



**Support to live  
your life the way  
you want.**

Disability  
Services

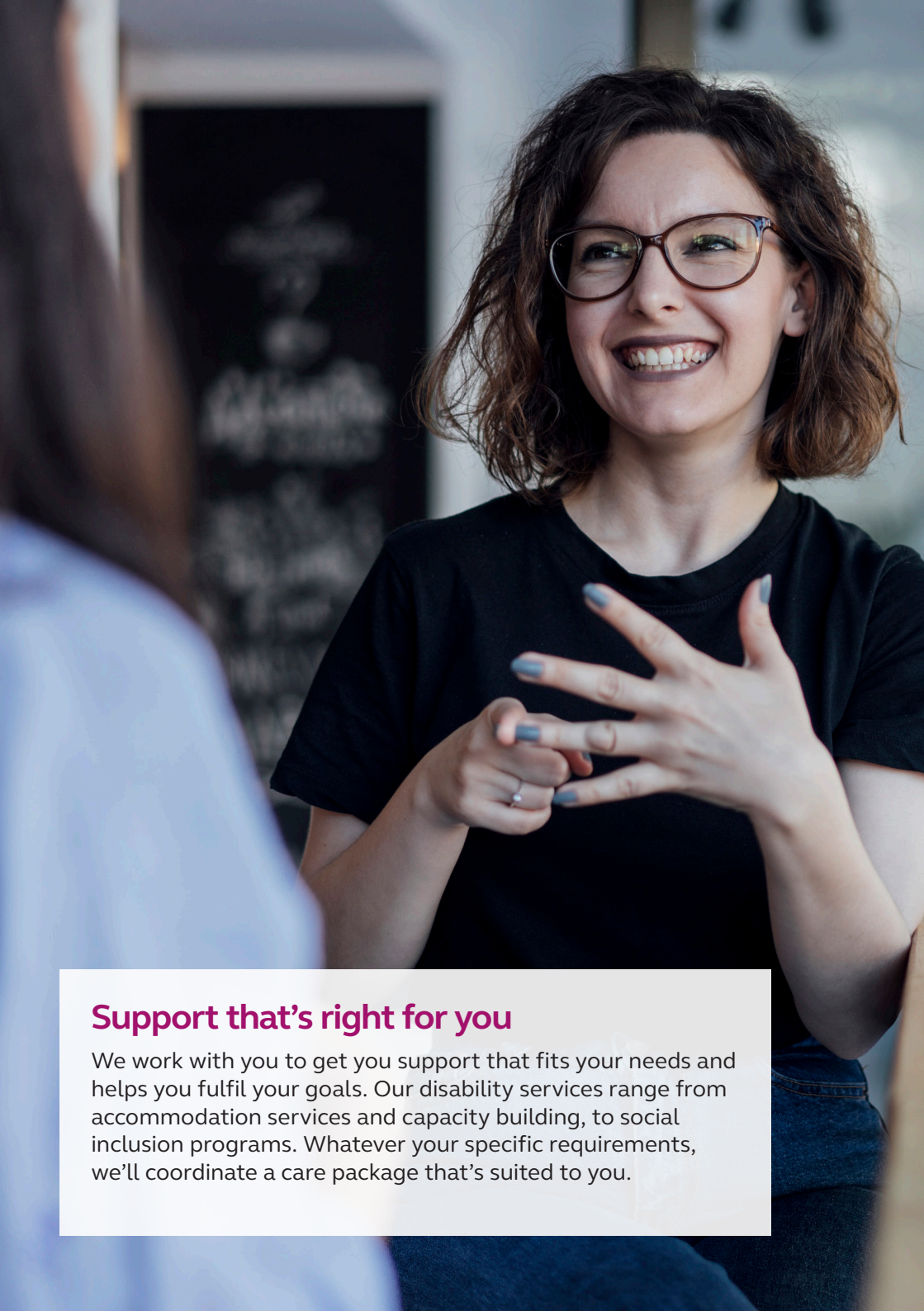
**Uniting**

# How we can help

This booklet contains general information on Uniting’s Disability Services. We hope this information will answer some of your questions on the disability support services that we can help you with.

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## Support that's right for you

We work with you to get you support that fits your needs and helps you fulfil your goals. Our disability services range from accommodation services and capacity building, to social inclusion programs. Whatever your specific requirements, we'll coordinate a care package that's suited to you.

## Social support programs

Our social support programs work with you to build the life you want. These programs will teach you new skills, and give you the opportunity to make new friends, social connections and connect with your local community through events and activities. We offer flexible one-on-one or group support, so you achieve your goals.

In our social support programs you can choose to learn to cook, try a new hobby, get involved in arts and crafts, attend events and activities in the community, all the while meeting new friends in a safe and supported environment.

### Our social support programs include:



**Cooking classes**



**Outdoor and garden activities**



**Arts and crafts**



**Life skills workshops**



**Computing classes**



**Sports and group exercise**



**Social groups**



**Events**



# Capacity building

Our capacity building programs help you build your skills so you can live an independent and rich life. These programs help you create a life that is meaningful now and into the future.

## Baillie Street Social Inclusion

Our Baillie Street Social Inclusion program provides you with social and recreational group activities and excursions. The activities encourage you to exercise and take part in performing arts, adventures and crafts so you can build your skills and self-confidence.

### 18+ Group

If you're over 18 our 18+ Group program gives you a chance to meet other people living with a disability in a safe and inclusive environment. The group meets every month and is designed to help you make friends, build your social skills and achieve your personal goals.

### Tri-State Games

If you're an adult athlete living with a disability, our Tri-State Games program offers training sessions to help you prepare for the Tri-State Games as well as transport and support for you to attend the event.

## Wimmera Strengthening Parent Support

If you have a child or children aged up to 18 who have an intellectual or physical disability or have experienced developmental delay, sensory or a brain injury this program provides information and support. Through the program we offer support groups, training modules and regular newsletters to keep you informed.

### Short Term Accommodation

Short Term Accommodation is a respite program for people with disabilities and/or their carers. It also provides a range of social and recreational activities and the opportunity to develop independent living skills such as cooking, grocery shopping, money handling, housework and personal hygiene.

### School Holiday Program

The school holiday program is designed for primary school aged children, particularly those with low self-esteem and/or disadvantaged or feeling lonely and isolated. A range of social activities and experiences are conducted to assist children develop their confidence, improve social interactions and communication, develop friendships and get out and about during school holidays.

## **Supported Independent Living Residential Facility**

Shared Supported Accommodation provides a holistic home style environment to support residents to be involved in their own daily living choices. Residents are encouraged to develop their independent living skills and to achieve their goals. Twenty-four-hour care is provided to ensure all this takes place in a safe and secure framework.



## Community inclusion

In addition to our capacity building programs we support you to build connections and become part of your local community.

### One-on-one supports

One-on-one supports can assist you to live independently/remain in your home by providing a range of supports including 24/7 care (sleep overs), assistance with personal care, shopping, cooking, accessing the community and attending social activities. One-on-one supports are based on individual needs, whether it is for capacity building, accessing the community, social and recreational or to assist individuals to live independently.



# About Uniting

Uniting has stood with local communities in Victoria and Tasmania for more than 100 years, delivering services to people of all ages.

We work in solidarity with Aboriginal and Torres Strait Islander people as Australia's First Peoples and as the traditional owners and custodians of this land.

We celebrate diversity and value the lived experience of people of every ethnicity, faith, age, disability, culture, language, gender identity, sex and sexual orientation. We welcome lesbian, gay, bisexual, transgender, gender diverse and non-binary, intersex and queer (LGBTIQ+) people at our services. We pledge to provide inclusive and non-discriminatory services.

## Where to get help

### Disability services

**T** 03 5362 4000

**E** [enquiriesdds@unitingvictas.org.au](mailto:enquiriesdds@unitingvictas.org.au)

Interpreters available on request.



[unitingvictas.org.au](http://unitingvictas.org.au)

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