

SMRC Disability Inclusion Action Plan 2017-21

Appendix 2: Disability Services in the Snowy Monaro Region, or in the ACT

Service Name	Description	Phone	Email & Website
Disability Support: Council services			
Bombala Community Centre	<ul style="list-style-type: none"> Community services team members: assessment, referral, support coordination and NDIS plan management. Community Transport: medical and social appointments, shopping trips and group outings. Home help and domestic assistance. Home Maintenance and Modification Program: Meals on Wheels Service: Assistance with tasks such as banking, letter writing. 	02 6458 4620	council@snowymonaro.nsw.gov.au https://www.snowymonaro.nsw.gov.au
Snowy River Community Services, Berridale	<ul style="list-style-type: none"> Community services team members: assessment, referral, support coordination and NDIS plan management. Domestic assistance. Assistance with home and yard maintenance. Meals on Wheels. Personal care. Social support with individual and group outings. Assistance with shopping. 	02 6451 1059	council@snowymonaro.nsw.gov.au https://www.snowymonaro.nsw.gov.au
Werri-Nina Centre, Cooma	<ul style="list-style-type: none"> Disability Services Team assisting with: assessment, referral, support coordination and NDIS plan management. The Contact Centre: a centre-based day program of activities and excursions. Life skills and development programs, assistance with 	02 6455 4000 02 6455 4051	council@snowymonaro.nsw.gov.au https://www.snowymonaro.nsw.gov.au

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	<p>life stage and transition and respite programs.</p> <ul style="list-style-type: none"> • Assistance at Home: domestic & household tasks, personal care, support with activities. • ComPacks - Short term package of community support services to assist people returning home from hospital. • Home Maintenance and Modification Program: occupational therapist assessments and modifications to homes and yards to improve access. • Meals on Wheels Service: home delivered fresh and frozen meals. • Community Transport: based in Bombala and Berridale providing services to people living in Cooma and surrounds. 		
Snowy Monaro Regional Library	<ul style="list-style-type: none"> • Branch locations in Cooma, Bombala and the Snowy Mountains Neighbourhood Centre. • Offers a range of accessible resources, online resources and free internet and Wi-Fi. 	02 6455 1730	library@monaro.nsw.gov.au https://www.snowymonaro.nsw.gov.au
Snowy Region Mobile Library	Operates in Adaminaby, Berridale, Bredbo, Cathcart, Dalgety, Delegate, Jindabyne, Michelago, and Nimmitabel. Offers a range of accessible resources.	02 6455 1730	library@monaro.nsw.gov.au https://www.snowymonaro.nsw.gov.au
Snowy Mountains Neighbourhood Centre, Jindabyne	<ul style="list-style-type: none"> • Information, support, free internet and Wi-Fi access and library services. The Centre provides health, safety and legal information and acts as a portal to connect residents with a range of services. • A range of community groups operate from the Centre. 	02 6457 1044	all.smnc@bigpond.net.au https://www.snowymonaro.nsw.gov.au/491/Neighbourhood-Centre

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Snowy River Health Centre, Jindabyne	<ul style="list-style-type: none"> Jindabyne Medical Practice, physiotherapy, pathology, chiropractor, Digital X-ray facility, podiatrist, Skin Cancer Clinic, Social Steppers Heart Foundation Walking Group, Life Falls Prevention Program Centre has sessional rooms and meeting and educational space ComPacks, short term package of community support services to assist people returning home from hospital. 	02 6451 1569	elizabeth.bellingham@snowymonaro.nsw.gov.au https://www.snowymonaro.nsw.gov.au/707/Snowy-River-Health-Centre
The Hub, Youth Centre, Cooma	<ul style="list-style-type: none"> Youth Development Officers, provide support and referral services for young people aged 12-24. The Hub Youth Centre meeting and activity space which is accessible. Youth events, Youth Week and School Holiday Programs. Snowy Youth Council. YMCA Youth Programs. Youth Health Worker, Grand Pacific Health 	02 6452 5534 The Hub: 0437 135 092 YMCA: 0403 498 322	melissa.sass@snowymonaro.nsw.gov.au admin.coomahub@ymca.org.au https://www.snowymonaro.nsw.gov.au/267/Young-People
Disability support: other than Council			
Anglicare Southern NSW Regional Office, Goulburn	<ul style="list-style-type: none"> Day programs Accommodation and housing services Support coordination and plan management Community engagement and participation Travel and transport assistance Flexible respite option Life skills development, personal care and safety 	02 4823 4000	https://www.anglicare.com.au/contact-us/

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	<ul style="list-style-type: none"> • Therapeutic support • Assistance with household tasks • Social outings and activities • Employment support 		
Cooma Challenge	<ul style="list-style-type: none"> • Ageing Parent Carer Respite Program • Monaro Community Access Day Program • Snowy Monaro Respite Cottage • Children and young adults disability support services • Group home • Community Living Service • Disability Enterprise 	02 6452 2156	admin@coomachallenge.org.au http://coomachallenge.org.au/Contact-Cooma-Challenge-Limited.php
Family and Community Services NSW, Snowy Monaro Region	FaCS provides and funds a range of services, programs and resources to support families to care for their child or young person with a disability and assists children and young people with a disability and their families to access mainstream services.	02 6455 0200 1300 841 566	Southern.iri@facs.nsw.gov.au http://www.community.nsw.gov.au/about-us/contact-us/facs-community-services-centres
Guide Dogs NSW, Albury, Wagga Wagga, Griffith, Cooma Office is in Albury	<ul style="list-style-type: none"> • Assessment • Orientation and mobility • Assistive technology • Daily living training • Low vision services for adults and children • Workplace training • Training guide dogs and companion dogs • Advocacy 	02 6041 5201	https://www.guidedogs.com.au/contact-us/our-offices
Guide Dogs, ACT (also service NSW)	Services as above. Contact: Chase Richardson, ACT	0400 510 568	crichardson@guidedogs.com.au

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Mission Australia, Cooma	<ul style="list-style-type: none"> Community Connections Program, assisting complex issues including, substance abuse, mental health issues, intellectual or cognitive disability or challenging behaviour. Ability Linker, Early Links (0-8 yrs), Jo Cooper 	02 4824 4000 02 4824 4011	admintablelands@missionaustralia.com.au
Settlement Services: Ability Linkers, Cooma	<ul style="list-style-type: none"> Settlement Services International (SSI) is a not-for-profit organisation providing a range of services in the areas of humanitarian settlement, housing, asylum seeker assistance, multicultural foster care, disability support and employment services. Ability Linker, Monaro Region: Tracey Crompton 	02 8713 9200 0402 434 975	abilitylinks@ssi.org.au http://www.ssi.org.au/services/ability-links-nsw t.crompton@ssi.org.au
The Disability Trust, ACT and Queanbeyan	<ul style="list-style-type: none"> Respite and in-home care Support coordination Independent living Community living support Clinical services Day programs 	1300 797 443 ACT: 02 6262 9460 QBN: 02 6232 9440	http://disabilitytrust.org.au/contact-us/
Uniting Care: Ability Links, Cooma	<p>Help to find ways to be a part of your local community, set goals and plan for your future, build confidence to achieve your dreams and develop support networks.</p> <ul style="list-style-type: none"> Ability Links, Beck Minear Aboriginal Links, Athol Callaghan 	0455 099 803 0429 070 955	https://www.abilitylinksnsw.org.au
Uniting: NDIS Local Area Coordinators, Cooma	<p>NDIS plan management, information and support.</p> <p>Alicia Collings(Bombala and Delegate) Tracy Clifton (Remainder of Snowy Monaro Region) Deb Bosden (Remainder of Snowy Monaro Region)</p>	0408 312 161 0427 998 055 0429 161 679	alicia.collings@uniting.org tclifton@uniting.org dbosden@uniting.org

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Care, Aboriginal Homecare Service	have been carefully selected and trained to meet your support and cultural needs.		sted-living/ahc customercare@australianunity.com.au
Autism Australia (ASPECT), ACT	Early intervention, educational outreach, positive behaviour support and other services.	1800 277 328	https://www.autismspectrum.org.au/for ms/contact-us
Cerebral Palsy Alliance, ACT	<ul style="list-style-type: none"> • Mobility, movement, fitness & training • Cognitive, wellbeing and counselling • Sleep therapy • Gastrostomy feeding • Accommodation & respite • Community access & lifestyle • Going to school, training & employment • Dental clinic • Early childhood intervention • Behaviour support 	1300 888 378 02 6199 0600	https://www.cerebralpalsy.org.au/contact-us/our-sites/
Grand Pacific Health	<ul style="list-style-type: none"> • Heart Foundation Walking Groups • Food Sense Workshops • Falls Prevention Programs Kate Greenwood: Monaro Region	0448 968 972	kgreenwood@gph.org.au www.gph.org.au
Grand Pacific Health	Aboriginal Health Teams Koori Health Check 715 Tracey Collier: Monaro Region	02 6492 3768	tcollier@gph.org.au www.gph.org.au
Greater Southern Area Health Services, Snowy Monaro	Cooma Hospital and Health Service Bombala District Hospital Delegate Multi-purpose Service	02 6455 3222 02 6458 5777 02 6459 8000	http://yhs.health.nsw.gov.au/hospitals/detail.asp
Mental Health Foundation	Accommodation, employment support, personal	0451 517 890	mhfnadis@mhf.org.au

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ACT/NSW	assistance and development, group and personal wellbeing activities and life skills.		
Monaro Early Intervention Service (MEIS), Cooma	<ul style="list-style-type: none"> • Family support • Speech pathology • Psychology • Playgroups • Parent support groups 	02 6452 7424	meis@snowy.net.au
Personal Helpers & Mentors (PHAMS) Schizophrenia Fellowship NSW, Cooma	Support for people with mental illness. Assistance with services for housing, health services, domestic violence, legal issues & court support, financial & education.	02 6452 4690	lisa.gibb@onedoor.org.au http://www.onedoor.org.au/services/individual-support
Homelessness			
Path2Home Booklet, Southern Cross Community Housing	Homelessness resources guide for the Monaro Region.	02 4421 5145	info@scch.org.au http://www.path2home.org.au/monaro/
Monaro Community Access Service (MCAS), Cooma	Homelessness programs.	02 6452 6174	manager@mcas.ngo.org.au
Mission Australia Cooma and Region Homelessness Support Services, Cooma	Staff provide support, advocacy & outreach to people who are homeless or at risk of homelessness. Operate four, two bedroom crisis accommodation facilities in Cooma.	02 4824 4000 02 6452 3623	admintablelands@missionaustralia.com.au morrellca@missionaustralia.com.au
Southern Youth and Family Services, Homeless Youth Assistance Program, Cooma	Assists young people aged 12-15 years, who are at risk of homelessness or homeless. Case worker: Mel Sass (Cooma)	0429 409 834	syfs@syfs.org.au http://www.syfs.org.au/contact-us/

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Education			
Bombala Central School	Financial assistance, assisted school travel, disability programs, learning assistance programs, disability and learning support aids.	02 6458 3423	bombala-p.school@det.nsw.edu.au http://www.bombala-p.schools.nsw.edu.au/
Jindabyne Central School	Financial assistance, assisted school travel, disability programs, learning assistance programs, disability and learning support aids.	02 6456 2346	jindabyne-c.school@det.nsw.edu.au http://www.jindabyne-c.schools.nsw.edu.au/
Cooma Public School	Financial assistance, assisted school travel, disability programs, learning assistance programs, disability and learning support aids. Disability Support Unit	02 6452 1933	cooma-p.school@det.nsw.edu.au http://www.cooma-p.schools.nsw.edu.au/
Monaro High School	Financial assistance, assisted school travel, disability programs, learning assistance programs, disability and learning support aids. Disability Support Unit.	02 6452 4611	monaro-h.school@det.nsw.edu.au http://www.monaro-h.schools.nsw.edu.au/contact-us
NSW TAFE Illawarra, Cooma Campus	Support and services available to assist students with disabilities, include: <ul style="list-style-type: none"> • Course selection • Course entry tests and exam modifications • Tutorial and group study centres • Communication aids, note takers, interpreters • Adaptive equipment or technology • Making reasonable adjustments <p>Contact teacher consultant Clare Corby (or as listed on website) 02 6452 0799</p>	1300 766 123	coomacsc@tafensw.edu.au clare.corby1@tafensw.edu.au http://www.illawarra.tafensw.edu.au/support-for-students/disabilities-support

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Cooma Home Schoolers, Home School Group	Home schooling resources and support.	Contact on Facebook	http://homeschoolaustralia.com/directory/States/NSW/NSWsupportgroups.html
Carer support			
CarersNSW	<ul style="list-style-type: none"> • Counselling and support • Information and resources • Education and training programs • Carer support programs 	1800 052 222	http://www.carersnsw.org.au/
CarersACT	<ul style="list-style-type: none"> • Disability programs incorporating a range of skill development and engaging activities, like growing and cooking your own ingredients, music, yoga, photography, dance, gym, walking, art and craft. The activities are for people with moderate cognitive disabilities who are aged between 18-40 years. • Counselling and support • Taking a break respite program • Information and resources • Advocacy 	1800 272 624	disability@carersact.org.au http://www.carersact.org.au/
YoungCarersACT	<ul style="list-style-type: none"> • Organising short-term respite. • Coordinating in-home support. • Providing assistance with education costs and extracurricular activity fees. • Supplying information, advice and referral services. • Giving practical support to help maintain school attendance and grades. • Referral to counselling, support groups and activities. • Early vocational training program for young carers at 	1800 052 222	carers@carersact.org.au http://www.carersact.org.au/about-us/contact-us

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	risk of leaving school.		
Aboriginal and Torres Strait Islander CarersACT	Program coordinator has expertise with Aboriginal and Torres Strait Islander cultural needs and works with carers to link them into areas of support. Yarning trips are designed to help carers "get away" and learn more about Indigenous cultural practices.	1800 052 222	carers@carersact.org.au http://www.carersact.org.au/about-us/contact-us
Carer Assist, Cooma	Support, Advocacy, Information and education for carers of people with a mental illness.	02 6452 4075	https://www.mycommunitydirectory.com.au/New_South_Wales/Snowy_Monaro/Ageing_Services/Carer_Information/150636/Carer_Assist
Cooma-Monaro and Snowy River Support Group for Carers	This is a general carer support group. Contact: Snowy River Home Living Support Service	02 6451 1059	
Employment			
Cooma Challenge	Australian Disability Enterprises: Koombah Garden Maintenance and Essentially Monaro Transition to Work Programs	02 6452 2156	admin@coomachallenge.org.au http://coomachallenge.org.au/Contact-Cooma-Challenge-Limited.ph02
Max Employment Service, Bega	<ul style="list-style-type: none"> • Preparing for work, including training in specific job skills. • Job search support, such as résumé development, interview skills and job seeking. • Support on entry to a job, including on the job training and coworker and employer interaction. • Ongoing support in a job if you need it. • Purchase of vocational training. 	02 6491 6200	http://www.maxsolutions.com.au/contact-us/locations.aspx

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	<ul style="list-style-type: none"> Help with requirements for workplace modifications. 		
The Disability Trust, Workability Employment Agency, Cooma	Disability Employment Service, delivers employment programs for people with disability. Provides outreach services in Bombala and Jindabyne.	02 6452 6522	amanda.steinke@workability.net.au narelle.curtis@disabilitytrust.org.au
Advocacy, information and resources			
ACT Disability, Aged and Carer Advocacy Service (ADACAS), South East NSW, includes Snowy Monaro Region	<p>NDIS self-advocacy and NDIS appeals. Provides support to individuals in reviewing their NDIS plans and supports NDIS complaints and appeals.</p> <p>Provides supported decision making for people with impaired decision making due to age, disability, acquired brain injury or mental illness.</p>	Contact through website	http://www.adacas.org.au/contact-us
Illawarra Forum,	<ul style="list-style-type: none"> Peak Body and advocacy. Community service sector capacity building. Organisation, sectoral, regional and cross-sectoral planning and consultation. Organisational skills development and training opportunities. 	02 4256 4333	info@illawarraforum.org.au http://illawarraforum.org.au/contact-us/
The Disability Trust, Snowy Monaro Region	Information, resources, advice and advocacy. (Disability services and employment see above).	1300 797 443	info@disabilitytrust.org.au http://disabilitytrust.org.au/contact-us/enquiries/
Support groups			
Parkinson's Support Group	Meets monthly at the Werri-Nina Centre Cooma. Is open to people living throughout the Snowy Monaro Region.	0411 885 575	rogeranorton@gmail.com

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Sport, recreation and leisure			
Disabled Winter Sports Australia (Thredbo & Perisher)	<ul style="list-style-type: none"> • Adaptive snow sports equipment. • Volunteer adaptive snow sports guides to assist on snow. • Adaptive lessons through a snow sports school. • Advice on accessible places to stay and how to get around the resort. 	1300 797 443	info@disabledwintersport.com.au https://www.disabledwintersport.com.au/contact/
NSW Sport: Jindabyne Sport & Recreation Centre	<ul style="list-style-type: none"> • Inclusive holiday camps. • Respite weekends for children and young people with disabilities and their siblings and carers. • Accessible accommodation. 	02 6450 0200	https://sportandrecreation.nsw.gov.au/contact
Cooma Gym Club, Gymnastics for All Group	Adaptive gymnastics classes for people with disabilities.	0437 763 616	Coomagymclub@gmail.com http://cooma.gymnastics.org.au/default.aspx
Special Olympics, ACT	For children and adults with an intellectual disability in Canberra and the Snowy Monaro. Provides access to year-round sports training and competition in a variety of team and individual sports.	02 6230 1069	soactadmin@specialolympics.com.au http://www.specialolympics.com.au/act
Ni-Can on-line directory for inclusive sport, recreation and leisure programs.	Lists a range of sporting, recreational and artistic activities that are inclusive of people of all abilities.	Contact on website or email	enquiries@nican.com.au http://www.nican.com.au/services/