

National Disability Insurance Scheme (NDIS) and Community Care



Did you know?

We are a registered NDIS provider, offering the following specialised supports to NDIS funded participants:

- Coordination of Supports
- The Preparation and Delivery of Meals (through Parramatta Food Services)
- Individual Support for Social, Community and Recreational Activities
- Peer Support Group Outings

Since 1993 we have been supporting people with a disability. Our staff have not only witnessed but also been a part of 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 and needs. We think outside the box to help people to participate in life regardless of their disability.

Eric

Eric describes his initial meeting with his Support Coordinator as a positive experience, one where he felt a good connection and was understood. Eric felt thankful that she was knowledgeable and helpful, as prior to meeting her he did not know how to navigate the NDIS or engage funded services.

"While anyone is in a position to help, my Support Coordinator encouraged me to keep my independence and be part of the process by working through solutions with me to best suit my needs."

Russell

"Before my Support Coordinator was introduced to me, I was not getting anywhere with my NDIS funding. She does a wonderful job and I have a strong level of support."

Diego

"Diego's NDIS funding means that he now has more variety of supports on offer, and it is a relief for us (his family) to know that Diego's plan is being coordinated by someone who we felt we could trust instantly."

Nathan

"We (his family) appreciate support workers taking him to Peer Support. He gets an opportunity to make something of his own outside of his group setting, and interact with others."

Bronwyn

Bronwyn has been supported by the Community Care team for many years. "Through a range of supports organised by my Support Coordinator, I have more confidence to be independent. They are there when I need them and are knowledgeable – no question is unanswered. My anxiety is reduced, and I can continue to discover the 'good things in life.'"

Vicarsh

"The Community Care staff are very understanding of my situation, and give me individual care and service during Peer Support outings. This has given me social awareness and interaction again."



"You don't know what joy this brings me"
Nora

Everyone deserves the good things in life.



CONTACT US

Community Care Office Hours
8:30am - 4:30pm, Monday to Friday
Phone: 9806 5121 Fax: 9806 5925
Web: 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



If you have a hearing or speech impairment you can contact us through the National Relay Service. You will need to provide our phone number 9806 5121. For more information visit relayservice.gov.au or 133 677 for TTY/voice calls, for Speak and Listen 1300 555 727 and for SMS Relay 0423 677 767.



If you need an interpreter you can contact us through the Translating and Interpreting Service on 131 450. You will need to provide our phone number 9806 5121.



CITY OF PARRAMATTA
Community Care

Community Care is funded by the Commonwealth Government and supported by the City of Parramatta Council. Approved provider for National Disability Insurance Scheme and Home Care.

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.

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!

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



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.

SENIORS COMPUTER KIOSK

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

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.



"My passion for painting has been re-ignited."

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.

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.

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.

* Activities are subject to eligibility

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.

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

Our Social Lunch Program is designed for customers who have dementia and require extra support and social interaction at meal times. This involves individual matching of a volunteer with a customer and the sharing of meals. The Program transcends the 'delivery of food' into the 'delivery of experiences', by sharing meals in a social setting. We have helped others stay at home longer – we can help you and your loved ones too.

LET'S DINE OUT

Let's Dine Out tackles isolation and loneliness in our community. It is a service that provides affordable restaurant quality food offering breakfast, lunch and dinner options including fresh cultural meals. Vouchers cost the same price as a standard meal package and you can enjoy dining out at participating food venues - receiving a meal to the value of \$15. The service assists people to regain confidence to dine out and socialise back into the community.



Community Care has a 95% satisfaction rate

LAWN 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.

"I was very isolated before. Being part of this service makes me very happy"