



# NDIS DISABILITY SUPPORTS AND SERVICES

in South Australia

**WE  
LIFE WITHOUT BARRIERS  
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Supporting People with Disability

“ We support people with physical,  
intellectual or psychosocial disability  
to live their best life ”



## WHO WE ARE

Life Without Barriers is a leading social purpose organisation, working in more than 440 communities across Australia. With a reputation for supporting clients with complex needs, our services support almost 16,000 people nationally, including over 1,000 clients throughout South Australia.

We support children, young people and families, people with disability, people living with mental illness, older people and Aboriginal and Torres Strait Islander people. We work with people who are homeless, people with alcohol and other drug dependency, refugees and asylum seekers, people from culturally diverse backgrounds and others who are vulnerable to social exclusion.

We work with individuals, their carers and others in the community to ensure the best care and support are developed for each individual's needs. This includes working in partnership with the community, elders, government and private sector to improve the lives of the people we support.

## DISABILITY SUPPORTS AND SERVICES

In South Australia, we offer a range of services tailored to meet clients' individual needs in the community, in social environments and in the home. We partner with clients to develop their skills and build confidence to take charge of their supports.

With services ranging from supported independent living, support coordination, community support and arts-based programs to clinical services such as behaviour support, assessments, therapy and counselling, we employ skilled staff from professional backgrounds including clinical psychology, social work and occupational therapy.

As a registered National Disability Insurance Scheme (NDIS) provider, we can help people to navigate and access services through their NDIS package or on a self-funded basis.



Registered NDIS Provider

# COMMUNITY AND IN-HOME SUPPORT



## SUPPORTED INDEPENDENT LIVING

This support is for individuals who require significant in-home support in order to help them live an ordinary life and be as independent as possible.

It is likely to be on-going in nature and is usually for people who have complex needs and who are receiving significant support across many aspects of daily life.

Support is most commonly provided in residential accommodation shared by people with similar interests and support needs, where there are staff on-site 24/7.

Where we are the support provider, we work with the person to understand their goals for independent living and structure our supports to accommodate this.

Our quote to deliver these supports is submitted to the NDIA for approval and included in the person's individually funded plan.

Some people receiving this type of support may also be eligible for Specialist Disability Accommodation (SDA) funding, which is paid to the housing provider.



## COMMUNITY SUPPORT

We offer temporary, short term and long term support, in the client's home, in a centre or hub, or out and about in the community.

All our supports are tailored for the individuals, whether they meet as a small group or they want one to one support.

Typically this type of support is funded from Core Supports in an NDIS plan, but it can also be funded from capacity building line items in an NDIS plan such as:

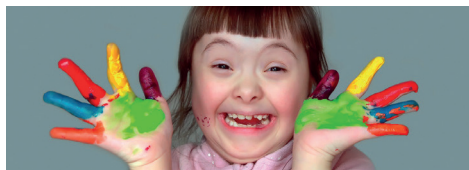
- Increased Social & Community Participation
- Improved Living Arrangements
- Improved Relationships.



We respect that our clients are in charge of decisions about their life, about what supports they receive and about their plan. Whatever supports we deliver, we will work with our clients towards their goals.

Our focus will always be on what is important to our clients and to ensure that we work with them in a safe and responsible way. We aim to be flexible and work with clients to deliver what they want in the way they want it.

We have experience working with individuals with complex support needs, including severe and persistent mental illness, trauma and children, young people or adults with disability.



## LIVING ARTS

Living Arts is a collective of artists who share their specialist artistic skills to deliver a variety of programs for children, young people and adults with special or culturally aligned needs.

Our therapeutic arts-based programs cover a broad range of mediums, including visual arts, handicrafts, film and animation, music, drama, dance, sculpture and mechanical art and event design and management.

We can offer tailored 1:1 programs or group workshops including school and school holiday programs.



## SUPPORT COORDINATION

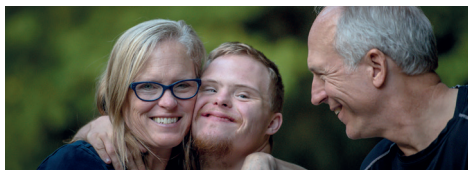
The level of funding in an NDIS plan determines the type of service which should be accessed for support co-ordination.

Support Connection aims to connect the individual with informal, mainstream and funded supports.

Support Coordination is likely to be longer term for people requiring more complex support. We coordinate supports and help to connect clients to informal, mainstream and funded supports and resolve points of crisis. Our focus is to work with the individual to develop the skills to manage their plans and supports independently over time.

Specialist Support Coordination is for people living in very challenging situations which have the potential to cause themselves or others harm. We use specialist staff to help develop plans to ensure whoever is providing support can keep the individual as safe as possible. At the same time we support the person to gain confidence, make the right connections, build independence and be part of their community.

# CLINICAL SERVICES



## BEHAVIOUR SUPPORT

Our Behaviour Support service is a highly specialised intensive support intervention to address significantly harmful or persistent behaviours of concern.

We are able to develop behaviour support plans that temporarily use restrictive practices, with the intention to minimise use of these practices.

Our clinical team is able to provide carers and support workers with training in behaviour management strategies required due to the participant's disability.

### NDIS Funding Category

Improved Relationships

- Specialist Behavioural Intervention Support
- Behaviour Management Plan Including Training In Behaviour Management Strategies.



## ASSESSMENTS

Assessments are used to identify supports needed to enable improved participation and independence in daily, practical activities in areas such as language and communication, personal care, mobility and movement, interpersonal interactions and community living.

We utilise a variety of tools to conduct assessment in the following categories:

- Adaptive functioning
- Living skills
- Development and Cognition
- Assistive technology such as wheelchairs
- Home modification requirements.

### NDIS Funding Category

Improved Daily Living

- Individual Assessment, Therapy And/Or Training (Includes Assistive Technology).

Our clinical services include the disciplines of psychology, occupational therapy and counselling.

Our team are experienced practitioners in working with children with significant and complex support needs, including trauma and attachment issues, as well as adults with complex support needs, including severe and persistent mental illness.

Services are available on a fee for service basis or can be funded through individual NDIS packages.



## **THERAPY**

Therapeutic supports are provided to assist individuals to apply their functional skills to improve participation and independence in daily, practical activities in areas such as language and communication, personal care, mobility and movement, interpersonal interactions and community living.

Therapy can include:

- development of a detailed therapy program and support plan
- training of carers and support workers to deliver on-going maintenance therapy as part of usual daily care
- travel to deliver support.

### **NDIS Funding Category**

Improved Daily Living

- Individual Assessment, Therapy And/Or Training (Includes Assistive Technology).



## **COUNSELLING**

Our counselling services are designed to facilitate self-knowledge, emotional acceptance and growth and the optimal development of personal resources on a one to one basis.

We assist:

- clients to work towards their personal goals and gain greater insight into their lives
- carers with emotional regulation, and to manage trauma and attachment issues.\*

### **NDIS Funding Category**

Improved Daily Living

- Individual Counselling.

\*not able to be funded through the NDIS.

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