

FACT SHEET: Navigating your local community supports

Local communities offer a range of services and supports to assist you. If you have recently been discharged from hospital or rehabilitation and/or have lived with an amputation for a number of years and you are unsure about where to go to access supports, this fact sheet may be useful for you.

Funding supports

In general if you are:

- Under 65 – The National Disability Insurance Scheme (NDIS) provides support for Australians aged under 65 who have permanent and significant disability.
To confirm your eligibility and to register phone 1800 800 110.
For more information visit www.ndis.gov.au.
- Over 65 – My Aged Care aims to make it easier for older people, their families, and carers to access information on ageing and aged care, have their needs assessed and be supported to find and access services.
For more information or to register phone 1800 200 422 or visit www.myagedcare.gov.au.



Limbs 4 Life™
Empowering Amputees





What kind of supports can my local community assist with?

Advocacy services

If you need support expressing your views and concerns when important decisions are being made about your life, you can contact a disability advocate.

- Disability Rights Advocacy Service Inc - provides people with disability access to advocacy. This may include:
- Providing information about their human rights and identifying instances of discrimination; and,
- Helping people with disability negotiate a complaints processes or legal action.
- To contact an advocacy service visit: www.dras.com.au or call (08) 8351 9500 to find out more.

Driving

If you require modifications to your vehicle or need a driving re-assessment contact a local Occupational Therapist. You can find an Occupational Therapist in your area by visiting the OTAUS website or call the national office on 1300 682 878.

You may require modifications to your vehicle or driving aids to suit your needs. You may also want to apply for a disability parking permit to utilise accessible parking spaces.

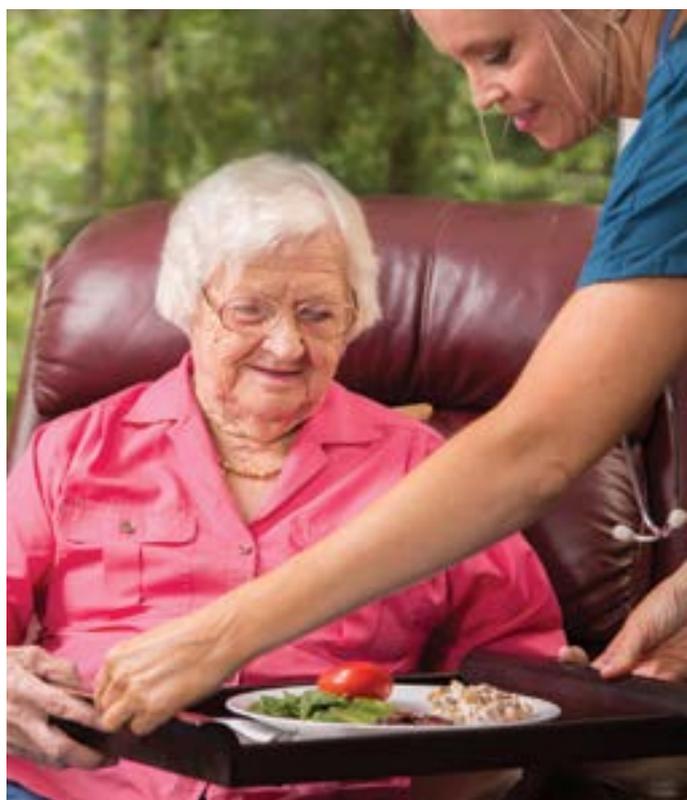
Parking

If you have a permanent disability and struggle to walk or carry things a long distance you may be eligible for an Accessible Parking Permit. Applications for Parking Permits can be found at www.sa.gov.au/topics/driving-and-transport/getting-around-with-a-disability/disability-parking-permit or you can collect one at your local Service SA Centre. For enquiries phone 13 10 84.

The City of Adelaide Council permits entitled Disability Parking Permit holders to extra parking concessions. This includes: free parking for up to 2 hours in participating 'U Parks'.

Contact your local council for parking concessions and time limits in your area.

The 'BlueBays' app was created by the Department for Communities and Social Inclusion to allow members of the community to identify and share accessible parking spaces in both metropolitan and regional areas of South Australia. The app is free to download on both Apple and Android devices.



Food and meal services

There are a number of meal and food preparation services available. This may include: daily meal preparation and delivery or assistance with cooking.

- Meals on Wheels SA offers meals 7 days a week. For more information visit www.mealsonwheelssa.org.au or phone 1800 854 453.

If you need assistance or access to other healthcare services and providers you will need to visit your local doctor/general practitioner (GP).

- Allied health - Your GP can provide you with a care plan which will help you access free or subsidised allied health services such as: physiotherapy, occupational therapy, psychology and nutrition/dietetics. Be sure to let the receptionist know that you require a care plan when booking your appointment, as you may need a longer appointment.

Home care and maintenance

If you require assistance with things around the home or accessing the community, your local council offers several different programs and services.

- Local council supports - Your local council may offer support with the following:
 - Domestic duties
 - Personal care (showering/dressing support)
 - Medical transport
 - Shopping assistance
 - Home maintenance
 - Equipment
 - Allied health services
 - Transport
 - Arts and crafts
 - Social outings
 - Group activities
 - Meals
 - Accessible toilet access keys
 - Beach access mat locations



Returning to work

If you require assistance with workplace modifications, complaints resolution or finding suitable work, Job Access and Community Bridging Services have programs and services that can help.

Job Access - provides free, confidential and accessible information and advice through a comprehensive, easy-to-use website and a telephone information service that gives information and advice on disability employment related matters. It offers help and workplace solutions for people with disability and employers.

For more information visit www.jobaccess.gov.au or phone 1800 464 800

Community Bridging Services (CBS) - assists people with a disability in the areas of employment, personal support, further education and recreation.

For more information phone (08) 8440 5600

Support for Indigenous South Australians and people from non-English speaking backgrounds

There are culturally appropriate services and support for Aboriginal and Torres Strait Islander peoples and people from non-English speaking backgrounds. Services and supports include:

- Help around the home
- Equipment
- Personal care (showering etc.)
- Supported housing
- Interpreting services
- Social support
- Meal preparation
- Appointment management
- Medication management

Support for Aboriginal Peoples

1300 786 117

www.sa.gov.au/topics/care-and-support/disability/access-services/support-for-aboriginal-people



Multicultural Disability Care

(08) 8332 9335

www.multiculturaldisabilitycare.com

- Ethnic Link Services
- Metropolitan: (08) 8241 0201
- Riverland: (08) 85489400
- Whyalla: 0476 829 377
- Free call 1800 648 598

www.unitingsa.com.au/aged-care/ethnic-link-services

For more information and to request Peer Support call **1300 78 2231** or visit limbs4life.org.au.

Local Councils and community organisations offer a wide range of support services.