

# Welcome to UnitingCare lifeAssist

Supporting you to live the life you choose



## Working together under the NDIS

**We are looking forward to working alongside you to achieve your goals.**

Whether you need some help to get out and about, want to make new friends or plan for the future, our team is ready to work with you.

We are here to support you to live the life you want in the way you choose – so talk to us about your goals and needs and let's work together to make things happen.

# Getting started

## Let's talk

We start working with you by getting to know you as a person, as well as talking about your interests, goals and needs.

What matters to you is what matters to us – so let's take the time to see the big picture and plan for now and the future.

## Understanding your NDIS plan

Once you have your NDIS plan, and we know more about you, we can work with you to turn your goals into outcomes.

We'll support you to access and understand your plan, identify services that are right for you and explore the support you need to achieve your goals.

## Making it happen

Our services are ready to support you. We can connect you to high-quality, tailored services that match your goals and needs, so you can get on with living life the way you choose.

If your life changes, or you would like to try something different, talk to us about how you'd like this to be different.

# About us

**UnitingCare lifeAssist has been assisting vulnerable and disadvantaged people, as well as their carers and families, since 1987.**

We are a not-for-profit agency that provides services throughout Melbourne to support people who are aged, people with disability and carers.

We are committed to achieve 'a good life for all'. We assist you to achieve your goals to live the life you choose. We help you to live happily and productively in the familiar surroundings of your own home and community.

We assist more than 4500 people annually through government-funded programs and countless more through either referral or self-funded services.

UnitingCare lifeAssist is one of the founding agencies of Uniting (Victoria and Tasmania). Through the Uniting network, we offer services across Victoria and Tasmania. Please get in touch to find out what services are available near you.

# Our services

**UnitingCare lifeAssist provides a range of services tailored to your goals and needs.**

From building your skills around the home to getting out and about in your community, or working towards your dream job, we can support you in all areas of your life.

We are also working to create new services – so please let us know how we can best support you.

Get in touch with us to find out if these services are available in your community.



## Home

### Homeshare

Homeshare matches people who need some companionship and practical help around the home with people who need accommodation, creating a partnership where you work together to achieve your goals.

Homesharers live in your home and provide up to 10 hours of assistance per week instead of paying rent. Depending on your needs, a Homesharer could help you with cooking, housework, gardening, shopping, pet care and transport.

Homesharers are matched with you based on common interests, routines and needs so you can get along and form a friendship. Once you are matched, you can start with a four-week trial period to get to know each other and see how you go living together. If the trial is successful, you can then create a longer-term agreement.



## Relationships

### Behaviour Support

Our staff can provide people with disability, their family and support network with the skills, guidance and confidence to create a calmer, safer environment for everyone.

We take the time to understand a person's needs, get to know the important people providing support as well as observe to understand behaviour that challenges. From there, we provide practical recommendations that can be implemented by family, carers and staff to reduce harm and distress and improve quality of life and communication skills.

### Specialist Assessments

From initial assessments through to comprehensive whole-of-life assessments, our team of specialists can provide a range of assessments based on a person's needs.



# Choice and control

## Support Coordination

We work with you to get your NDIS plan up and running by connecting you to services so you can get on with living life the way you choose.

Our experienced team take the time to get to know you and your goals and needs. We work in partnership with you to:

- get your plan set up quickly and easily
- connect you to providers who offer value for money and quality services
- turn your goals into outcomes.

We're also here to build your skills and confidence to manage your own services in the future.

## Specialist Support Coordination

If you require more intensive support to activate your NDIS plan and coordinate your services, our team of specialists are here for you.

Our specialist staff can work with you to:

- coordinate your supports from a range of mainstream and disability providers
- increase your capability to coordinate your services
- resolve issues during times of crisis, and
- build your ability to overcome challenges independently in the future.

## Circles of Support

A Circle of Support is a group of people who can support you to solve problems, make decisions and plan for the future.

We can assist you to create your own Circle of Support of people who can:

- work with you to set goals, plan for the future and find creative solutions
- come together to have fun and celebrate achievements
- share information and ideas.

## Life transition planning

We can support you to explore your goals during big changes in your life.

If you are moving from high school to further education, looking to move out of home, getting ready to enter the workforce or interested in changing careers, we can work with you to come up with a plan for the future.



**UnitingCare lifeAssist**

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UnitingCare lifeAssist is one of the founding agencies of  
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