



Accessing my local community supports

Local communities can offer a range of services and supports to assist you. Some of these may be based in local areas while others may be available to anyone, regardless of location, across Victoria.

Accessing local supports, and knowing what is available, might be particularly helpful if you have returned home after a recent amputation or you have lived with limb loss for a number of years.

Can my local council support me?

Local councils offer a range of supports, services and programs to assist people with disability, older Australians and carers.

All Victorian councils are required to have a Disability Action Plan, which is designed to remove barriers, increase employment and change community attitudes. Local councils have access and inclusion committees, made up of local people with the lived experience of disability to assist in shaping disability policies and plans.

How can I get a disability parking permit?

People with limb loss are eligible for disabled parking permits. If you are a driver or passenger in a car, you might find it easier to park the car closer to the entry door of your destination. This means that you won't need to walk so far, have a wider space to get in and out of the car and will help if you struggle to carry items a long way. Disabled parking permits are issued by local councils. Your council can provide you with an application form or you can download the form from their website. Your Victorian permit can also be used if you are travelling interstate.

Can I access home care, maintenance and meal services?

If you need help with home care, regular home maintenance or food services, your local council may offer a variety of different programs and services including:

- Domestic duties
- Personal care
(showering/dressing support)
- Medical transport
- Shopping assistance
- Home maintenance
- Meal services
(e.g. 'Meals on Wheels')
- Equipment
- Allied Healthcare Services
- Transport to community facilities
- Social and leisure activities
(e.g. arts and crafts, social outings, group activities)
- Accessible toilet access keys
- Beach access mat locations
- Disability-specific health and fitness options



Every local council is different, so it's best to contact yours to find out more about the services and supports they offer, as well as any information about funding supports and potential costs.

What funding supports are available to me?

If you are 64 years or under you should be eligible for funding support under the National Disability Insurance Scheme (NDIS). The NDIS provides support for Australians who have a permanent and significant disability. To register for the NDIS you can download an 'Access Request Form' from the NDIS website or you can call 1800 800 110 and request a form.

If you are over 65 years funding for prosthetics will be provided by the Victorian Artificial Limb Program (VALP). In addition to funding support from VALP you may be eligible for support from My Aged Care. My Aged Care aims to make it easier for older people, their families and carers to access information on ageing and aged care, have 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

Can I access leisure and sporting activities?

You may want to take part in sports, arts and crafts, social outings or group activities. It's a great way to stay connected, remain active and meet new people. If you would like to find out about leisure and sporting activities that are accessible and suitable for your needs, speaking to your local council's community services area can be a good place to start. You should also consider contacting other local community leisure and sporting organisations in your local area to find out what they offer, and how to take part.



Can I access disability advocacy support?

Your rights, such as human and disability rights, are very important. You are entitled to have your voice heard when sharing your views, concerns and when important decisions are being made about your life. If you need support to speak up about your rights or make a complaint, you may benefit from a disability advocate. An advocate can help you by speaking on your behalf to service providers, organisations and employers, and assist you if you wish to make a complaint.

Disability Advocacy Victoria is the peak body for independent advocacy in this state. You can submit your inquiry online via www.disabilityadvocacyvic.org.au

I'm an Aboriginal Victorian, where can I access support?

A number of services can assist Aboriginal Victorians to learn about supports in their local communities, self-determination and the right to make decisions on matters that affect individual lives. Services can also assist with access to culturally appropriate health and disability services, assistance around the home, meal preparation, transport, supported housing, and community activities.



The Victorian Aboriginal Community Controlled Health Organisation (VACCHO) is the peak body for the health and wellbeing of Aboriginal peoples living in Victoria. To find out about the supports they can provide, or the services they can link you to, call 03 9411 9411 or visit www.vaccho.org.au

Your local council can assist with identifying an appropriate service in your community too.

I'm from a diverse cultural background, where can I access support?

There are a great many services to support people from a wide range of cultural backgrounds. Each service offers different types of disability, allied health, home assistance, language interpretation and community activities.

As there are many multicultural organisations to support migrants and refugees living with disability across Victoria the best ways of finding one to suit you is by speaking to your doctor, local council, religious groups and/or other community members. You can also contact the Ethnic Communities' Council of Victoria (ECCV) who may be able to let you know about a service that suits your needs. To access ECCV call 03 9354 9555 or visit www.eccv.org.au

I identify as LGBTQIA+, where can I access support?

There are a number of services that can support people who identify as being lesbian, gay, bisexual, transgender, queer or intersex and live with a disability. Each service offers different supports, including support for family, friends and carers.

Switchboard is a member of the National LGBTQIA+ Health Alliance and a great place to start if you are looking for peer-driven support, information and counselling services. Contact Switchboard on 1800 184 527 or visit www.switchboard.org.au

Local councils and community organisations offer a range of support services.

For more information contact Limbs 4 Life.