

SUPPORT CATALOGUE



Interchange Illawarra is a not for profit, community based, registered NDIS organisation providing quality flexible supports for people with disabilities.



Coordination of Supports

We support people with disabilities to identify goals they may have to live a meaningful life.



Daily Living Assistance

We provide support to people with disabilities to increase independence in their own homes.



Community Inclusion

We offer a choice of assistance during activities, pursuing personal interests or going on holiday!



Parent/Carer Support

We develop opportunities for parents and carers to participate in social events and informal networks.

Interchange Illawarra is known for:

- Working with people with disability, with particular expertise in working with people who have ASD and/or intellectual disabilities.
- A 'can-do' and innovative approach to providing flexible support.
- Providing frequent training and upskilling opportunities for our support workers.
- Supporting carers through our Parents/Carer Health and Wellbeing Program.

Interchange
illawarra

SOCIAL SUPPORT

OUR SOCIAL SUPPORT PROGRAMS ARE GREAT FOR TRYING NEW THINGS AND MAKING FRIENDS.

WEEKDAYS PROGRAM

- MONDAY, TUESDAY, THURSDAY & FRIDAY
- AT WOLLONGONG

Interchange Illawarra's Weekdays Program (Peer Support) runs during the week and includes heaps of fun activities and outings like bus trips, soap making, movie days, shopping, laser tag, ten pin bowling and much more.

We are super flexible and you can simply book in for the activities that you are interested in.



TGIF

- FRIDAY EVENINGS 6PM TO 9PM
- AT WOLLONGONG & KIAMA



Interchange Illawarra offers fun social groups on Friday evenings from 6pm-9pm at Kiama and Wollongong.

Our program includes outings like ten pin bowling, an outdoor movie night, dinner at a local club, barbeque's and Timezone.

Enjoy Friday nights out with friends!

SATURDAY SOCIAL

- SATURDAYS, 10AM TO 3PM
- AT WOLLONGONG & LAKE ILLAWARRA

Interchange Illawarra offers several Social Support Groups that operate on Saturdays.

The program includes outings like going to the movies, swimming, ten pin bowling, fishing, Timezone, craft, cooking and much more.

Spend your Saturday having fun!



WEEKENDS AWAY

- SET WEEKENDS FROM 4PM FRIDAY TO 3PM SUNDAY
- IN WOLLONGONG & KANAHOOKA

Interchange Illawarra Weekends Away offer short term accommodation to participants, with a group of their friends from the Social Support program.



Separate boys' and girls' weekends include day trips, dinner and dancing at a local club, cooking (if that's your thing), activities and lots of fun!

ADULTS

SOCIAL SUPPORT

SHORT HOLIDAYS

- REGULARLY
THROUGHOUT THE
YEAR
- ROAD TRIPS
& INTERSTATE
FLIGHTS

We run lots of short holidays throughout the year for our Social Support participants.

Our latest trips include the Gold Coast, Cairns, Tasmania, Historic Beechworth, Great Ocean Road, Hawkesbury (on a houseboat) and The Entrance.

We don't schedule every minute of our holidays instead we offer a selection of options available to participants at each location we visit. The group decides what activities they would like to do and we make it happen!

The group is accompanied by experienced disability Support Workers who are already familiar to the participants from other group activities or previous holidays.

Where possible we book houses or serviced apartments rather than hotel rooms. We know the participants have a great time with their friends because they can't wait to tell us all about it when they get home!



SHORT TERM ACCOMMODATION

- WOLLONGONG AND
LAKE ILLAWARRA
- 1:1 SUPPORT OR
GROUPS

Our Short Term Accommodation houses are a great place to relax. They are a home away from home and can cater for groups or for 1:1 support needs.

We have a house at Wollongong (within easy walking distance of the Central Business District) and a villa at Lake Illawarra (close to the lake and great bike paths). They feature accessible bathrooms, lounge areas, outdoor seating areas and modern kitchens.

Your Support Worker can help you work out an itinerary of activities to make the most of your stay. For example, you could cook up a feast if that's your thing, go exploring in the local area or settle in to enjoy some relaxation time.

You can also get a group of friends together and make your own weekend away or book in for a concert or a sporting event.

Flexibility is our strength at Interchange Illawarra!



ADULTS

COMMUNITY,

CAPACITY BUILDING & DAILY LIVING

COMMUNITY INCLUSION



Whether you would like assistance during activities and outings to pursue personal interests or hobbies, or to go on a holiday independently of family members, we have a community inclusion option to suit you.

At Interchange we:

- Are risk aware, not risk averse.
- Say 'we'll give it a go' rather than 'we can't'.
- Introduce you to fun things to do and places to go.
- Have workers who display initiative and creativity.
- Work in partnership with you. You choose the support times that suit you best.

CAPACITY BUILDING

At Interchange Illawarra we can support you to improve, retain or master new skills in order to help you reach your goals.

You may want to increase your employability skills, travel independently or learn how to cook your favourite meal. We endeavour to match you with a Support Worker who has the appropriate skills and attitude to assist you reach your goals.



Meet Carly, business owner of Carly's Coffee Couriers.

DAILY LIVING



We can provide assistance with daily tasks. Whether you require assistance with cleaning, cooking or other daily tasks we can support you to increase your independence in your home.

Our workforce recognises the value of doing things with people rather than doing things for them and we're responsive to changing needs.

ADULTS

YOUTH ACTIVITIES FOR 12 TO 17 YEAR OLDS

SCHOOL HOLIDAY PROGRAM

Our school holiday program runs each school holidays and is designed for high school students with an NDIS plan and low to moderate support needs.

We offer many activities during each school holiday break including day trips (like the Easter Show and Symbio), golf, fishing, craft, bush walks, cooking, ten pin bowling, Timezone, Flip Out, bush walks, Lego days, laser tag and much more.



We also regularly offer a Sleep Over in the school holidays that runs from 3pm to 9am the next day.

Make some new friends and do some really fun stuff in a supported environment.

We are super flexible and you can simply book in for the activities that you are interested in.

SATURDAY CLUB (NORTH & SOUTH)

- WOLLONGONG
- LAKE ILLAWARRA

Interchange Illawarra's Saturday Club is a program featuring activities that run from 10am-3pm on a Saturday in Wollongong and Lake Illawarra.

Activities include things like ten pin bowling, movies, mini golf, laser tag, fishing, day trips (like the Easter Show), pizza and gaming, water fun, or visiting the Science Space Centre or Timezone.

We help to make your Saturday's extra fun!



YOUTH

SATURPLAY

FOR CHILDREN 4 TO 12 YEARS OLD



Saturplay is a customised and intensive support environment for children with Autism and challenging behaviours for 4 to 12 year olds.

The program is run by qualified, experienced teachers and provides an opportunity for your child to learn and socialise in a safe and supported setting.

Saturplay is a one of a kind program within New South Wales. We facilitate interactions so your child can increase their comfort and confidence in the community.

Saturplay outcomes include:

- De-sensitisation to new experiences.
- Experiencing play and having fun.
- Practising communication skills.
- Making and maintaining relationships.
- Learning new tasks.
- Sharing and turn taking practice.

MYTIME

MYTIME IS FOR PARENTS AND CARERS OF A CHILD (0-16 YEARS) WITH A DISABILITY, OR OTHER ADDITIONAL NEEDS.

MyTime is for parents and carers of a child (aged 0-16 years) with a disability, chronic medical condition or other additional needs including developmental delay.

MyTime is a funded Federal Government program. It is run by TAFE NSW, Big Fat Smile and Interchange Illawarra.

An experienced educator from Big Fat Smile and a TAFE teacher lead a group of Diploma of Early Childhood Education students to engage and care for the children, while a trained facilitator runs a group session with parents.

You are welcome to stay with your child or join the facilitator in another room and enjoy the company of other parents in a relaxing environment.

Unwind, meet new people and share experiences with others who understand.



CHILDREN

SUPPORT COORDINATION

SUPPORT COORDINATION



All Interchange Illawarra participants are paired with their own Support Coordinator to help guide them through any administrative or support issues, keep track of their NDIS budget and suggest new opportunities that become available.

Navigating the NDIS can sometimes be tricky. Our Support Coordinators have extensive knowledge of the services on offer and are able to arrange supports that fit your needs.

They can guide you towards the activities you will enjoy the most and can help you work towards your goals like independent living or building your employability skills.

Support Coordinators are also great advocates and can act on your behalf when dealing with complex NDIS plans and amendments.

Our expert Support Coordinators/Planners are here to support you and they are flexible and responsive.

PARENTS & CARERS

PARENT/CARER HEALTH & WELLBEING PROGRAM



At Interchange Illawarra we are proud of our Parent/Carer Health and Wellbeing Program which aims to develop social and support opportunities for parents and carers. We do this through assisting parents and carers to participate in their local community, foster relationships that strengthen informal networks, and provide opportunities to attend free social events with other Interchange Illawarra parents and carers.

Our health and wellbeing activities vary from year to year and can include lunches, morning teas, bus trips, Carer Week events and workshops. We've even hosted fishing expeditions and winery tours.

By organising health and wellbeing activities and workshops we provide opportunities for parents and carers to meet others in a similar circumstance, socialise, learn new skills and enjoy some fun time out that's all about them.

The health and wellbeing activities are run by our Support Coordinators/Planners throughout the year and provide you an opportunity to get to know the Interchange Illawarra staff better too.

ABOUT US

WHAT CAN YOU EXPECT FROM INTERCHANGE ILLAWARRA?



You can expect all of our supports to be:

- **Local:** We believe local staff with knowledge of our area should support local people. Our workforce, from our Support Workers to our Support Coordinators, use their knowledge of our area to provide customised and flexible services.
- **The Right Level of Support:** We offer several models of support to prevent unnecessary over servicing and provide the best value for money.
- **Person-centred:** We pride ourselves on delivering a person-centred service. We are professional, yet still friendly, warm and interested in you and your experiences. We present convenient, ethical and responsible support options for you and your family.

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