

Disability Programs



We Focus on Ability,
To Create a World of
Possibility.





OUR NDIS SERVICES



We are a registered NDIS Provider, with more than 30 years' experience in supporting people with a disability and providing allied health care. We support individuals with a range of abilities, from independent to high and complex support needs. We offer a wide range of services to NDIS participants, to provide integrated care and support, enabling you to achieve your goals and live a healthy, happy and independent life.

POINT OF DIFFERENCE



In addition to our support workers, we appoint a dedicated Client Journey Officer to support you along your journey with us.

We are a progressive not-for-profit organisation with 30+ years' experience in disability support and allied health services. We are driven by the impact we make to our clients and community.

We understand the complexities of NDIS and have the expertise to help you navigate your way through the NDIS. We operate in compliance with NDIS Standards and Code of Conduct.

Majority of our staff are permanently employed, enabling an aligned culture underpinned by our values of Respect, Collaboration, Transparency, Empowerment and Quality.

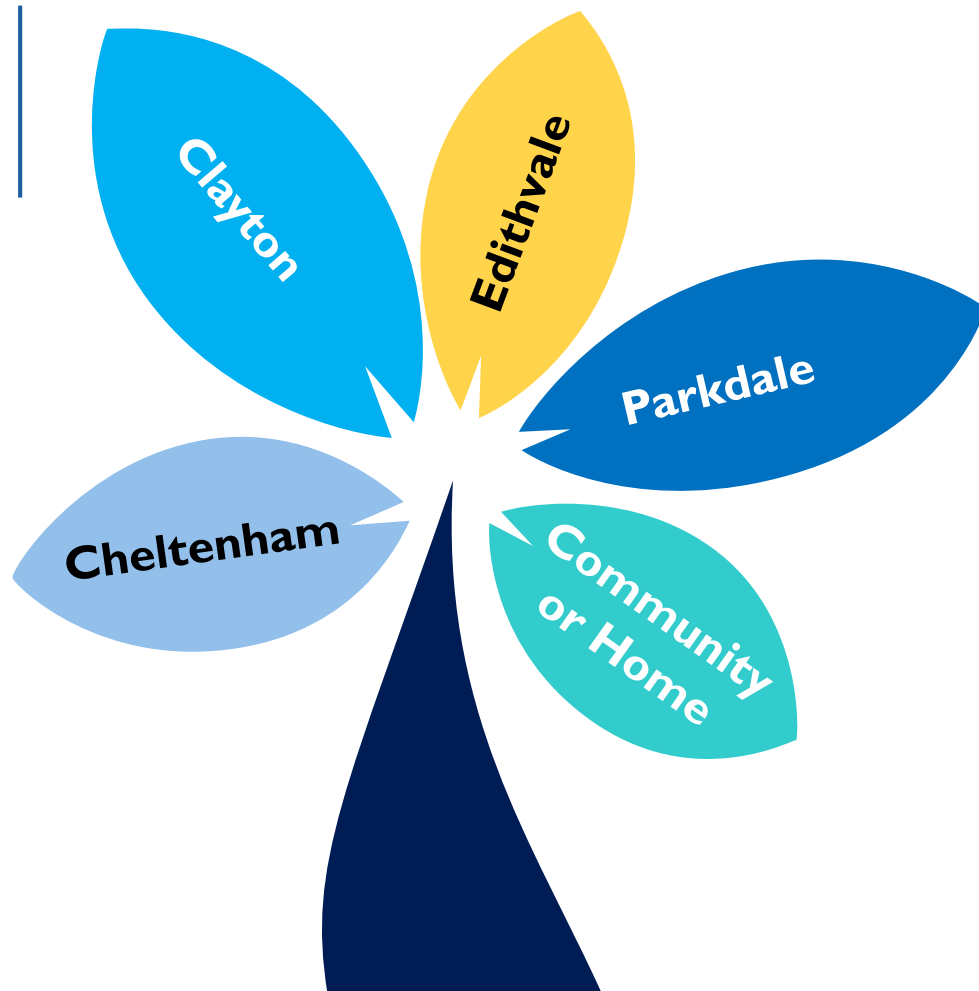


We operate on a Client-centered model of care - you, your goals and your aspirations are at the center of what we do.

Our comprehensive recruitment, induction and training programs enable us to recruit and retain a professional, experienced and trusted support team.

Our integrated team of experienced disability and allied health experts empower us to deliver excellence in our standard of quality and care.

Our team maintains current Police Check, Working with Children Check, NDIS Worker Screening and Disability Worker Exclusion Scheme Check. We have first-aid and CPR trained staff at all our centres.



Eligibility: NDIS participants with appropriate level of NDIS funding or self-funded clients.

DAY SUPPORT PROGRAMS

- We support people with a range of abilities, from independent to high and complex support needs.
- We provide support when and where you need it – at our 4 unique day support centres, in the community, or in your home.
- Over the years, our experienced support team have developed expertise in providing specialist care to individuals with intellectual disability, autism, cerebral palsy, down syndrome, epilepsy, sensory, physical or complex needs.
- We offer a variety of choice with interesting group programs and individualised 1:1 support.
- We take time to understand your goals and aspirations, and pro-actively develop positive support strategies to enhance your quality of life.
- Our professional support team provides high a standard of support with self-care and personal hygiene, hoist and transfer assistance, health support including medication, PEG feeding, administering medication, epilepsy and diabetes management.

CENTRE-BASED AND COMMUNITY SUPPORT

- We offer a variety of choice with interesting group and individual programs provided at our 4 uniquely-designed day support centres in **Cheltenham, Clayton, Edithvale, Parkdale** and in the community.
- We take time to understand your goals and aspirations, and support you with choice and control in selecting programs that are most suitable to meet your specific requirements.
- Our capacity and capability building programs are aligned to the following 7 Life Areas, supporting you to achieve your goals and live a healthy, happy and independent life:
 1. Independent Living Skills
 2. Creative Arts
 3. Recreation & Leisure
 4. Social & Relationship Skills
 5. Mind, Body, Spirit
 6. Pre-work Skills Development
 7. Civic & Community Inclusion.



FOUNDATIONS OF OUR DAY SUPPORT PROGRAMS

- 7 LIFE AREAS



I:1 TAILOR MADE SUPPORT



- Our 1:1 tailor-made support services allow individuals with a disability to receive caring support with daily living skills at home, with travel and social outings in the community, supporting you to achieve your goal of living a happy and independent life.
- Whether you need support for a few hours a day or full day, our experienced and trusted support team are available from **6am to 10pm, 7 days a week**.
- We work with you to understand your support needs, such as:
 - Independent living skills such as self care and personal hygiene, getting ready for the day, cooking meals, daily household tasks, money handling, shopping
 - Support with movement and medication including hoist and transfer assistance, PEG feeding, medication assistance, epilepsy and diabetes management
 - Keeping fit, safe and active
 - Support with recreational and social activities
 - Support with social commitments, medical appointments and community activities
 - Any other support needs that enable you to fulfil your goals and aspirations.
- We support people with varying level of abilities, from independent to high and complex support needs - we match our friendly and experienced support staff to suit your specific requirements.



SUPPORT COORDINATION

Our friendly and experienced Support Coordinators consult over phone or video conference or in-person to help you

- Understand your NDIS plan
- Aim for optimal utilisation of your NDIS plan, maximising opportunities for you to fulfil your support needs to best achieve your goals with appropriate supports, services and equipment
- Provide a range of unbiased and objective advice on suitable service providers, allowing you the choice and control to select your preferred service provider
- Longer term support to enhance your capacity and empower you to manage your own supports and implement your plan, including informal, mainstream, community and funded supports
- Help you navigate the complexities of NDIS.





CARER SUPPORT PROGRAMS

If you are a carer of one of our clients and wish to get more involved, we invite you to

- **Join our Carer Support Group**, that meets regularly to provide social connection for families and carers of our clients. We offer carer wellbeing activities, special events and festive lunches to celebrate special occasions.
- **Volunteer with us**, gifting your time with hands-on contribution to make a positive impact. Volunteering is also a rewarding way to stay connected with our community. Volunteering opportunities are available in our disability services, exercise and fitness groups and the Community Visitors Scheme.

Our Carer Support programs are aimed at fostering social connection to promote the health and wellbeing of the exceptional community of carers. These activities are **not** NDIS funded. We value your support.



Eligibility: Unpaid carers of our clients with a disability.



Believe in
Yourself.

CB



be
CONFIDENT



Kindness

your best self





7 LIFE AREAS

Foundations of our Day Support Programs



INDEPENDENT LIVING SKILLS



Self Care

Home Living and Domestic Skills

Gardening - Potting and Planting

Learning to Travel Independently

Staying Safe - Online

Staying Safe - At Home

Staying Safe - In the Community

Money and Budgeting

Food Fiesta - Cooking around the World

Simple Cooking skills to prepare basic meals

Sensory Cooking

Health and Nutrition



Music – Sing along, Pop,
Karaoke & Therapeutic

Floristry

Let's Dance

iPad Apps, Gaming and
Social media

Drama Rama

Apple Store Tutorials

Arts and Craft in 2D
and 3D

Sensory and Creative Art
Therapy

Arm Chair Travel

Exploring Various Painting
Methods

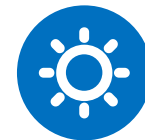
Crafty Corner

Creative Stories

CREATIVE ARTS



RECREATION & LEISURE



**Our Melbourne -
Sporting Centres**

**Exploring the City
Laneways**

**My Community
Options**

**Sports - Basketball,
Lawn Bowls, Bowling**

Markets and Malls

**Libraries and
Museums**

Walking Trails

**Sensory Parks and
Gardens**

Story Telling

**Games, Trivia, Movies
with Friends**

**Swim, Gym &
Fitness**

**My Weird Science
Experiments**



Anti bullying

Networking Skills

**Communication Skills
- Sign Language**

I, Me, Myself

Coffee Club

**Morning Greetings
With Purpose**

**Zero Tolerance
- Client rights**

Client Meetings

**Manners and
Etiquette**

**Being Safe in the
Virtual World**

SOCIAL & RELATIONSHIP SKILLS



MIND, BODY & SPIRIT



Be Your Best Self

Yoga

Tai-Chi

**Relaxation and
Massage**

**Human Emotions
and Feelings**

**I am Human - how my
body works**

Gentle Exercise

**Our Adult Lives and
Respectful Relationships**

**Relaxation and
Meditation**

**Relaxation from
around the world**



**Functional
Numeracy -
Budget
Management**

**Creating slideshows
with Microsoft
PowerPoint**

**Functional
Literacy**

**Packaging and
Distribution**

**Verbal
Communication
Skills**

**Written
Communication
Skills**

PRE-WORK SKILLS DEVELOPMENT



CIVIC & COMMUNITY INCLUSION



Your Rights and Responsibilities

Publishing: Design and prepare publications

Save our Planet

Have a Say in the Community - Voting

Advocacy Group - VALID

Public Help - Fire, Police, Ambulance

Being a Good Citizen

Meals On Wheels

Culture and Diversity

Exploring our Parks and Gardens

Volunteering Opportunities

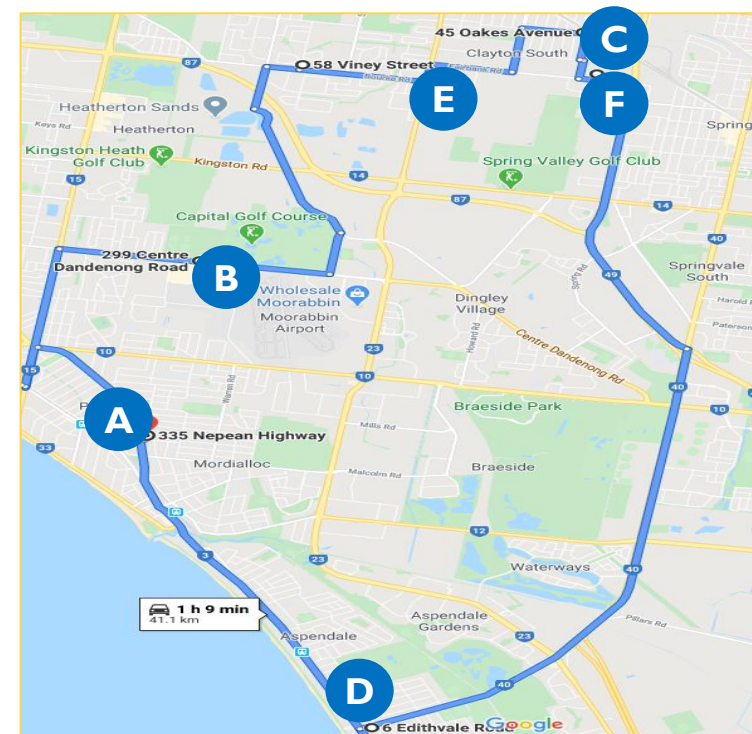
My community, My choice



OUR NDIS SERVICE LOCATIONS

- A** 335 Nepean Highway, Parkdale [DSP, SC, CDS]
- B** 299 Centre Dandenong Road, Cheltenham [DSP]
- C** 45 Oakes Avenue, Clayton South [DSP]
- D** 8 Edithvale Road, Edithvale [DSP]
- E** 58 Viney St, Clarinda [CDS]
- F** Westall Hub, 35 Fairbank Rd, Clayton South [CDS]

DSP: Day Support Programs; SC: Support Coordination;
CDS: Child Development Services



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