



Anglicare's
**disability and
mental health
services.**

LET'S TALK
NDIS

1800 243 232
anglicare-tas.org.au

 **Anglicare**TAS
Choice, support and hope

Our mission

Anglicare, in response to the Christian faith, strives to achieve social justice and provide the opportunity for people in need to reach fullness of life.

Our values


Hope - Confidently reaching for fullness of life.

Compassion - Showing empathy and care for those in need.

Justice - Promoting the fair distribution of resources and opportunities.

Respect - Recognising the inherent value and dignity of every person.





Professional support from people who care.

We are all people, with hopes, desires, goals and needs.

Each person's needs are different. Anglicare's friendly Tasmanian team will take the time to understand you as a person, so we can provide the services to best support you. We're here to support you to **live your life, your way.**

Our skilled, professional team has actively supported Tasmanians for more than 30 years. We carefully match you with people who will work with you to understand and meet your needs. We have the experience to support people with even the most complex needs.

You can rely on our people to deliver quality services. Our services are independently assessed for quality to make sure we are getting it right. Our team members receive training and development to keep them up to date on how to provide the best support possible.

Your life, your way, every day.

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Anglicare offers a wide range of
NDIS supports to Tasmanians.

Support.

Helping you choose the most effective NDIS support.

We know all about the NDIS because we've been part of it since the first NDIS trial in Tasmania. We are dedicated to using this experience to provide you with the reliable support you need. It's your life and your choice. Our friendly team will help you choose what's best for you.

We can assist you with:

- Support coordination
- Skill development
- Professional mental health support
- Short term accommodation
- Social and community activities
- Daily activities and personal care
- Finding a home
- Shared and supported independent living.

Support coordination.

Getting the most out of your NDIS plan.

Anglicare has the resources needed to help you get the most out of your NDIS plan. Using our extensive community networks, we can assist you to choose the providers that will best suit your personal needs.

We can support you by:

- helping you to understand your NDIS plan and the budget you have available
- assisting you to choose and organise the supports you need, and that are the best for you in your local area
- supporting you to build confidence in talking to service providers
- assisting you to build skills to manage your NDIS plan yourself
- assisting you to prepare for your NDIS plan review.





Develop your skills.

Supporting you to develop and learn.

Learning new skills, upgrading your current skills, or getting a job. These are goals we all aspire to. Based on your personal choices, our friendly team can help you achieve your goals through the NDIS.

It's up to you!

You might want to:

- study at TAFE or take a cooking class
- travel independently by bus
- volunteer to help others and build your experience
- make the move from school to further education or work.



Professional mental health support.

Mental health support, tailored to your needs.

Anglicare's professional team has the skills and experience to support people facing a broad range of life challenges. We can help with money management, family relationships, drug and alcohol misuse and housing support. We start by understanding you and your needs, then we work with you to develop the best support plan possible.

You might want to:

- improve relationships
- remove barriers to participation in education and employment
- increase your independence.

Short term accommodation.

Everybody needs a break from the ordinary from time to time.

Short term accommodation for people with an NDIS plan, gives people with a disability, their family and carers a break from the day-to-day. It's a great opportunity for people with a disability to meet new people and try new activities in a supported environment. It also means parents and carers can take a break or focus on other commitments.

Our professional staff will make sure your needs are met whether it is dietary, health, education or planning your social activities! We provide a welcoming environment with everything you need to stay for a day, overnight or longer.





Social and community activities.

Access your world of opportunity.

What do you love doing? No matter what activities you enjoy, our friendly team can provide the supports you choose, based on your interests and what you enjoy most.

We can support you to participate in:

- social activities and events with family and friends
- trying new things or finding people who share your interests. You might want to be part of a community garden, go fishing, learn music, join a club or become a volunteer... **the choice is yours**
- getting out and about. You might like to go to cafés or go to the footy. Some people prefer to go to the movies, or to a concert... **the choice is yours.**

Daily activities and personal care.

Support for self-care and day-to-day living.

If you need support with daily living activities or personal care, we can work with you to provide what you need. Our experienced people can assist you with household jobs, self-care and day-to-day life.

We can also help you build your independence. Anglicare's services provide value for money, enabling you to make your NDIS plan go further.

Here are some of the ways we can support you:

- household tasks like budgeting, cleaning and gardening
- personal hygiene, showering and dressing
- taking your medications
- planning and preparing your meals and supporting you to shop for groceries.



Finding a home.

We offer a range of shared and supported independent living options.

Finding the right home is one of life's most important decisions. At Anglicare, we'll help you find the home you require, based on what you need. We offer flexible options, to help you find a place that's right for you.

We work with residents to create a positive living environment in our shared homes and ensure we respond to our residents' feedback.

Some of our options include:

- shared homes
- individual and short-term transitional units
- independent living units for young people between 16 and 25
- supported residential centres with a focus on improving mental health
- long-term communal accommodation for single people and couples with low support needs
- assisting you to find suitable accommodation in the community.





To find out more about how we can support you to make the best of your NDIS plan, please get in touch on **1800 243 232** or email us at **ndis@anglicare-tas.org.au**

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