require special accommodation, our purpose built homes provide a safe, comfortable environment where you can access daily supports more easily.

## Shared living

We offer a range of supported independent living options that provide shared accommodation in an environment where you have choice and control over your life.

Our experienced teams assist you with personal activities like showering and getting dressed. We'll also support you to develop practical skills like buying groceries and catching public transport.

Sometimes you need time out from family so they can continue supporting you and your goals. We offer a range of respite services including short term accommodation, overnight stays, hourly support and in-home respite.

## Short term accommodation

Aside from respite, you can also access our short term accommodation in cases of emergency or if you are without family.

## Renting your home

It's important your home is just right for you. We can help you apply to rent a home and support you in keeping your tenancy agreements.

## Want to connect, learn and grow?

Whether you're a dancer or a diner, a social butterfly or a homebody, we can help you find more opportunities to enjoy your life and feed your passions.

### Connecting with your community

Get involved with community events, play sport, see a show or catch up with mates at the pub. From feeling confident to travel independently, to meeting new people – we can help power your social life.

### Improving your relationships

Our specialised behaviour team provides you with individual support to manage your emotions, develop strategies to deal with difficult situations and build social skills to help improve your relationships. People who engage with our specialists have said the experience improved their relationships, home life and ability to get out and about.

### Group based activities at Wesley LifeSkills

Operating throughout a number of centres across Sydney, Wesley LifeSkills is a program that is tailored to you. Through one-on-one support and group activities you will develop friendships and grow your skills, confidence and independence.

Activities include music therapy, literacy and numeracy development, cooking, art, swimming and other sports, living skills, personal training, dance therapy, special events and social outings.

Our centres are well-equipped, and accessible. They are designed for both social and educational activities and include sensory rooms that provide new experiences. Best of all, the hours are flexible to work around you and your family's schedule.

### Other Wesley Mission services

Wesley Mission is a large organisation with many services. And we're growing and adapting every day to meet new needs. Talk to us for more information about Wesley Counselling, early intervention supports for early childhood development and other services.



# Want to start?

## 5 steps to accessing NDIS services with us



### Wesley Disability Services

We're supporting people to achieve their goals in more ways than ever. You can find most of what we do outlined in this booklet but we're growing every day, so speak to someone directly to discover the full range of services we provide.

We're registered to provide many supports under the NDIS but if you need something we can't provide, we'll connect you to the right service provider. Whatever you need, talking to us can be the first step.

## Access requirements for NDIS

To become an NDIS participant you will need to meet the age, residency and disability or early intervention access requirements. In NSW, people currently receiving supports will be moved to the NDIS first. To see if you might meet the access requirements, search for the NDIS access checker at [www.ndis.gov.au](http://www.ndis.gov.au)

## Not eligible for the NDIS?

It's possible that you are not eligible for the NDIS, even if you are currently accessing specialist disability services under the National Disability Agreement. That doesn't mean your support will stop.

We will continue to support you under the government's Continuity of Support (CoS) program, if you are not eligible to access the NDIS but you:

- are aged 65 or over and don't meet the age requirements for the NDIS
- have a disability, are Aboriginal or a Torres Strait Islander and are aged 50 or over.

If in doubt, feel free to give us a call to discuss your eligibility.

## Is the NDIS available in my area?

To access the NDIS right now, you must live in an area where it's available. In some of these areas, you also need to be a certain age to be eligible. Until the NDIS rolls out in your area, existing Commonwealth, state and territory government funded disability services will continue. Get in touch with us if you need more information.

## Advocacy

To ensure that you are provided with your support, your way, you are welcome to use a third party advocate—like a family member, friend or appointed nominee to participate in your assessment process, reviews, complaints or in any other communication that takes place. Your confidentiality is maintained and respected at all times.

## Do you need an interpreter?

The government has translated information about the NDIS into eleven languages. If you need the help of an interpreter, please call the Translating and Interpreting Service (TIS) office on 131 450. Telephone interpreting is available 24 hours a day, or visit [ndis.gov.au/lote](http://ndis.gov.au/lote).

## Arabic

إذا احتجت للمساعدة فترجم . رجاء  
الاتصال مع مكتب خدمة الترجمة والتعريب  
(TIS) على هاتف رقم ١٣١ ٤٥٠  
الترجمة على الهاتف متوفرة ٢٤  
ساعة في اليوم .

## Chinese (simplified)

英语是否是您的第一语言？

下载我的参与之旅简体中文手册，以获取有关全国残障保险计划的信息。

若您需人帮忙联系全国残障保险计划，请拨打 131 450 致电翻译及传译服务。



#### Wesley Disability Services

If you're living with disability, we can help you connect with your community and develop the life skills you need to live a full and contributing life. Our support includes help finding employment, in-home support and respite services.

#### Wesley Home Care

Wesley Home Care helps you choose the support and services you need to live independently and safely in your own home. Our in-home support can include cleaning, transport, home maintenance and social activities.

#### Wesley Mental Health

Whether your concerns are big or small, we help you find the support you need to reach your full potential. Our services include 24/7 crisis support, suicide prevention training and community networks.

#### Wesley Congregational Life

At Wesley Mission we love God and we love people. Our congregations are vibrantly diverse with people from all walks of life who share a common bond in Jesus Christ.

### Wesley Mission services

For over 200 years our commitment to Christian faith has guided us to create long-term holistic solutions that address the needs of the whole person, not just their current challenges.

To find out about our complete range of services, and how they may be able to help

**please call 1300 086 906 or visit [wesleymission.org.au](http://wesleymission.org.au)**



**Connect with us on social media**

**Do all the good you can**  
because every life matters



## Contact us

NDIS at Wesley Mission  
1300 086 906  
[ndis@wesleymission.org.au](mailto:ndis@wesleymission.org.au)

## Get involved

To volunteer, donate or leave a bequest visit  
**[wesleymission.org.au](http://wesleymission.org.au)**

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Superintendent/CEO: Rev Keith V Garner, AM

ABN 42 164 655 145 Wesley Mission is a part of the  
Uniting Church in Australia.

**Do all the good you can**  
because every life matters