

ndis

2023

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The Guardian GANNAWARRA Times

ILLUSTRATION BY CLAY DUNN, SWAN HILL



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Kelly is "grateful for the opportunity to know she can provide feedback, it is very rare that businesses are looking internally at their processes and checking that they are offering good services"

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Life in Focus Today

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Support tailored for participants

THE National Disability Scheme (NDIS) provides funding to eligible people with disability to improve their quality of life.

It is designed to create more time with family and friends, greater independence, access to new skills, jobs, or volunteering in community while providing links to health and community services.

The scheme was rolled out in 2013 in select locations and arrived in Swan Hill in 2017.

The NDIS now helps more than 500,000 Australians with disability access the services and support they need.

This includes supporting approximately 80,000 children with developmental delay, ensuring they receive support early so that they achieve the best outcomes throughout their lives.

The NDIS replaced an earlier of model of support, and is designed to allow eligible participants with greater choice.

How NDIS creates choice

PREVIOUSLY, governments funded agencies to deliver services and programs within communities. This meant that participants were limited

to certain agencies and the programs those agencies were running.

With the introduction of NDIS, participants were funded directly, allowing them to source services and supports that suited their individual needs.

A pay-for-service model allowed agencies to develop and cater for more specialised programs that covered a broader section of supports.

Who is eligible for NDIS?

AUSTRALIANS who have permanent and significant disability may be eligible for NDIS support.

This includes both physical and intellectual disability for adults under 65 years of age.

To find out if you are eligible, visit www.ndis.gov.au

What kind of support and services does NDIS provide?

THE NDIS offers funding for a wide range of supports and services.

Local areas will have service providers and each will offer a variety of options that participants can choose from.

Some of these might include:

Support to access community resources by providing transport, support workers and carers; Programs and groups to increase participant's skills, education, health, social connections, employment options and access to mainstream services.

Creating your plan

YOUR plan is a written agreement worked out with you. Everyone's plan is different.

You will be asked questions about how you are going in different areas of your life, the goals you would like to pursue and what kind of help and support you need.

This will help to develop a plan that provides the right support for you.

Once you have your plan, there are people who will help you start it.

Support providers

THERE are many different service providers across the Mallee and each will offer a variety of supports and programs for participants.

To find which one is right for you, visit the NDIS website or call 1800 800 110.

Many skills shape Clay

Andrew Mole

THE Clay and Kaye show in downtown Swan Hill can require your undivided attention for some time – because they both love a chat and a laugh.

Clay also loves his television, so you need to time your visit, or call, just right or you might only get half Clay's attention.

Or spend a goodly amount of time with his mother Kaye, which can prove to be a very costly exercise if you're not careful.

Because she is a laugh a minute and as a self-declared laugh therapist, with a theatrical background to lend serious cred, she charges \$2.50 for every belly laugh and a sliding scale thereafter down to 75 cents (for a quick snort).

Clay, however, gets a free laugh pass, such as when he cracks up at his mother's impersonation of Sesame Street's Count Dracula when her son wants to borrow something and she tells him she will count the seconds until he must bring it back (with appropriate Transylvanian accent).

"Let's face it, he's family," she laughs.

This delightful double act has been a lifelong performance, from the time Kaye discovered she had contracted rubella early in her pregnancy with Clay.

As she says, she would devote the next six years to doing everything for her little man, who was born blind in one eye and with an intellectual disability – teaching him to read, write and develop a highly functional range of skills – before having more children.

And boy, does Clay have a few skills up his sleeve.

The early signs of which were identified early on when the Dunn family was living at Lake Boga and Clay signed on with the Sea Scouts and at the annual break-up night he received the Special Achievers Award.

It was a moment which brought tears to his mother's eyes then, and still does as she recounts the story.

Just as it does when she talks about his time as the dashing young man in black, doing a twirl with the



Art is Clay Dunn's big thing. Art and birds, particularly native birds and the good old chook, in all their marvellous varieties and variations. **BELOW:** Clay claimed third place in the art competition at the Swan Hill show last year.

Pictures: Noel Fisher

dance instructor, at his year's deb ball.

Clay turned 50 last week and his mother says he has been with NDIS since it started 10 years ago.

"One of the terrific things is it takes the burden away from me, from the family, making it one less thing to worry about," Kaye says.

"And it's a pretty big thing. In the past I have been responsible for his financial management, from earning his wage to giving him a money management program for savings, spending and super," she says.

"Now it is mostly handled, much better I am sure, by his case manager, and it's hard to explain just how much relief this is."

Clay is now a regular at The Shop in Swan Hill, where the emphasis is very much on making it a happy place as much as a learning and training exercise, with no pressure on any client to do anything which does not appeal to them.

After agreeing to give it a try, Clay quickly upped his attendance from one day a week to two, and now three – and loves it.

From his deb ball to his entries in the art competitions at the Swan Hill show, where he picked up a third

place last year.

Art is Clay's big thing. Art and birds, particularly native birds and the good old chook, in all their marvellous varieties and variations.

"I draw lots of birds, I prefer drawing with pens, crayons, coloured felt pens and I love the birds," Clay says.

"I do draw different things, I like also doing Hanna-Barbera characters with lots of colour and then I put them up on the walls around the house or store them in my drawers or a box," he says.

"Mostly I keep them for myself but have given some away.

"Mum and I have also been members of the poultry and the Swan Hill branch of the Avicultural Society."

When we say Clay knows birds, we mean he really knows them. Some of the office bearers in his bird clubs conceded he knows more about them than quite a few members.

"My favourite bird, I think, is the Forest Raven, which is a bigger black bird, with grey through its plumage (and he can rattle off its genus and all the details there-

in)," Clay added.

"Mum also draws a bit, she's not bad at it – sometimes," he confided.

In his spare time, Clay also has a long work career with Vivid (where he works in gardens, doing letterboxing and helping put together pallets which are sold to raise funds."

He had a few years in assisted living, but 20 years ago decided to come home and he and Kaye have been partners in his progress for those two decades.

"Clay has also worked as a volunteer at the Pioneer Settlement, where he was in charge of the chooks and also helped out with the draught horses, which he simply loved," Kaye recalls.

"One day, the whole family went to an open day and the next minute the buggy went past full of visitors – with Clay holding the reins and doing the driving (although the expert was on the front seat beside him)."

And speaking of chooks, Clay has six of his own, and you have got to try him out – drop the name of any breed and be amazed by how much he can trot straight out.

Doesn't matter whether it's for a Rhode Island Red, a Leghorn or Aussie Australorp, he has them all down pat.

So if you are thinking of having some backyard egg producers, you could do a lot worse than check with Clay for a few comments about the best breeds for you.



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Zac keeps busy, social

Noel Fisher

AT 20 years old, Zac Ferguson has already racked up more than two years with the Vivid work crew in Kerang.

Working five hours a day for three days a week, Zac enjoys being out and about mowing lawns, doing gardening, and splitting wood and kindling.

Zac says he likes to get out and socialise.

"It keeps me occupied and keeps me busy," he says.

"It keeps me from getting distracted most of the time.

"I love working, I get along with my boss pretty well, I get along with my supervisor and get along with my work mates.

"Sometimes I go on the wood splitter and bag up the kindling."

It's not just working at Vivid that keeps Zac busy and engaged, but he also enjoys some of the courses he has been doing, such as bush cooking and photography.

Zac really loves rabbit stew and damper, and being a growing 20-year-old, he can really put away the bush tucker.

"I had three bowls of rabbit stew and probably about four dampers and a few potatoes. They said I



Zac Ferguson with one of his images at the recent exhibition. **INSET:** Zac enjoys being out and about mowing lawns, gardening, and splitting wood and kindling.

Pictures: Noel Fisher

must have a black hole in my stomach," he says with a huge smile.

One of Zac's passions is his love for photography, which was sparked when he did a photography course through Vivid.

In fact, Zac loves his photography so much he has just started his own photography Facebook page to let people see his work.

His image in a recent exhibition,

at the Sir John Gorton Library in Kerang, was the most sold image over the course of the exhibition.

"That was my mum's favourite, she thought that my pictures were pretty good and they were," he says proudly.

Leah Place is the very proud mother of Zac and says the Vivid program helped Zac develop skills in working as a team, but also inde-

pendently. "He knows he can talk to his mentors any time about anything, even personal things," Leah says.

"They are not just a leader, they are also a mate, which he needs.

"He is able to get out and about, even little things like going down the street to get his lunch gives him a feeling of pride.

"He has his Vivid shirt on and people know who he is.

"Particularly with the mowing, he knows who everyone is, who lives there and things about them, and has a chat with them if they are there.

"It has been a great thing for him.

"Zac is a social butterfly anyway and this is something that I am very comfortable with him doing, because I know that he is being supported at all times.

"He like to be kept busy, he is a good little worker this one, and he does a great job of everything he does.

"Our yard is kept absolutely immaculate and he does the same for all the yards he works on.

"He does it all correctly, even at home he has all the safety gear on and tells me off if I ever get out in the garden without the right protective gear on."



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Lochlan has a bright

Andrew Mole

LOCHLAN Sullivan-Stewart is managing all the challenges of your typical 18-year-old trying to get through the challenges of Year 12.

That includes getting a driver's licence – if successful, the challenge will be convincing his mother Kristy to share the family car.

Plus, he has to face up to all the other things which start changing in your life as you make that inevitable transition from schoolboy to the wider world where you increasingly become the one responsible for the decisions you make.

The education system does a lot more today than in previous generations to support this significant life milestone.

But Lochlan needs a bit more help than most to deal with his last year at Charlton College.

Such as a psychiatrist, a psychologist, counsellor, NDIS support workers, medication and extracurricular activities such as equine therapy at Path of the Horse, to bring a marvellously sensory experience into his life, one he finds calming and relaxing.

At the same time, Lochlan has every reason to feel incredibly proud of what he has been able to achieve

since he partnered with NDIS to help him address the direction in which his life was going.

"I have only been with NDIS for a few years after I found I was really struggling with school, with life, and even with my life at home with my older sister Morgan and mum Kristy," Lochlan explains in his delightfully precise English.

"I have ADHD, Asperger's and a history of anxiety and depression.

"This was all sort of identified and diagnosed when I was about seven."

The conditions would lead to severe mood swings, school refusal, communication problems, anger and, occasionally, lashing out as a form of expression or release, not malice.

Between his mother and medical advice, he signed onto NDIS only a few years ago, but the transformation has been astonishing.

"It has definitely helped me at school, and with my overall moods," Lochlan says.

"And I am now much more motivated, and much of that comes from the input of my NDIS support workers.

"One of them comes each morning and helps me get the day started, make sure I am organised, have



Spot the smiling siblings – Lochlan with his big sister, Morgan.

everything I will need for the day and get me out the door.

"I have a couple of support workers. They don't live here in Charlton but are in nearby towns and I see one of them every day during the school week."

At school, he is doing maths, English, personal development, work-related development – and he was doing music, which he loved, but it was withdrawn as a subject

after the school's only music teacher left.

With his sister now finished at TAFE in Bendigo, she is living and working there, so Lochlan says it is just him and mum at home.

The emphasis is on cracking the test for a driver's licence after he missed out on his first try.

"I'll have another go soon and will just have to focus a bit more," he says.

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SL Speech Pathology provides speech pathology services for adults and children to the towns of Barham, Kerang, Cohuna, Swan Hill, Deniliquin and surrounding towns.

future, big ambitions

"I don't have a car of my own yet, so I guess I will be asking mum to share hers with me."

Lochlan also values the extra-curricular activities, with his NDIS team backing him every step of the way.

These include archery, shotgun shooting and stepping up his exercise regime.

But the activity nearest and dearest to his heart is his equine therapy at Trentham, where he puts in as much time as possible working with the horses.

"We ride, do a lot of grooming, feeding, spending so much quality time with the horses and the wonderful staff there," Lochlan explains.

"The grooming in particular, it is very relaxing, and makes you feel so close to your horse, and it makes you feel so calm, it's so helpful."

Kristy says she has also been able to measure her son's progress, but it has been a steep, protracted journey beset with hurdles.

"Before the NDIS, and engaging with DCIRS Community Care at Donald, which provide Lochie's support team, our family was being torn apart," Kristy says.

"We had gone to hell and back. As a mother I would never give up on my children, but Lochie has defi-

nately tested me. But just like him, I've become a better person, with much more patience because of him.

"I'm also the proudest mother in the world of my boy, the challenges he has overcome to get to where he is today is huge.

"He has rebuilt family relationships, and is attending school regularly and is on track to graduate Year 12."

At home, Lochlan is also a surprisingly diverse character, with enthusiastic passions for music, computers and video games.

He is also a self-taught "computer mechanic".

After years of taking them apart, he mastered putting them back together and can now build them from scratch.

"I also love doing things in metal and wood, making everything from knives and shields to tables and chairs.

"Working with these materials is a very artistic expression and I love the feel of timber as it is working from the raw product to the polished, finished piece."

A bit like the story of Lochlan himself, and his evolution as a focused, motivated and energised young man with a bright future.



ABOVE: A family celebration for Lochlan's big 18th, with Nan, Morgan, and Mum.



RIGHT: In the kitchen at home with Glynis Sullivan, Lochlan's Nan and one of his greatest fans.

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Attention to detail

Meagan McGregor

MATTHEW Brown's main goal this year was to increase his skills and employability.

And thanks to NDIS support, he was able to work with a trainer and learn how to effectively clean and detail vehicles.

The experience he gained has led him to an employment opportunity where he will soon be in a paid role, cleaning fleet vehicles and buses for Echuca Discoveries.

Matthew believes without the support of NDIS services, he would not have achieved this on his own.

Matthew is no stranger to work, having been employed at SuniTafe for five years as a yard maintenance worker two days per week.

He enjoys the money in his pocket and the freedom of choice it brings.

His skills as a car detailer are up to scratch but his new goal is to work on his work ethic and understanding the importance of being reliable.

"That's something I am trying to get better at," Matthew said.

"Sometimes I get distracted and want to do other fun things that my friends are doing but I am working on that.

"I like working on the buses and it is good to keep busy."

Matthew was well supported and trained before starting part-time work to ensure that he was skilled and equipped to succeed.

That support came through NDIS service providers who slowly withdrew as Matthew grew in confidence and competence.

But it's not all work for Matthew who also enjoys socialising, cooking and sporting activities.

He will take part in the Tri-State games competing in running, swimming, relay and the long footy kick in Cobram next month.

"I've been before, and this year I am one of the team captains," he said. "I will go away for a week with the team and it is a lot of fun."

Another activity Matthew loves is cooking and he is a member of a catering group.

The 34-year-old said his knowledge of cooking and confidence has improved a lot since joining the group via NDIS support services.

He also learns woodworking and has completed a multi carriage garden train that now takes pride of place in his families' garden.

From that success, he has been asked to make another for a customer.



ABOVE: Matthew Brown with one of the carriages from his hand-made garden train.



LEFT: Matt's enjoying his role as car cleaner and detailer.

Pictures: Meagan McGregor



Your Support Coordination

At Your Support Coordination our goal is to help you become and remain as independent as possible. Our staff work with participants and their families/carers to assist you to understand your NDIS plan and achieve your plan goals.

We pride ourselves on delivering a personalised services to participants, which includes face to face appointments, networking with local service providers and giving our participant's choice and control.

Our service area includes Swan Hill, Gannawarra, Buloke, Wakool, Campaspe, and Loddon shires.

Please drop into our office at 266-268 Campbell Street, Swan Hill – Monday to Friday 9am to 4pm and have chat with one of our friendly staff members or contact:
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Art opens new world

Andrew Mole

ART, in just about any medium you can imagine, is a passion project for 15-year-old Lianna Males.

And the Woorinen South teenager has a bit on her plate right now – as well as her next art class, she is also thinking about plans for her 16th birthday in October.

The Swan Hill Specialist School student has autism and learning disabilities but she also has her art, which mum Misty says is becoming such an important part of her daughter's life.

"Lianna had been doing a lot of physio to help with her overall well-being, to help her relax, but when she swapped to art therapy with Caroline Ellis, who is also an NDIS support worker, it opened a whole new world for her," Misty says.

"She has always liked art but now she is doing so many different things, and is finding it helps her really express her thoughts and feelings," she says.

"But most importantly, Lianna is also finding it a way of communicating those feelings to others, including us.

"I am constantly amazed at the different things she tries, the pastels, the plain drawing and any other medium she turns to with Caroline, who is such an understanding and inspiring teacher for her."

Lianna does five days a week at the specialist school, where she also does some art. Sport is another option on the agenda but Lianna makes no secret of her preference for painting over panting around the oval.

But she says it is the bus home every Thursday that she looks forward to the most.

"When I get home, mum drives me to Caroline's for my art class – it's just the two of us – and I get a whole hour to work on my art with her," Lianna says.

"And I do some drawing and painting at home as well – not long ago I did a lot of drawings of lions and they turned out really well and Caroline showed them to everyone on Facebook," she says.

"I think my drawing is getting much



Swan Hill Specialist School student Lianna Males has autism and learning disabilities but she also has her art, which mum Misty says is becoming such an important part of her daughter's life.

better all the time and I really like it."

Caroline says Lianna "has a natural ability to 'see' and transpose those images onto into her artwork".

"It's a great opportunity for us both to develop her natural talent," she adds.

"And not only do her pictures have a gentle playfulness, Lianna's approach is both gentle and thoughtful."

Misty says Lianna has been part of NDIS since the scheme was launched

and having access to the funding had been very helpful in so many ways in managing the family's lives week in and week out.

Including, she says, providing for Lianna's one-on-one time with Caroline each week.

"Lianna is able to use her art as a way of telling her story and it has been liberating as well – every time she comes home from her Thursday class, she is in a much lighter mood,

much calmer, it makes such a difference," Misty added.

"Her older brother, Joseph, also has autism but he now does a lot of work in electronics, which is very much his thing, while Hunter, our youngest, is a real outdoors boy and loves being outside with his dad," she says.

"But with Lianna it's all about the art, and her enthusiasm has no limits when Thursdays come around."



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Psychological Practice

The Baudinet Centre Psychological Practice is a rural psychological practice that has been established in Swan Hill for twenty-seven years.

Our office is situated at 44 Rutherford Street and is open from Tuesday to Friday from 9.00 am through to 6.00pm.

Our clinicians and support office administration staff are committed to providing professional services to our community and surrounding districts with the highest level of psychological care. Our mission is to offer the best psychological care to our clients and make mental health affordable.

Our aim is to provide excellence in all aspects of our practice with a goal to reduce psychological distress in a holistic framework that draws on a combination of interventions with access to a range of resources, self-help materials and alternatives that are flexible and innovative.

The Baudinet Centre Psychological Practice endeavors to provide clients with evidence-based current treatments, and interventions and we believe our clients come first. We hold immense importance in ethical and responsible behavior as

it is essential to maintain the trust and loyalty of our clients, staff, and other health professionals.

The Baudinet Centre Psychological Practice's primary role since its conception has been to improve access to underserved areas across the mental health sector and to improve outcomes across our region to clients who are most vulnerable and in need of mental health services.

The Baudinet Centre Psychological practice clinicians believe primary mental health care is person centered and we recognize that mental health and wellbeing is influenced by a broad range of social, cultural, economic, psychological, physical, and environmental factors throughout a person's life span.

The Baudinet Centre Psychological Practice is committed to providing services to clients in a humanistic, warm, genuine, and safe environment. We have the belief that the client has within himself or herself vast resources for self-understanding for altering their self-concepts, attitudes, and self-directed behavior.

Their resources can be tapped if only a

definable climate of facilitative psychological attitudes can be provided.

The Baudinet Centre Psychological Practice assists clients who suffer mild to moderate mental health issues and have barriers to accessing quality psychological care. Services offered are child mental health, (childhood behavior disorders) suicide prevention, perinatal and post-natal depression for men and women, generalist counselling and treatment of mental health disorders for all clients. We also specialize in undertaking cognitive assessments and preparing medico legal reports. We work with Victims of Crime in NSW and Victoria and with TAC and Workcover.

We also work with NDIS participants in assessing disorders to help with NDIS applications, writing reports, and helping them reach their goals through specialized treatment plans with behavioral interventions and support.

The Baudinet Centre Psychological Practice is respectful of and sensitive to diverse cultural, ethnic, sexual, and religious backgrounds and our clinicians are Medicare accredited.

Meet our team of dedicated and committed staff

L-R: Kathy Klenke, Lynne Baudinet-Johnson, Tracey Hanns and John P O'Day.



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44 Rutherford St, Swan Hill VIC 3585

Building practical skills

Meagan McGregor

ASHLEIGH Martin is busy most days, especially since the introduction of the NDIS in Swan Hill.

The 29-year-old takes part in a broad variety of activities ranging from physical activities to practical life skills and maths education.

Horse riding, gym, swimming, excursions, walking groups, bowling, bike riding, cooking and wood working are just a few.

Mum Dianne Martin said the dream for Ashleigh was to live as independently as she can.

"She has the same dreams and wants as other young people her age and where possible, we try to help her achieve this," she said.

"Ash will have limitations, but we are hoping to try setting up a unit in the backyard as a first step.

"That way, she has a place of her own to spend time with friends, but we are not too far away if she needs us."

The NDIS has allowed Ashleigh more opportunity to develop her independent living skills.

"She has become fairly independent with her cooking and is much more confident in social settings," Dianne said.

"She's learning a lot of practical



Ashleigh Martin enjoys the chance to relax and play pool with friends. **INSET:** Ashleigh is enjoying a chance to build and use power tools by accessing supports through NDIS.

Picture: Meagan McGregor

skills such as using tools to build and repair items.

"She's walked home from her activities as well and this was something she would never have done by herself in the past.

"So, the growth in her confidence is huge."

When studying maths, her focus is on practical things such as understanding money, but it is not all hard work and learning for Ashleigh.

Other times she relaxes with a game on the supplied pool table or with a game of table tennis.

"I really like spending time with my friends, and I've made a lot of new friends through attending activities," Ashleigh said.

"Horse riding and cooking are my favourite things at the moment."

Dianne said Ashleigh would never have had access to so much had it not been for NDIS.

"She really has no time to be bored with all the things she is doing and that is really good for her," she said.

"She gets to do group activities as well as one-on-one and that's great because I think she does better in the smaller group or one-on-one settings.

"Shopping, exercise, socialisation, learning, skill building, and fun wouldn't be as accessible to her without the NDIS and she is definitely benefiting from it."

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DCIRS Community Care is a home and community support organisation located in both Donald, and Warracknabeal Victoria, providing essential support to people in need. The organisation was established in mid-2020 and has rapidly grown into a vital service for the Buloke and Yarriambiack Shires and surrounds, supporting those with NDIS and Aged Care home packages.

Keeping things local is their motto and allows them to provide individualised and person-centred support. Creating local jobs is also an important factor.

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DCIRS aims to provide quality supports that develop therapeutic relationships with each individual, and to focus on skill-building and independence so clients and participants can remain living in their own home.



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Address Warracknabeal: 17 Scott Street, Warracknabeal, VIC, 3393

With help, this mother

Andrew Mole

JEAN Korm's sleep tracker tells a very tough story – for the past week, it has been showing some worrying statistics for about 90 minutes every night.

The 90 minutes Jean is averaging in sleep.

But life, because of NDIS, has been getting steadily better, and is still looking up.

The single mother of four sons – her eldest, 19-year-old Andrei, is at university in Melbourne – she has her hands more than full with seven-year-old twins Thomas and Wallace and their brother Nelson, 6.

And the challenge of successfully managing all three has been an unfolding story, starting when Wallace was identified with heart problems very early.

Jean says he has been with the NDIS from 12 months old, having his heart monitored and brain scans from birth.

He was diagnosed with agenesis of the corpus callosum, a rare birth defect in which development of the corpus callosum, the band of white matter connecting the two hemispheres in the brain in the embryo, is disrupted. He is

also prone to blood clots.

She says Wallace has also been diagnosed with severe non-verbal autism.

"Thomas seemed fine at the same age but by the time he was three, we knew there was something wrong," Jean says.

"Physically he was fine, quite strong in fact, but he didn't talk, and didn't engage like the other children his age.

"Both boys also have intellectual disabilities and attend Swan Hill Specialist School. They are also both considered a behavioural high risk with tendencies to run away, without any understanding of road safety.

"Nelson is also on the spectrum, but is only mildly impacted and going OK. Unlike his brothers, he does not have any intellectual disabilities and he is doing quite well at Woorinen Primary School."

Jean says her goals for her three youngest sons are built around them learning independence, building and maintaining their routines, and engaging in their community.

One of the keys here has been NDIS funding for support workers, at times one for each of the boys, helping them with morning



routines so they can get up and launch into their day.

"That means help with getting dressed, having breakfast, brushing teeth, combing hair and out

the door," Jean smiles.

"Then at the end of the school day, we do it all in reverse.

"And our team of support workers also play a vital role for

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From left: Wallace, Jean, Nelson, Thomas and support worker Montana.
Picture: Noel Fisher

us in extracurricular activities, such as recent trips to see The Wiggles, and soon we are going to see the Emma Memma concert as well as a couple of extra kids

shows, including The Mik Meks at Swan Hill.

“Programs such as equine therapy and soccer also do make, or have made, an incredible differ-

ence in the lives of my boys.

“The equine therapy has been really good. The boys look after the ponies and it is a very sensory experience for them, doing a lot of patting the horses and, in time, they will progress to riding and grooming.

“Nelson was also doing soccer and dance but although he enjoyed them and they certainly helped him, lately he has turned to doing things in the community.”

Jean says without NDIS and her “amazing” support workers she and her children would be faced with some seriously challenging times.

Particularly, she added, at times such as school holidays, because of the sheer difficulty trying to handle all three children on her own.

Social isolation was likely without the funding and the staff the NDIS provides.

“Even something as seemingly simple as going to the supermarket or shops would be all but impossible if I needed to try and take all three boys on my own, so when they are out of school for two weeks, or six weeks at Christmas, it would be overwhelming and we would be trapped,” Jean says.

In the past two weeks, both Nelson and Wallace required hospitalisation for dental treatments.

“Nelson needed a tooth fixed and Wallace was having his teeth cleaned, and none of them understand enough to be able to sit in the chair and keep their mouths open, so they need to be sedated for the work.”

But despite all that, NDIS does have another, unexpected, benefit for the family – it has helped create spare time for Jean where she can almost certainly catch up on some sleep.

As well as enrolling to do her Masters of Autism Studies, with which she has a dream of setting up a program in Swan Hill to advocate and advise other parents and carers navigating the NDIS system and caring for their autistic children.

It will also qualify her to go to schools and provide advice on structures for managing students on the spectrum.

“Technically, I am about 18 months from completing the study, but I suspect it will be more like two or three years as I try to juggle that with looking after the children – but without NDIS, it would never happen.”

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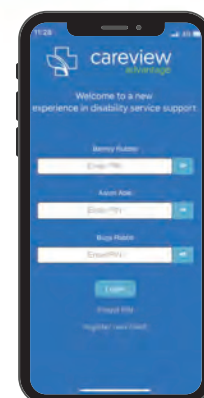
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Bryce thrives in fast lane

Andrew Mole

BRYCE Dacey hasn't really got room in his life for his autism, he's simply too busy getting on with the everyday – from his sport to his job.

Yes, he is part of the Swan Hill Ability and Ambition program, through, he explains, NDIS.

He makes the trip from his Nyah home three days a week at the wheel of his white 2014 VF Commodore ute.

"Mondays and Wednesdays it is afternoons, and I do things like my gym routines as part of the motivation, with the help of my support worker, and once a week after that we go grocery shopping," Bryce says.

"Fridays are an evening session, which starts at 5.30pm, and we might do things such as going out to dinner or seeing a movie.

"I go with Montana, she has been my support worker for the past year," he says.

"Last week we went to the Swan Hill Club and the most recent movie we have seen was the new Indiana Jones one, which I really liked.

"It's all about me learning to be more independent, and I am planning to one day be able to live in my own place."

Not that the 29-year-old is in any rush to leave parents Deb and Phil behind, or older sister Tyler, who works in childcare at Swan Hill.

But with his footy, cricket, a job going full-time soon (and occasional fishing trips and a talent for Lego which may still see him in Lego Masters) Bryce's schedule is getting a little crowded.

A graduate of Ballarat Secondary College, he now works as a packer at Sharp Fruit in Woorinen where he has been employed for almost four years.

The seasonal work is about to expand to five days a week with the company expansion beyond stone fruit and into citrus, so Bryce

Bryce Dacey enjoys keeping fit at the gym.



LEFT: Bryce is part of the Swan Hill Ability and Ambition program.

Pictures: Noel Fisher



for Woorinen and although they are going into the finals, the utility winger/half forward flanker would rather forget the final game of the home and away season – they were thumped by ladder leaders Kerang.

He has been a Woorinen Tiger for the past four years and is also in the town's second XI come summer (and he picked up the bowling aggregate in his most recent season).

"I am a bowler much more than a batsman. I bowl spin these days, but was a medium pacer originally – I must be slowing down with age," Bryce laughs.

"Winter and summer we train Tuesday and Thursday nights, so I drive myself from Nyah twice a week to be there because that is an important part of being in the team," he adds.

"NDIS has been really helpful since I have been on the program as sometimes I have a real struggle with speaking/communication, but they are all marvellous and help a lot, which is a real plus for me."

Apart from his very obvious gratitude to his family for all their support with his commitment to overcoming his challenges as best he can, he also looks to people such as A+A's Monty and Chevy, as well as Marcus Demaria from Axis Employment (who found him the packing job), as some who have given his life a new purpose.

Adding current bosses, Dean and Emma Morpeth, and Mick and Ange Young, at Sharp Fruit to his heroes register.

"I would like to thank them all very much, my family, the people at A+A and everyone connected with my work, and all the others who have been with, and around, me along this journey."

expects to be flat out in the years ahead. "It's a really good job and I work there with a lot of people, particularly a lot of Vietnamese women and we all get along really well," Bryce added.

"And while I can understand them, their English is so much better than my Vietnamese," he laughs.

When he's not at work or A+A, you can find Bryce in the twos

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Brendan takes the stage

Meagan McGregor

BRENDAN Penno's love of wildlife dates back to his childhood.

With a variety of animals in his collection, his favourites include a blue-tongue lizard named Bella and a galah named Hobo.

Brendan is passionate about wildlife safety and educating others about the things they can do to help animals in the wild to survive.

Several years ago, he began presenting animals at parties to share his knowledge with children and as a chance for them to get up-close and personal with an array of different creatures.

Since accessing the NDIS, Brendan has been supported to take his presentations to a new level.

Recently visiting Tooleybuc pre-school, Brendan's confidence had grown so much that he was able to do the presentation all by himself.

In the past he would sometimes struggle speaking to a group of people but through the support he receives through NDIS services, he has been able to grow his knowledge and entourage of animals.

"It's really awesome," Brendan said, of the experience of taking his show on the road.

"I wasn't even nervous, and it's good to be able to give education to people on how to care for wildlife and other animals."

Brendan's presentations are conducted with friend and fellow animal lover Joanna Stevenson, also an NDIS recipient. Together they use the opportunity to teach about natural habitats, food options and unique features of each animal.

Titled Discoveries Animal Presentations, the show is now open for bookings on 0408 305 525.

A gold coin donation is requested, which Brendan uses for food and care of the animals.

Brendan would like to let people know about the small things



Brendan Penno has a lifelong love for wildlife.

Picture: Meagan McGregor

they can do to help keep wildlife safe. This includes minimising the use of snail bait because it poisons other animals.

He also suggests pulling over and removing wildlife from roads if it is safe to do so.

Brendan also takes part in an array of activities through local NDIS support services including the Tri-State Games.

The games take place over a week with competitors attending

from Victoria, South Australia and New South Wales.

This year it will be held in Corram, and Brendan will compete in darts and the bean bag throw.

"This is the second time I've been," Brendan said.

"Last year I did well in other events like the pool walk and soccer.

"It's also really cool to catch up with friends and meet new people."

Accessing the NDIS has helped

Brendan grow his confidence.

He is more comfortable in social settings and has developed his own independence.

In the past, he was more inclined to follow other people's choice of activities but now he makes his own decisions and does the things he enjoys most.

He has also flown in an aeroplane as part of a NDIS excursion, something he never thought he would be able to do.

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School's pride as Ryan

Nick Moseley

FOR a lot of parents, the career path of their children can lead to a lot of uncertainty once they reach the end of schooling.

That uncertainty can grow immensely when your child lives with a disability and faces a tougher task than most at gaining employment.

For Ryan Hulland and Cade Hogan, the support of the NDIS has enabled them to develop work and life skills with Brenten Hogan at Strive Maintenance & Support.

The team at Strive conduct maintenance and gardening work across the area, while also providing a supportive employment environment for all abilities.

Brenten said the two young men had shown immense improvement in the eight months they had been employed.

"There's been a lot of development from where they were when they first started, to where they are now," he said.

"It's amazing to see how far they have come and the things that they can do.

"We want to introduce the idea of a strong work ethic in these young people early on, so that

they can see a pathway towards the work that they want to do after school.

"A yard that might have taken the guys two hours when they first started, is now taking us less than an hour.

"That's because they know what's expected of them, and they get out there and get everything done.

"It's not like I ever have to remind the guys to do things, they know their role and their job, and they seem to be really engaged with all the different parts of the job as well."

The team at Strive continues to grow as Brenten, Cade and Ryan welcome new staff to the fold with the capacity to bring on more young people as well.

Brenten said that helping his employees have the confidence to get the ball rolling was a main feature of the NDIS support.

"I think the NDIS really creates a bit of an opportunity for participants to be able to get work, as we all know the hardest part of that can be getting your foot in the door," he said.

"It also allows them to have that support there that can assist them to do things, where it would





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Meet Joanna

B.Bus(Acc), IPA, Registered NDISWC

Over the past 25years, Joanna has had experience across a range of services including bookkeeping, tax accounting, auditing and the finance industry. As Joanna's children reached adulthood, she wanted to use her skills to give back to the community... Here, Supportive Bookkeeping was created.

Joanna understands the difficulties faced by families navigating the NDIS, as the mother of a son with an intellectual disability and complex medical conditions. Within this venture, Joanna is excited to keep busy and utilise her skills whilst helping families within her local community.

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and Cade make the cut



be very hard for them to continue working in a job without that support.

"Sometimes all these guys need are a bit of structure or a feeling of purpose, and they're able to do great things.

"It's just about getting that ball rolling and giving them the support at the start to show that they can take these opportunities for work."

With both Ryan and Cade having attended Swan Hill Specialist School, the team jumped at the opportunity to assist the school's gardener.

The school's principal Jodi Walters said the school were very impressed by their former students.

"We are so proud to have former students here keeping the school looking beautiful," she said.

"The work that they do is incredible, and they are great examples for our current students to see that they can follow these career pathways."

Ryan Hulland and Cade Hogan have gained valuable work skills at Strive Maintenance and Support.

Picture: Nick Moseley

Brenten said community benefits of Ryan and Cade's employment goes much further than the beautification of school yards and council assets.

"The community has been just fantastic with all the support they give our guys," he said.

"The good thing about it is, the community now know the boys, because they're out and about working.

"People see them working, and developing as people and we get a lot of comments from the community about how great it is to see them working.

"They're out and meeting a lot of customers every day, it's not just the work that is good for them, but also that interaction with our customers.

"It's just been excellent to receive that support, even a bit overwhelming to see the acknowledgment.

"We're doing a job that will always be required in the community, it's just that these guys have got an opportunity to do it when they otherwise might not have elsewhere."

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Joanne Stevenson, with her budgie Gizmo, and the chicken coop she is creating in her woodwork group.

Picture: Meagan McGregor

Jojo is on a fast track

Meagan McGregor

TO say that Joanna Stevenson is busy is an understatement.

Thanks to the support she receives through the NDIS, she is involved in many varied activities - and has no plans to slow down in the near future.

At 31 years of age, Jojo as she prefers to be called, is taking the reins of her own life literally - one of her favourite activities is horse-riding.

Each Thursday, she attends a local farm where she learns a variety of farming skills and learns to ride.

"I am now cantering," she said, with a huge smile.

"I've been enjoying learning, and they have been focusing on my own personal needs rather than just as

a group.

"I find that really good and it's allowed me to really develop my horse-riding skills."

But horse riding is just the tip of the iceberg for Jojo.

She also takes part in swimming, art, gym, netball, table tennis, 8-ball pool, performing arts and drama, woodwork, and catering.

She will join her friends when she travels to Cobram next month to take part in the Tri-State games and recently returned from an excursion in Mildura where she went to the horse races, played ten pin bowling, and enjoyed a spot of shopping.

"I wouldn't be where I am in terms of my confidence if it wasn't for the activities I do through NDIS," she said.

"After I left school, there wasn't a lot for me to do and I would often be roaming the streets looking for something to do or someone to catch up with.

"NDIS has made it possible for me to have scheduled activities and a place to go and that has just been amazing for me.

"It's a chance to hang out with my friends and do interesting things like the animal presentation I do with Brendan Penno with my budgie Gizmo.

"I've experienced a lot of success in sporting areas including competing in the Tri-State Games in track and field, relay, table tennis and 8-ball pool.

"I also play netball and we are a killer team."

Jojo also loves performing and

has taken part in a workshop given by visiting professional actor Caroline Myer Bock who appeared in the TV program Blue Heelers.

She is also busy preparing for a performance at a local talent show that will take place on September 19.

She enjoys woodworking and is learning life skills in the process, such as measuring and understanding plans.

"I am really grateful for the opportunities I have now," she said.

"I am full-time carer of my mum, so it is good to have a break and have somewhere I can go to catch up with friends and do fun things."

Topping off her busy schedule is a trip to Kryal Castle next month, something she is very much looking forward to.

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- Carer Gateway
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**REFER
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OUR TEAM

Our NDIS accredited and certified team of support workers follow the active support model. This means we support you to reach your goals by assisting you how you want, when you want.

OUR APPROACH

We work with support coordinators, occupational therapists, physiotherapists, psychologists and other allied health professionals to ensure we are supporting our participants following the strategies already identified by their care team. By doing so, our staff are equipped with a wealth of knowledge that is participant specific.

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RESPECTFUL

EXCELLENT

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 0457 394 442

 admin@kaccare.com.au

 46A McCallum St, Swan Hill, VIC, 3585

Jorja's active and upbeat

Michelle Brady

JORJA Ritchie is a gentle soul who loves to be surrounded by people.

Born with cerebral palsy, the NDIS has enabled Jorja to participate in a range of activities, and access a number of allied health services. This has helped her to strengthen her muscles.

The 26-year-old is one of the younger participants to attend Vivid Swan Hill where she engages in a range of weekly activities, including horse riding and swimming lessons.

Vivid Swan Hill team leader Jaime Shepherd said Jorja looked forward to both activities, with her tailored program designed to help her gain self-confidence, while also utilising exercises which help with balance and mobility.

Jorja's dad, John Ritchie, said the NDIS had benefited the family in many ways, providing Jorja with a range of opportunities which have encouraged her to thrive.

"Without the NDIS, one of us would have to quit our job to look after Jorja fulltime," John said.

"On one wage, Jorja wouldn't have the quality of life she has now."

Living in Kerang, Jorja commutes to Swan Hill on a daily basis.

The NDIS assists with travel



LEFT: John, Tam and Jorja Ritchie enjoy weekend outings together.

ABOVE: Jorja participates in a range of weekly activities to help strengthen her muscles.

Picture: Kerry Date

costs, specialised equipment, specialist appointments and activities.

Jorja is non-verbal and reliant on the use of a wheelchair and walker to get around.

She has a busy weekly schedule which includes physiotherapy, occupational therapy and speech therapy, as well as participating in her weekly pool therapy sessions and horse riding activities.

John said it was important that Jorja continued to participate in these activities, as they not only benefited her health and wellbeing but also helped with strengthening

her muscles and improving her balance.

"It's a 'use it or lose it' scenario," John said, noting small achievements were a huge accomplishment for Jorja.

"She's come a long way, especially with her horse riding. Movement wise, we'd hate to see what she would be like if she didn't have access to the specialised services and activities."

John said Jorja had access to her own support coordinator who ensured her expectations and needs were met.

"The NDIS has made life easier for a lot of people," John said.

Describing Jorja as a gentle, placid dau, John said she also had a cheeky side.

In her spare time, she enjoys attending car shows with her parents as part of a classic car club.

"She has a back pack and each time she sees it come out, she gets really excited," John said.

"Jorja knows it means we're going for a drive or going on an outing."



NDCH

NORTHERN DISTRICT COMMUNITY HEALTH



Registered
NDIS provider

- Support Coordination
- Occupational Therapy
- Dietitian
- Podiatry
- Paediatric Physiotherapy*
(*up to 17 years of age)

Accredited against the NDIS Practice Standards

5451 0200



www.ndch.org.au



ndis@ndch.org.au





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- ✓ End of lease or For Sale Cleans
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Areas from

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Workcover support services

We provide in-home supports to a range of families and individuals.

We pride ourselves on our high level of support and commitment to our clients.

IN THE COMMUNITY FOR THE COMMUNITY

A Gold Coast getaway

Michelle Brady

FOR Swan Hill resident Jacqui Sugar, NDIS funding has enabled her to be reunited with interstate family for the first time in many years.

Earlier this year, Jacqui travelled to the Gold Coast, alongside her independent support worker for a fun-filled change of scenery.

Brought together by Vivid's Support Coordination team, the trip allowed Jacqui to step away from the comforts of Swan Hill and experience a range of different activities, while also enjoying quality time with her loved ones.

"Jacqui had not seen her family in a long time," Vivid Swan Hill team leader Jaime Shepherd said.

"The trip was life-changing for Jacqui, and she wouldn't have been able to see her family if it wasn't for the assistance of Vivid and the NDIS."

Ms Shepherd said the trip benefited Jacqui in many ways, and although she is non-verbal, the build-up of excitement in the lead-up to the trip, became very obvious.

Jacqui travelled on a plane, stayed in a high-rise apartment, went to the beach, visited the sensory garden and ate out at various restaurants.



Jacqui enjoyed a trip to the Gold Coast earlier this year.

While Jacqui is not one to usually steer away from routine, the trip was hailed a huge success and did wonders for her communication skills and independence as she explored a new environment.

"Even though her flights were delayed, it didn't faze Jacqui at all," Ms Shepherd said, noting it allowed her to soak up another day,

embracing the glitz and glamour of the Gold Coast.

Jacqui lives in supported care with four other people and attends Vivid five days a week, so the Gold Coast trip provided her with an opportunity to socialise with different people.

Jacqui's tailored support based program has focused on improving

communication skills and growing independence.

She's experienced significant growth in both of these areas in the last three years, allowing her to better communicate her needs.

"With the use of more visual charts and key signs, Jacqui is able to communicate effectively," Ms Shepherd said.

Described as a bubbly person who likes to socialise, Jacqui attends monthly group dinners which rotate between various Swan Hill venues.

"She loves going out for the dinners," Ms Shepherd said, noting Jacqui now has access to flip books which show her images of the menu, enabling her to visually select her own meal.

"Prior to this, we would have to pick something out for her," Ms Shepherd said.

These small changes have enabled Jacqui to gain newfound independence, and she can now make her own choices.

"We could see she was frustrated because she wasn't able to communicate with us. The communication lessons have been beneficial for everyone and have allowed Jacqui's independence to increase."



Ubuntu Community Care & Support Services

If you would like to discuss further to schedule supports with us, please contact Lara:

M: 0429 431 147

E: lara@ubuntucommunity.care

Facebook: [ubuntu.caresupport](https://www.facebook.com/ubuntu.caresupport)

We are a small local business providing quality community care and support services to people under the NDIS, ageing people with home care packages and anyone that requires quality support.

Building caring relationships and understanding the needs of our clients.

Servicing the Gannawarra, Loddon Mallee and Campaspe Shires and surrounding areas (around 100km radius), including border NSW/VIC towns.

We provide in home domestic assistance, cooking meals, transport to appointments, group activities/sessions, STA overnight or long stay accommodation respite, accessing community, core capacity building, self-care, teach independent living, assisting people with whatever they need to remain independent and living at home for as long as possible.

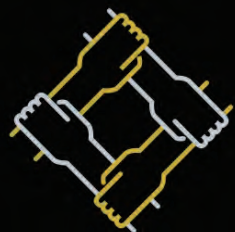
We facilitate 1:1 supports and group sessions at our new and wonderful Community Hub and also out in the community.

For each of our clients we assist creating individualised supports to help you meet your needs safely, productively and to have fun along the way.

Our wonderful close-knit team are experienced & passionate in supporting & encouraging our participants to do the things they enjoy and love, reach their goals, achieve, or improve their independence for a more fulfilling life!

We strongly believe that everyone should be valued, respected, and treated with dignity.

Let us help you achieve your goals as we walk beside you, and we look forward to meeting you.



ECHUCA DISCOVERIES

All about abilities

SWAN HILL



Echuca Discoveries was founded in Echuca in 2011 by PJ McCoy, drawing on his 36 years in the field of disability. The company motto says it all- "All About Abilities".

Due local demand in 2018, Echuca Discoveries expanded into Swan Hill, under the guidance and leadership of Joanne O'Bree, with over 20 years' experience in the sector herself.

Echuca Discoveries Swan Hill is a multi-faceted organisation, offering an extensive range of day services and programs, an active respite model and accommodation support in both group and individual settings. Echuca Discoveries Swan Hill also provides fulltime accommodation, where participants are supported in accordance with their needs, to promote independence and full choice & control over their own lives.

All our staff are experts in their own fields and take great pride in passing on their skills to our participants- including two chefs, a tennis coach, pottery teacher, artists, horse riding trainer & coach, lifeguard, fitness instructor, actress and two staff experienced in agricultural and livestock management. Work skills are a major focus with our qualified staff providing our EDSH participants the opportunity to be involved in real life workplaces, from shearing sheds to the commercial kitchen, gaining customer services skills & money handling running a local opportunity shop.

Sporting programs include swimming, gym, netball, tennis, bowls, horse riding and croquet, promoting personal fitness and readiness

for our annual participation in the Tri-State Games- a NSW, SA and Vic weeklong sporting carnival, which caters for all abilities.

Our cooking and catering program has expanded, with the group regularly catering functions, afternoon tea; with highlights of catering for a huge car rally and running the kitchen at a local sporting club for a few evenings, whilst the regular staff weren't available.

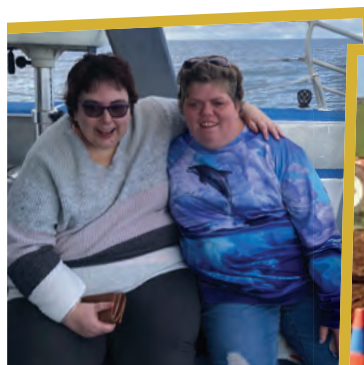
Our art, pottery & woodwork groups are working towards a craft market later in the year. EDSH also host an animal education program – lizards, birds & dogs, that offers hands on experience to kindergarten & school groups.

A highlight this year has been our ongoing two-day acting and drama workshops conducted by Carolyn Myers Bock, a celebrated actor who has starred in many noted Australian TV shows.

We are always seeking and exploring new experiences, and our groups regularly attend live shows, footy matches, exhibitions, whenever something of interest to our participants is identified,

One of the most important aspects of Echuca Discoveries Swan Hill is the flexibility to work around client and family needs, with an active respite model available, planned either well in advance, or when the unexpected happens.

The friendships and camaraderie within the people we support and the staff we employ, is a privilege to be a part of!



All enquiries to Joanne O'Bree 0408 305 525

Why Zahlee's loving life

Meagan McGregor

WHEN 11-year-old Zahlee Trask began to receive support through NDIS, her whole life changed for the better.

Zahlee's grandmother, Jenni Finn, whom she lives with, said the supports had made a huge difference to the whole family.

Zahlee attends mainstream primary school and is an intelligent girl, but has faced some difficulties with socialising, anxiety and bullying in the past.

Her issues were complex and difficult to diagnose.

"We used to have a lot of difficulty getting Zahlee ready for school and she would become very anxious around people," Jenni said.

"She really had a negative view of the world and in her mind, people were mean.

"But through the NDIS, she has increased her interaction with other people through being placed into groups and it has completely changed her outlook.

"I used to battle with her to get ready for school in the morning but now we have supports come to our home in the morning and the change is remarkable.

"Not only does she get ready



Zahlee Trask's life changed for the better when she began to receive NDIS support.

Picture: Meagan McGregor

without a problem, when she leaves her bed is made, her room is tidy and she heads off happily to school."

Jenni said gaining the NDIS support was a bit of a battle and a drawn-out process.

But she attests that it was worth the fight.

"Zahlee now has a strong sense of self-worth and understands she is valued," Jenni said.

"She believes she is a great person and smart, her self-esteem is

so much better.

"She can cope better in different situations and is not faced with anxiety and the fight or flight response.

"We are so proud of how far she has come."

Through NDIS funding, Zahlee also receives therapeutic support to help control her emotions and behaviours.

"It's been good for the whole family," Jenni said.

"She's learning to cook and taking excursions; she goes out more than I do.

"She's loving life now and really believes in herself – she believes she can be whatever she wants in life, it's an amazing turnaround."

Jenni said it took a lot of perseverance to get support for Zahlee and many doors closed in their face before they had success.

"Getting a diagnosis really helped, that's when doors started to open for us."

Zahlee receives tailored individualised support from multiple sources and Jenni believes she is well-placed to achieve whatever she chooses in life.

"The best thing is that the services are all about Zahlee, what she wants and what she needs," Jenni said.

At Seek Adventure our number one goal is to ensure our customers reach all their desired goals

Whether that be through community-based support, fitness programs or holiday/respite support

We at seek adventures believe that there is NO limitations to people with a disability and we will endeavour to provide high quality support tailored to each individual



Seek Adventure
SUPPORT SERVICES

Ph: 0421 446 214 / 0412 547 064

171-175 Beveridge Street, Swan Hill

Email: Seekadventure@outlook.com.au



@seekadventuresupportservices

NDIS Support Services

1:1 Community Support

Holiday Programs

Group Programs

STA - respite support

Wheelchair accessible van available



Seed ABILITY

ENABLE. EVOLVE. EMPOWER.

Seed Ability is a multidisciplinary allied health provider enabling all ages to live an empowered and fulfilled life.

Get in touch with us by phoning (03) 5032 4768 or email admin@seedability.com.au to see how we can support you as every being deserves to find meaning and fulfillment at every stage of life.



OUR SERVICES



Disability Care

Today, Seed Ability provides Occupational Therapy, Speech Pathology, Continence Nursing and Allied Health Assistant Programs to people of all ages and needs, across a range of settings.



Disability Care - Over 9 Years of Age

Empowering and Enabling your life today. We are here to help you reach your goals. Whether that's supporting your wellbeing, tackling everyday tasks or improving access within your home, we have the expertise to support and help you evolve.

Our Occupational Therapists can help with a wide range of goals and services:

- Functional Capacity Assessments
- Daily Living Skills Support
- Specialist Housing Options
- Sensory Assessments
- Seating Assessments & Wheelchairs
- Assistive Technology
- Home Modifications
- Employment & Education Support
- Social Participation & Inclusion



Community Care

If you're an older person living at home, you deserve to live there safely, independently and comfortably – for as long as possible. Our Occupational Therapists can help you achieve this through your Home Care Package or Private Funding.



Early Childhood Intervention

Early intervention can make all the difference. The early childhood approach helps children younger than 6 with developmental delay or children younger than 9 with disability and their families to access the right support and to help your child reach their full potential.

Our team of Occupational Therapists, Speech Pathologists and Continence Nurse can support with the following:

- Communication
- Independence with self-care skills (feeding, toileting, dressing)
- Mealtime management
- Behaviour support
- Motor skills (gross motor and fine motor)
- Play (social play, imaginative, pretend play)
- Sleep
- Sensory processing
- Emotional regulation
- Parent education
- School transition
- Specialist equipment and home modifications
- Social interactions



Residential Care

We're here to help your residents live fulfilling lives through our Occupational Therapy services. Whether their aim is to become more independent with dressing or improve their balance, we listen to residents and develop personalised and achievable treatment plans.

236 Beveridge St | PO Box 969 Swan Hill Vic 3585
P 03 5032 4768 | F 03 5032 4821
admin@seedability.com.au | www.seedability.com.au

Am I eligible?

Eligibility checklist



If you are aged between 9 and 65, a local area coordinator can help you to understand the NDIS, apply and connect with other government and community supports.

If you have a child younger than 9, an early childhood partner can provide supports to children before they apply, and let families know if the NDIS is right for their child.



DISABILITY REQUIREMENTS

Question 4: Do you have a disability caused by a permanent impairment?

Yes. Go to the next question.

No. The NDIS is only available to people who have a disability caused by a permanent impairment. The impairment may be intellectual, cognitive, neurological, sensory, physical, or psychosocial.

Question 5: Do you usually need disability-specific supports to complete daily life activities?

Yes. If you usually need disability-specific supports to complete daily life activities you may be eligible.

No. Go to the next question.

EARLY INTERVENTION REQUIREMENTS

Question 6: Do you need some supports now to reduce your future need for support?

Yes. You may be eligible if you need some supports now to reduce your future need for support.

No. Go to the next question.

Question 7: Do you need some supports now for your family to build their skills to help you?

Yes. You may be eligible if you need some supports now for your family to build their skills to help you.

No. The NDIS may not be the best way to support you. But a local area coordinator can help you connect with other government and community supports.



AGE REQUIREMENTS

Question 1: Are you aged between 9 and 65?

Yes. Go to the next question.

No. I have a child aged under 9.

No. I'm over 65. You must be under 65 to access the NDIS.



RESIDENCE REQUIREMENTS

Question 2: Are you an Australian citizen, permanent resident, or Protected Special Category Visa holder?

Yes. Go to the next question.

No. You may be able to access other supports. The NDIS is only available to:

- Australian citizens
- Permanent Visa holders
- Protected Special Category Visa holders

Question 3: Do you live in Australia?

Yes. Go to the next question.

No. You may be able to access other supports. The NDIS is only available to people who live in Australia.



SERVICES

- Community Participation and Fun Group Activities
- Respite House in Swan Hill
- Employment Support, Including SLES
- Life Skills and Programs for Adults and Children
- In Home Personal Care and Domestic Support

CONTACT

hello@myplanconnect.com.au
0499 218 899
345 Campbell Street, Swan Hill
myplanconnect.com.au



Disability support service with **FREE** advice and guidance





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Call Bec 0407 235 634

41-43 Sea Lake – Swan Hill Road, Swan Hill

Founded in 2019 as Bec's Home & Yard Care, what started for Bec as a small gardening business organically developed into cleaning and NDIS support. Wanting to help more people, Bec's husband Matt came onboard & together took on amazing team members.

Fig Supports hub is located at 41-43 Sea Lake – Swan Hill Road, opposite Barry Steggall Park, close to Sunitafe and Alcheringa. Here our participants can engage in daily activities, learn new skills and relax too.

Our Fig Team members are dedicated to helping each participant to their best of their abilities, and we ensure our participants are matched to the right team member for them!

We offer a free no obligation meet and greet and take everything at your pace. We will work collaboratively with your coordinator and any other involved supports to ensure we are meeting your goals.

We provide all three services for NDIS clients:

- In-home cleaning and organising
- Outside looking after the lawn and gardens
- High quality support when it matters most

Care for your Home & Garden

Support for You & Your Family

DOMESTIC & NDIS CLEANS INCLUDING

- Bathrooms • Floors • Windows • Washing

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- Mowing & Edging • Pruning • Weeding
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Contact Matt for all queries and bookings

Ph 0419 663 159



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• BBKM (Better Bookkeeping Management	5033 0758	• Seed Ability.....	5032 4768
• Building Confident Minds	0427 875 049	• Seek Adventure Support Services.....	0421 446 214
• Colombo's Cafe & Pasta Bar	5033 2564	• Strive Maintenance & Support.....	0493 568 018
• Chasing Hope.....	0448 373 953	• SL Speech Pathology	0475 629 784
• DCIRS Community Care.....	0468 940 674	• Supportive Bookkeeping	0448 685 508
• Diamonds in the Rough Support Service	0432 681 655	• Swan Hill Aquatic & Recreation Centre	5032 5222
• Echuca Discoveries	0408 305 525	• Swan Hill & District Driver Education.....	0408 500 513
• Echuca-Moama Speech Pathology and Dyslexia Services.....	0457 930 508	• Swan Hill Support Service.....	0411 101 308
• ED Speech Pathology.....	edspeechpathology@gmail.com	• Taylormade Podiatry.....	0419 999 549
• Eloquent Speech Pathology	5032 3591	• The Baudinet Centre.....	5032 1199
• Fig Supports Disability & Aged Care	0407 235 634	• The Shop	0407 334 421
• Kaboom	0427 611 465	• Ubuntu Community Care & Support Services.....	0429 431 147
• KAC Care.....	0457 394 442	• Ultra Violet Psychology.....	0412 364 048
• LIFT Supports.....	0427 182 459	• Vivid.....	5480 6611
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• Movement. Training	0435 243 314	• Your Support Coordination	0408 204 469
• Marraboor Pharmacy.....	5032 2192	• ZO. T Occupational Therapy	0477 663 127
• Manang Handyman & Cleaning Services	0447 924 828		
• My Plan Connect	0499 218 899		
• Northern District Community Health	5451 0200		



Your Peer Support (YPS) is a mental health support service offering support to NDIS participants with a psycho-social disability. YPS was created to fill a gap in the support space for NDIS participants to ensure they are adequately supported by staff with an understanding background and knowledge in working alongside someone with mental health barriers.

SUPPORT PROVIDED:

- Community access that would otherwise be prevented by mental health barriers
- Psychosocial education
- Cognitive Behavioral Therapy
- Skill development relating to mental health strategies such as:
 - Emotional regulation
 - Self-care skills
 - Social skills
 - Building self-esteem
 - Personal empowerment
- Support during appointments such as:
 - Doctor's appointments
 - Care team/family meetings
 - NDIS review meetings
 - Psychiatrist/psychology appointments
 - Personal empowerment

Your Peer Support works from a client-centered approach with the individual needs of each participant as our main focus.

Please feel free to contact Rachel on 0408 204 469 or Sarah on 0460 305 643 for further information

Email: rachel@yoursupport.com.au or info@yoursupport.com.au

266-268 Campbell street, Swan Hill 3585



"Listen, Collaborate, Achieve!"

At A&A, we provide support to people living with a disability in the Swan Hill, Gannawarra and surrounding districts. Our mission is to assist our participants to reach their goals in a fun and exciting way- encompassing adventure and joy in any way possible to make the shared experience fulfilling for all involved. It is one of our core beliefs that every person living with a disability has the right to experience and live their life to the fullest.

Attending the Deni Ute Muster? Yep!

Learning to cook a meal for you and your family? You've got it.

Being a part of PRIDE celebrations in Bendigo and going to a drag show? Sure thing!

Life skills like money handling and telling the time? We've got you covered.

Person centric practice is paramount with A&A

Provide the highest level of support:

- "Youth & Disability Services"
- 1:1 and small group supports
- Bespoke STA ("Respite") trips
- Recreation & Leisure sessions
- Capacity Building sessions
- Peer Support
- Privately funded supports (Non-NDIS)



Chevorn: Managing Director with over 10 years experience in the Disability, Community & Youth Services industries

Montana: Supports Manager with 5 years experience in Disability specializing in complex care, having also spent time in Aged & Child care

CONTACT: 0429 272 233 | chevorn@abilityandambition.com



Creating a community where people of all abilities thrive



Vivid Employment provides a pathway that builds the ability and confidence to enter the workforce in a supported or unsupported capacity.

Pathways include:

- School Leaver Employment Supports (SLES)
- Supported Employment through Australian Disability Enterprise, Vivid Work Crew
- Supports in Employment
- Open Employment



Vivid Living offers support and services to ensure adults living with disability have choice and control over the life they want to live.

Services include:

- Day Programs
- 1-on-1 Flexible Support
- Supported Accommodation
- Supported Holidays
- Transport



Vivid Learning offers a range of short courses for people with disability to learn new skills.

Courses include:

- Bush Cooking
- Animal Welfare
- Photography
- Nature Walks



Dedicated Support Coordinators at Vivid provide assistance to strengthen each Participant's ability to organise and choose the supports they need to engage fully in life and in the community.

LOCATED: SWAN HILL, KERANG, ECHUCA & KYABRAM



FOLLOW

us on Facebook & Instagram

☎ (03) 5480 6611

📍 461 High Street, Echuca

✉ info@wearevivid.org.au

🌐 wearevivid.org.au