



OUR NDIS SERVICES

ABOUT US

At Charlestown Caring Group, we work with our participants to create a support plan that is specific to their individual needs and works towards reaching their goals.

We strive to empower people with a disability to build valuable experiences, skills and support to achieve their goals, living life and maintaining independence wherever possible.

We are a small, community based organisation that started in 1986 as an incorporated business. We currently provide services to people with a disability through NDIS and social support, transportation and group activities to our elderly clients through Commonwealth Home Support Packages (CHSP).



NDIS SERVICES

For a detailed overview of our services, please see the other side of this flyer!

- Coordination of Supports
- Domestic Assistance
- Transport
- Assistance with Self-Care Activities
- House & Yard Maintenance
- Skills building
- Phone check ins
- Accessing the community & social support
- Group activities and outings

CONTACT

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FURTHER INFORMATION ABOUT OUR NDIS SERVICES

Domestic Assistance

- House cleaning, doing the laundry, washing the dishes, ironing, bed making, mopping, vacuuming and more
- We can create a cleaning checklist catered to your home and requirements
- Shopping – our support staff can take you shopping or do the shopping for you, assist with packing away your groceries/shopping items
- Meal preparation, planning meals, making shopping lists and cooking

Transport

- Medical and other appointments
- To functions/events
- To educational institutions/schooling, the workplace, volunteering
- Accessing other areas of the community as required

House & Yard Maintenance

- Lawn mowing, basic garden/yard maintenance, pruning, weeding, gardening
- Basic handyman tasks including minor household repairs/maintenance, changing lightbulbs,

Skill building

- Technology; using computers, social media, phones etc
- Numeracy, literacy
- Cooking; following a recipe
- Road safety
- Cyber safety
- Planning a menu; write a shopping list to get ready to cook
- Budgeting

Phone check ins

- Daily phone calls
- Welfare checks
- Prompting medications

Assistance with Self-Care Activities

- Personal care
- Assistance with personal hygiene such as showering, oral hygiene, dressing, grooming
- Assistance with toileting or bladder/bowel management
- Assistance with eating and drinking
- Mobility e.g., getting in and out of bed

Accessing the community & social support

- Helping you attend work or volunteer commitments
- Social outings
- Visiting friends or family
- Assistance with physical activities (going to gym exercise etc.) and attending classes (exercise classes, swimming pool)
- Visiting friends, family and loved ones
- Social events
- Recreational activities
- Going shopping
- Hobby classes
- Educational classes
- Social outings
- Going for a walk
- Going for a scenic drive
- Companionship

Group activities & outings

- Going out for lunch or dinner as a group
- Picnics and barbecues
- Outings to different locations or events

Please note, these are examples of services we provide. We can cater to your individual needs.

Coordination of Supports

Our dedicated Support Coordinator will help connect you with services you need to get the most out of your NDIS plan based upon your individual needs and goals.

Whether it be you needing help to work through stages of planning, arranging appointments, meeting service providers, understanding your service agreements, managing your budget and more.

Our Support Coordinator has the skills and experience to guide you through the complexity and confusion of the NDIS so you can achieve your goals.

