

National Disability Insurance Scheme (NDIS)

City of Parramatta are a registered NDIS provider. Since 1993 we have been supporting people with disability. We specialise in Support Coordination and Support Workers as well as offer a range of social and community participation activities.

Our staff have not only witnessed but been a part of actual life changing results for our NDIS participants. The key we believe is taking the time to get to know the person and exploring how best to assist and empower them in meeting their goals. We think outside the box to help people to participate in life regardless of their disability.

Bronwyn's Story

Bronwyn's journey started when the Leisure and Learning service acquired two computers and a volunteer was trained to teach basic computer skills – this sparked Bronwyn's curiosity. After gaining some confidence in her ability Bronwyn became a library member and began using their computers alongside other students and the public. This new independence inspired an idea – a wish – to complete a computer course.

With the help of the Community Care team, Bronwyn purchased her own laptop and enrolled in a course at TAFE. Despite feeling challenged, with our support, she completed this course and is now a graduate.

With her NDIS Plan now in place, and City of Parramatta's support in meeting her goals, Bronwyn continues to gain confidence in her abilities and feels good about herself. This is helping to reduce her anxiety and she is discovering the 'good things

in life'. Bronwyn is a TAFE graduate and a library member– both roles in the community that have meaning and hold dignity.

***"The difference two years makes. Bronwyn is a totally different person today than she was when I first met her. She is engaged, confident, happy and dynamic. Bronwyn has been working with the Community Care team discovering her passions, and life is now open to all sorts of possibilities and new challenges. This team truly changes lives."* – Maree**



Vicarsh

City of Parramatta provides Vicarsh with Social Support through his NDIS Plan.

"Before my stroke I was working full time. After my stroke, my life changed. I could no longer drive myself which limited me – I became a bit of a recluse. With NDIS I was encouraged to think again about what I would like to do with my life. I now have someone pick me up and take me to social activities and this has given me social awareness and interaction again. I have made new friends at Peer Support. Prior to this, my social activities were nil. Now I have the Peer Support timetable printed and on my wall, and I look forward to going."



Robyn

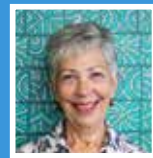
City of Parramatta provides Robyn with Support Coordination and Social Support through her NDIS Plan.

"The City of Parramatta team help me to organise and find providers as well as manage any issues that arise. I get physically tired every day. Swimming has been added to my plan to assist with my physical health. Knowing that I have additional support to take me to the pools and keep an eye on me means a lot ... I feel more confident because of this."



"The City of Parramatta staff are very understanding of my situation, and give me individual care and service."

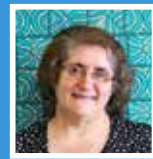
Meet the team!



Anne-Elizabeth
I love nature and the outdoors and spending time with those I love.



Catherine
I enjoy time at bbqs, outings and special occasions with family and friends.



Georgette
I enjoy reading, walking and cooking for my grandchildren.



Malcolm
I enjoy spending time with my border collie and love all kinds of science fiction tv and movies.



Mei
I am a mum. I enjoy meeting new people, learning from others and gaining adventurous experience through scouting.



Rozanne
I enjoy food, the outdoors, martial arts and public speaking with Parrachievers Toastmasters.



Sanoji
I love chilli! I love company - my passion is entertaining my family and friends.



**Julie Williams
Service Manager**
I enjoy skydiving, reading and spending time with family. My new pursuit is gardening.



Antonio
I watch a movie almost every week and I play Pokémon Go every day (138 caught and counting).



Cathy
I enjoy reading books and going to the gym.



Gladys
I love walking, exploring new places and spoiling my beautiful grandchild.



Maree
I love science fiction movies and books and I am the proud mother of two little nerds (just like me).



Renea
I love spending time with family and friends and travelling.



Sabrina
I'm a mother of 2 boys who loves to travel and read.



Susie
I enjoy learning the history & culture of new places, watching Disney films & having BBQ's.



**Beth Collins
Team Leader**
I love the outdoors and enjoy flyball with my dogs. It is a great sport which I share with my daughter.



Asha
I enjoy time with my family, vegetarian cooking and movies.



Gabby
I love family time, home-cooked meals, laughter and creating both little and big new memories every day.



Jane
I enjoy travelling, like listening to music and seeing live bands perform.



Maria
I enjoy the sensory and creative experience of working with clay and shaping it into a sculpture.



Rosemay
Family times are a priority for me and I get a buzz seeing animals in their natural habitat.



Sandra
I love permaculture which encompasses caring for the earth and community. My favourite plants are roses and pelargonium.



Susan
My passion is to travel the world, meet new people and learn about their unique culture, language and way of life.

It is all about what you need. You speak – we listen.

CONTACT US

Community Care Office Hours
8:30am to 4:30pm, Monday to Friday
Phone: 9806 5121 Fax: 9806 5925
Web: www.cityofparramatta.nsw.gov.au

City of Parramatta
126 Church Street PARRAMATTA
Parramatta Food Services Office
10 Hunter Street PARRAMATTA
Phone: 9806 5005

Postal Address
City of Parramatta Council
PO Box 32
PARRAMATTA NSW 2124



Australian Government
Department of Health



We have over 362 years of combined industry experience and speak 13 languages!



100% of our volunteers would recommend the City of Parramatta Community Care team.

Approved provider for National Disability Insurance Scheme and Home Care

We believe that everyone has the right to the good things in life, but what does that mean to you? It is different for every individual but at the heart of it all are three words – Independence, Choice and Respect. This is why we will partner with you to design a plan that you are passionate about.

We believe everyone at all phases of life can learn and grow and achieve a 'new potential'. If we do not currently provide something, let's see if we can.

We listen to you. We co-design support with you. No one needs to feel alone – we are here.

Winner of the Australian Aged Care Quality Agency – Better Practice Award for Implementing Person Centred Approaches

All group activities are designed for beginners and intermediate level. It is a casual inviting environment – we welcome everyone from all backgrounds and levels of experience. We can offer additional support if requested. If you have a skill you would like to share, talk to us today.

ART CLASSES

Express yourself through art, using acrylic paint and drawing techniques to create something wonderful.

BOOK CLUB

Join a passionate group of readers who like to discuss and share their views on literature and authors.

CARDS AND GAMES

A great way to socialise and keep the mind active. Always filled with fun and laughter.

GENTLE EXERCISE

Keeping healthy and active is a positive way to improve your heart, build strength in your muscles, and reduce blood pressure and other diseases.

KNITTING

Enjoy a cup of tea or coffee while knitting for community projects and learning from others to knit or crochet.

LINE DANCING

A fun way to stimulate the brain and improve coordination as you learn new dance routines. It is a great social activity - no partners required!



NEWINGTON CHOIR

Singing supports relaxation and reduces stress. It is also fun!

REMEDIAL MASSAGE

A great way to relax, manage pain and revitalise those aching muscles.

RABBLE

If you enjoy writing or reading, this word game keeps the mind sharp and improves memory skills. Great for improving English skills.

SENIORS COMPUTER KIOSK

Learn and practice your internet, email and device skills at the free computer kiosk. Use independently or we have a volunteer available to help; bookings required.

“We are able to get out of the house and meet new friends.”

STEPPING ON

(Falls Prevention 8 week Workshop)

This workshop is run in partnership with the Western Sydney Local Health District and is run twice a year in the community (as advertised). Falling is statistically one of the main reasons for early entry into facilitated care.

STRENGTH AND BALANCE

Building strength and balance through exercise is the best way to keep yourself independent and active.

TABLE TENNIS

This activity improves reflexes and coordination, is easy on the joints and a lot of fun when played in pairs.

TAI CHI

Is a great way to build your balance and flexibility and also helps to manage pain.

TAI CHI FOR ARTHRITIS

Modified for those with Arthritis, to improve movement and flexibility.

WALKING GROUPS

We offer a range of one hour walks with the Heart Foundation partnership program OR a 5-7 kilometre all day walk travelling to various locations throughout Sydney.



“My passion for painting has been re-ignited.”

YOGA

Improves flexibility, muscles and posture while learning relaxation techniques.

ZUMBA GOLD

This activity has been designed with a slower pace than regular Zumba and it builds strength and balance into the exercise routine.

BUS TRIPS

Trips offer a variety of destinations such as gardens, historic houses, beaches and mountains. Socialise over lunch with others. Please read information for each trip to see if it is suitable for you.

DESTINATION 30

Designed within 30 kilometres or 30 minutes from Parramatta city centre. Planned around school hours and offering greater support when required. Generally half day outings.

DESTINATION 60

Travel up to one hour maximum. Trips are offered as full or half day outings.

MORNING MELODIES

Enjoy tea, coffee and scones whilst watching a live musical performance.

COFFEE & LUNCH

Gather with friends and enjoy the social atmosphere.

NDIS

We will help you with Support Coordination and Social & Community Participation. We can help you think outside the box and to deliver something personal.

SOCIAL SUPPORT INDIVIDUAL

Provides one on one flexible timely support that responds to you and your family’s needs. This can include matching you with a volunteer based on common interests, skill development or accompanying you to an activity of your choice in the community. We listen, get to know you and build a plan together.

SHOPPING

One on one support to go grocery or social shopping within the local government area, including pick up and return to your home. Excludes major removalist/delivery tasks.

SOCIAL SUPPORT GROUPS

We offer recreational and social activities to make friends, maintain and enhance social life & independence within community.

FLEXIBLE RESPITE

Provides breaks for care givers of people over 65 years of age (2 hours per week or 4 hours per fortnight depending on your needs). We provide a positive experience focusing on interests and strengths, encouraging activities and conversation. The respite can include in-home care or out of home activities in the community.

CARERS SUPPORT

Provides support, information, advocacy and counselling to individuals and groups. The group meets monthly and enables carers to support each other, share information, find out about the services available and learn how to deal creatively with the challenges of care giving.

MEALS ON WHEELS

We are more than just a meal! Unlike a supermarket or other providers we provide social contact and check in on you (or your loved one ones). If the door is not answered we will call nominated contacts until we know you are okay. So, if you are unable to prepare your own meals, or know of someone who can’t, we can help. Our service delivers chilled or frozen, nutritionally balanced and culturally diverse meals. The service is affordable, special diets can be catered for and the meals are delivered straight to your door.

SOCIAL LUNCH

This program is designed for people who require extra support at meal times, particularly for those who have dementia. We link you with a volunteer who shares a common interest with you, to visit at lunch time, assisting you to set the table and heat the meal. You can enjoy lunch over a friendly conversation.

“I was very isolated before & felt not needed. Being part of this service makes me very happy.”



Community Care has a 95% satisfaction rate

LET’S DINE OUT

Enables people to access affordable restaurants. You will be able to purchase a voucher for the same price as a standard meal package and be issued with a voucher of far greater value which can be redeemed at restaurants and cafes that have partnered with the City of Parramatta Council. This option reduces isolation and for those who qualify, we can offer transport and additional support.

OWN MOWING & BASIC GARDENING

We offer a small financial subsidy to those eligible, towards the full cost of having your yard maintained – places on this service are limited. Quotes will vary depending on yard size and complexity. Council has engaged external contractors, all police checked, for clients to choose from.