



SUPPORT OPTIONS

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

We've been in operation for over 45 years and we are known for our positive 'can-do' approach to providing support.

www.interchangeillawarra.org



Community Inclusion

We offer a wide range of options for individual support, social support, community inclusion and special events.



Daily Living Assistance

We can assist with daily living tasks like cleaning or cooking to support people with disabilities to increase their independence.



Coordination of Supports

We support people with disabilities to identify goals and make the most of their NDIS plan.



Parent/Carer Wellbeing

We offer free events for parents/carers so they can socialise, learn new skills, and enjoy some time out.

SOCIAL SUPPORT

Our social support programs are great for trying new things and making friends. They are designed for NDIS participants with low to moderate support needs.



WEEKDAYS PEER SUPPORT PROGRAM

Monday, Tuesday & Friday (Wollongong)

- Our Weekdays Program offers fun group activities like soap making, ten pin bowling, movie days, craft, karaoke, day trips, enjoying live music, a cooking program, special events like going to the Sydney Royal Easter Show and much more!
- We are super flexible and you can pick and choose the activities you enjoy.



NIGHTLIFE SOCIAL

Thursday & Friday nights (Wollongong)

- Join us for night time social activities on Thursday and Friday nights.
- Activities feature things like dinner at local clubs, twilight walks, outdoor movie nights, barefoot bowling, Thursday night markets & shopping, indoor golf, the DanceAbility Disco and much more!



SATURDAY SOCIAL

Saturday day time (Wollongong & Lake Illawarra)

- Our Saturday Social Support Program offers heaps of fun activities like bushwalks, ten pin bowling, craft, fishing, Timezone, lunches out, Jamberoo Action Park and movie days.
- We also offer trips to special events like theatre shows and musicals.

BESTLIFE SUPPORT PROGRAM & SPECIAL EVENTS



BESTLIFE SUPPORT PROGRAM

Monday to Friday (Wollongong)

The BestLife Support Program includes options from fishing to Zumba. There's something for everyone.

- Active Monday
- Life Skills Tuesday
- Outdoor Wednesday
- Leisure Thursday
- Creative Friday

The program runs for 12 week blocks and commences each week day from the Wallis Centre at 114 Church Street, Wollongong. Call us to arrange a site visit.



SPECIAL EVENTS

Throughout the year

We offer special event excursions for participants when they become available, like:

- Disney on Ice
- Nitro Circus
- Musicals & theatre productions
- Rodeo for Life
- Supercross
- Tulip Festival
- Christmas Carols



DRAGONS & HAWKS HOME GAMES

Rugby League & Basketball Season (Wollongong)

- We love to support our local teams and attend all of the home games for the St. George Illawarra Dragons (Rugby League) and the Illawarra Hawks (Basketball).
- We also attend 'watch parties' at a local club for the St. George Illawarra Dragons away games.

INDIVIDUAL SUPPORT, DAILY LIVING & CAPACITY BUILDING



INDIVIDUAL SUPPORT & COMMUNITY INCLUSION

Any time (Illawarra Region)

Individual Support is great for outings to pursue personal interests or hobbies, assist you with sporting activities, or to work towards your goals.

At Interchange Illawarra we are risk aware, not risk averse, say 'we'll give it a go' rather than 'we can't'. We'll always try to link you with Support Workers who share common interests, display initiative and creativity.



DAILY LIVING

Any time (Illawarra Region)

If you require assistance with cleaning, cooking or other daily living 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.



CAPACITY BUILDING

Any time (Illawarra Region)

- 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, learn how to cook your favourite meal, or even start a small business.

SHORT TERM RESPITE, BREAKS & WEEKENDS AWAY



SHORT TERM RESPITE

Any time (Wollongong or Lake Illawarra)

Our Short Term Respite accommodation options are a great place to relax. We have a house at Wollongong (within walking distance of the Central Business District) and a villa at Lake Illawarra (close to the beautiful lake foreshore area). Both houses feature accessible bathrooms, lounge areas, outdoor seating areas and modern kitchens. We can help you work out an itinerary to make the most of your stay. You could go exploring or settle in to enjoy some relaxation time. You can even get a group of friends together and make your own weekend away.



SHORT BREAKS

Throughout the year (New South Wales)

Short Breaks provide loads of fun for participants and respite for carers. We love city breaks, farm stays, and coastal locations. We ask participants what activities they would like to do and don't schedule every minute of the trip, preferring to be adventurous and flexible!

Support is provided by experienced disability Support Workers who are already familiar to the participants from other Interchange Illawarra group activities, or previous short breaks.



WEEKENDS AWAY

4pm Friday to 3pm Sunday (Evans Street, Wollongong & Kemira at Kanahooka)

- Weekends Away offer short term respite to participants, with their friends from the Social Support Groups.
- Separate boys' and girls' weekends include activities like dinner and dancing at a local club, day trips, shopping, bowling, movie nights, cooking and more!

YOUNG ADULTS & HIGH SCHOOL STUDENTS



YOUNG ADULT SUPPORT OPTIONS

Any time (Illawarra Region)

Our Young Adult Support Options are designed for young people (18 to 25 years of age) with low to moderate support needs.

We offer support to do fun things, exercise, learn a new skill, work towards a goal or even take you to an appointment. We can also organise activities with other young people who enjoy the same things you do like bowling, going to see live music or an exhibition. We highly encourage young people to team up against their Support Workers in challenges like Laser Tag!



SCHOOL HOLIDAYS

School Holidays (Wollongong)

We offer many great activities during school holidays including day trips like Luna Park, Jamberoo Action Park, and Symbio, fishing, craft, cooking, ten pin bowling, Timezone, Flip Out, bushwalking, LEGO® days, putt putt mini golf, Laser Tag and much more.

Make some new friends and do some really fun stuff in a supported environment. Interchange Illawarra's Youth Programs are designed for high school students with an NDIS plan and low to moderate support needs.



SATURDAY CLUB

Saturday day time (Wollongong)

Activities include things like ten pin bowling, bushwalking, movies, putt putt mini golf, Laser Tag, fishing, day trips, pizza and gaming, Timezone and much more. We help to make your Saturday extra fun!

Interchange Illawarra's Youth Programs are designed for high school students with an NDIS plan and low to moderate support needs.

PARENTS/CARER ACTIVITIES



PARENT/CARER HEALTH & WELLBEING

Events run throughout the year

We are extremely proud of our Parent/Carer Health and Wellbeing Program which provides opportunities for parents and carers to attend **free** social events to meet others in a similar circumstance, socialise, learn new skills and enjoy some fun time out that's all about them. This connection encourages relationships that strengthen informal networks.

Our health and wellbeing activities vary from year to year and include lunches, morning teas, wine tasting bus trips, Carers Week events, workshops, craft days and men only events.



MYTIME

TAFE terms, North Wollongong TAFE

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, run by TAFE NSW, Big Fat Smile and Interchange.

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



CARERS ADVISORY COMMITTEE

Quarterly

The Carers Advisory Committee is made up of parents and carers who use Interchange Illawarra services and are interested in hearing about the latest news, the wider NDIS, as well as contributing ideas and feedback directly to our CEO.

Come and enjoy a light lunch and conversation with like-minded people at the Wallis Centre. This meeting is held quarterly and invitations are issued through our Parent/Carer newsletter.

ABOUT US:



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 and person centred:** We offer multiple models of support to prevent unnecessary over servicing, so we can offer the best value for money. We pride ourselves on delivering person centred service.

OUR PROPERTIES:



THE WALLIS CENTRE (HEAD OFFICE)

114 Church Street, Wollongong



SOUTHERN OFFICE

153 Pur Pur Avenue, Lake Illawarra



SOCIAL SUPPORT CENTRE

14a Evans Street, Wollongong



THE COTTAGE (SHORT TERM RESPITE)

14 Evans Street, Wollongong



THE VILLA (SHORT TERM RESPITE)

10 Stanley Street, Lake Illawarra



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