

SPECIALISED SUPPORT

VETERANS

The first of its kind in Australia, **Veteran Central** is a specialised one-stop facility that puts Defence Veterans and their families first, with their needs met under one roof. You will find medical, mental health and dental practitioners, counselling, aged-care support and wellbeing programs.

RSLWA's services of advocacy and transitional assistance, employment support and welfare assistance is a key part of the services available within ANZAC House.

ANZAC House Veteran Central (AHVS)

The RSLWA is the governing body of RSL Sub-Branches across Western Australia. They aim to commemorate, support and provide comradeship to veterans and their families. The RSLWA has continuously provided camaraderie and assistance to those returned from service for well over one hundred years.

Founded to support veterans and their families, the core mission has never changed, but has continued to grow and evolve as the needs of each generation changed. From young and old, ex-serving to current, male and female alike the RSLWA is there to assist.

The RSLWA advocate for the best possible conditions for those who have served and foster a spirit of respect and thanks from a grateful nation through commemorative services and events, "Our voice is strong. Our will stronger still."

Their branch network across the state allows for assistance to be given to any veteran in need.

Member or not, a warm welcome is always waiting for you at your local RSL Sub-Branch: <https://www.rslwa.org.au/members-area/sub-branches/>

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This facility was purpose-built to make the lives of Veterans and their families easier. RSLWA felt it was time to put the needs of those who were willing to sacrifice everything for this great country first.

Veteran Central ensures simplified and streamlined access to a range of important and relevant services which occur under four crucial pillars of service delivery.

No more confusion, no more duplication of services and support and no more re-telling of case history over and over.

ANZAC House is also home to ANZAC Club, ensuring our ex-servicemen and women and their families continue to be socially engaged and connected, within a community that understands them.

Veteran Central Service Providers

Ground Floor - Concierge, Cafe, Karrakatta Club

Concierge

Friendly and professional concierges are available to greet you and facilitate access to the building.

T: 08 9287 3711

Poppy Lane Café and Florist

Open until 2.30 pm on weekdays. Phone 0421 048 511.

The Karrakatta Club

The oldest club for women in Australia, the Club's membership has its founding roots in advocacy for women and we continue to welcome new members. A varied program of activities offers members and guests the opportunity to socialise, dine, converse together and continue to learn during the weekly program of Lyceum presentations.

T: 08 9325 8111

Email Reception: reception@karrakattaclub.com.au

First Floor - ANZAC Club

The ANZAC Club

The members' club is a vibrant, comfortable space for veterans, their friends and families, service providers and neighbouring professionals to enjoy great company, along with quality food and beverages. Their friendly, professional staff will attend to your every need, ensuring your lunch, dinner or social gathering is one to remember. For more about the ANZAC Club and events visit the ANZAC Club website: <https://anzacclub.org.au/> or call 08 9287 3777. For more about ANZAC Club memberships: <https://anzacclub.org.au/memberships>

Above and Beyond Dental

Above and Beyond Dental is a dental clinic in ANZAC House. They offer all forms of dental treatment and accept all health funds. Their primary service is to veterans and their families, assisting them with their ongoing health and dental care. Open Monday-Friday. Bookings call 08 6183 9989, A/H emergency on 0411 960 492. Visit the Above and Beyond Dental website: https://aandbdental.com/?utm_source=GMB

RESOLUTE for those who serve

A Consulting Psychiatrist assisting Defence personnel, ex-service Veterans and first-responders who have sustained physical and psychological traumas during duty. The Veteran-specific private psychiatrist is also passionate about helping those still in service prepare for transition into the civilian world. The service provides assessment and treatment for those experiencing mental health issues in their lives across a broad range of disabling conditions.

Optimis – Precision Care

Senior clinicians provide world-class Repetitive Transcranial Magnetic Stimulation (rTMS) for treating depression, pain, OCD, PTSD and other conditions. Contact reception@optimis.com.au or call 1800 FOR TMS (1800 367 867). Visit the Optimis, Precision Care website: <https://optimis.com.au/>

Home Care and Aged Care Services

The service provides assessment and treatment for those experiencing mental health issues in their lives across a broad range of disabling conditions. For more information call 08 9301 0299.

Open Arms – Veterans and Families Counselling

As a 24-hour, free, nationally accredited, nationwide, multidisciplinary mental health service, Open Arms offers a wide range of treatment and support options to provide clients with the best opportunity to access the right support, in the right place and at the right time. These include free and confidential access to individual counselling, mental health support, case management, psychoeducation workshops and group programs for current and former Australian Defence Force personnel and their families. Client Assist is the entry point for Open Arms services across Australia, providing 24/7 telephone support as well as one-off support and telephone counselling.

T: 1800 011 046: **Safe Zone Support** is an anonymous counselling line providing access to specialised counsellors without requiring the caller to identify themselves.

T: 1800 142 072: **Open Arms** website: <https://www.openarms.gov.au/> to know more about our services and who we support.

Lions Hearing Clinic, part of Ear Science Institute Australia

From hearing aids to hearing implants, tinnitus and balance services, we provide ongoing support and treatment, commission-free. To book, call 1800 054 667 or visit the website:

<https://www.earscience.org.au/lions-hearing-clinic>

Veteran Central Clinical Psychology

Provides trauma-focused therapy for PTSD, including cognitive therapy and EMDR.

To book, call 0439 666 616

Third Floor - GP, Medical Specialists and Skin Checks

Veteran Health Solutions

A service provider offering a multi-disciplinary team to ensure ease and speed of treatment for veterans and their families. Their fully integrated services include general medical, specialist surgical intervention, such as plastic, orthopaedic, neuro and general surgeons; cardiologists, ophthalmologists, ear-nose-and-throat specialists, diabetes educators and podiatry services. Their physiotherapists, occupational therapists and exercise physiologists are accredited in the early intervention and rehabilitation of acute injury/chronic disease management. Veteran Health Solutions also provides skin cancer checks and treatment. What this means for veterans and their families is that they will not have to repeat their stories at each consult. Please email your booking request to reception@redimed.com.au for general medical appointments or call 08 9230 0900. For all skin check appointments please book through the Mole Patrol website: <https://molepatrol.com.au/>

Fourth Floor - RSLWA (Advocacy, Employment, Welfare)

RSLWA

Employment service – Contact: vetjobs@rslwa.org.au

Welfare support – Contact: welfare@rslwa.org.au

Advocacy Support – Contact: advocacy@rslwa.org.au

For all RSLWA queries

T: 08 9287 3799



RSLWA

First Nations Australians

It is important to find aged care services that respect your culture as well as meet your care needs. If you are an Aboriginal or Torres Strait Islander person, and 50 years or older, there are services that provide specialised care.

MyAgedCare

Aged Care Services - Support for Aboriginal and Torres Strait Islander people

Type of care

Some aged care providers employ Aboriginal or Torres Strait Islander people to provide care, include your local community in aged care planning and providing care and have buildings for cultural ceremonies and family visits.

Purpose

Whether you are looking for help at home or considering moving into an aged care home MyAgedCare can help you to find and access a range of culturally appropriate aged care services.

What can I discuss with potential aged care providers?

If you are looking at aged care homes, this '10 Questions to Ask' brochure is a helpful resource. It lists questions and tips written by doctors, nurses and experts experienced in aged care.

When you meet with an aged care provider, you, a family member or trusted friend can talk with them about how they can help and support you.

Depending on your needs and experiences, you can discuss how Aboriginal or Torres Strait Islander people can be involved in your care, such as staff, or community members; having someone you trust with you during decision-making processes; how your cultural and spiritual needs can be a part of your care plan; how staff will make sure those needs are met; ways to help you keep in contact with family and friends; supporting your connection to culture through social activities and outings; understanding and respecting your history and how this may impact your care, such as the trauma experienced by the Stolen Generation and culturally respectful support during illness or end of life, such as return to Country.

Support

If you are a **Stolen Generations survivor**, there are some helpful resources from the Healing Foundation. You may like to share these resources with your chosen provider to help them better understand your care needs.

https://healingfoundation.org.au/resources/?resource_type=28

What care is available in remote areas?

The **National Aboriginal and Torres Strait Islander Aged Care Program (NATSIFAC)** funds culturally safe aged care. A culturally safe environment is one where you feel safe and secure in your identity, culture and community setting. It's available for older Aboriginal and Torres Strait Islander people in rural and remote areas.

These services provide flexible care that recognise, respect and support your unique cultural identity and traditions; meets your needs, wants and rights; allows you to remain close to home and community.

These providers can help you with residential care on a permanent or short-term basis; emergency or planned respite care and home-based care.

Support

T: 1800 200 422 Freecall

W: <https://www.myagedcare.gov.au/support-aboriginal-and-torres-strait-islander-people>

To access the '10 Questions to Ask' brochure go to:

<https://www.10questions.org.au/PDF/10%20questions%20to%20ask-ATSI%20FINAL%202019.pdf>

National Aboriginal and Torres Strait Islander Flexible Aged Care Program

The National Aboriginal and Torres Strait Islander Flexible Aged Care Program provides culturally appropriate aged care to older Aboriginal and Torres Strait Islander people close to their home and community. **The service providers in this program deliver a mix of aged care services, mainly in rural and remote areas.**

Support

E: NATSIFACP@health.gov.au

<https://www.health.gov.au/initiatives-and-programs/national-aboriginal-and-torres-strait-islander-flexible-aged-care-program>

Kungkarrangkalpa Aged Care Service

NHS is an Aboriginal Community Controlled health service providing care to indigenous people living in communities across the vast Ngaanyatjarra Lands in remote Western Australia, near the Northern Territory/South Australian borders.

Support

T: 08 8955 8068

Address: Wanarn Community, Main Rd, Wanarn, WA, 6743

KUNGKARRANGKALPA AGED CARE (WANARN AGED CARE FACILITY)

https://www.google.com/search?q=Kungkarrangkalpa+Aged+Care+Service&rlz=1C1GGRV_enAU820AU869&oq=Kungkarrangkalpa+Aged+Care+Service&aqs=chrome..69i57j0i22i30.1879j0j7&sourceid=chrome&ie=UTF-8

GUWARDI NGADU AGED CARE:

You will be close to nature at Juniper Guwardi Ngadu in Fitzroy Crossing where the outdoors is a special place.

Support

T: 08 9191 5240

Address: Forrest Rd, Fitzroy Crossing, WA, 6765

GUWARDI NGADU FRAIL AGED HOSTEL:

<https://www.healthdirect.gov.au/australian-health-services/20095023/guwardi-ngadu-frail-aged-hostel/services/fitzroy-crossing-6765-forrest#ee4a34f8-b9dc-d9da-40a0-e4bf0d5664b1>

Ngamang Bawoona

Close to the heart of the Kimberley community, Juniper Ngamang Bawoona is a safe and happy home designed around a lovely internal garden.

Support

T: 08 9161 5500

Address: 33 Sutherland St, Derby, WA, 6728

JUNIPER NGAMANG BAWOONA:

<https://www.healthdirect.gov.au/australian-health-services/20157760/juniper-ngamang-bawoona/services/derby-6728-33-sutherland-street>

Yaandina Home Care

Yaandina's residential aged care centre seeks to provide an ageing in place centre for local residents who wish to live out their twilight years in familiar surroundings and in close proximity to family and friends.

Support

T: 08 9182 1172

Address: 56 Hampton St, Roebourne, WA, 6718

YAANDINA COMMUNITY SERVICES: <https://yaandina.org.au/our-services/aged-care-services/>

Health Services for Aboriginal and Torres Strait Islander people

Health services for Aboriginal people in the Perth metropolitan area.

Support

T: 08 9222 4222

https://www.healthywa.wa.gov.au/Articles/N_R/Perth-Aboriginal-services-health-services

Primary Health Care Activity

As part of the program, the **Primary Health Care Activity** provides grants for these services. This includes services delivered by Aboriginal Community Controlled Health Services (ACCHSs), as well as mainstream services across the health system.

Support

T: 08 9222 4222

<https://www.health.gov.au/initiatives-and-programs/primary-health-care-activity>

Primary Health Networks

The Primary Health Networks across Australia improve access to coordinated care. Improving Aboriginal and Torres Strait Islander people's health is one of their key priorities.

Support

T: 08 9222 4222

https://www.health.gov.au/initiatives-and-programs/phn?utm_source=health.gov.au&utm_medium=callout-auto-custom&utm_campaign=digital_transformation

Aboriginal and Torres Strait Islander Health Initiatives and Programs

A list of Australian Government initiatives and programs relating to Aboriginal and Torres Strait Islander health is available at:

T: 08 9222 4222

<https://www.health.gov.au/health-topics/aboriginal-and-torres-strait-islander-health/initiatives-and-programs>



CULTURALLY AND LINGUISTICALLY DIVERSE (CaLD) PEOPLE

It is important to find aged care services that respect your culture as well as meet your care needs.

CALD communities comprise a crucial portion of the Australian population. Nearly half of all Australians were either born outside of Australia or had one or both parents who were born outside of Australia. CALD populations in Australia hail from 190 different nations and 300 distinct ancestries which leads to a multicultural society in the country.

People with a CALD background face barriers when accessing services for older people:

- Speak languages are difficult to comprehend
- Cultural differences in customs and religious beliefs
- Discrimination and racism are two things that people are exposed to
- There is a scarcity of information on services
- There is a lack of knowledge regarding rights and obligations
- Literacy skills are insufficient
- Afraid of being stigmatized both inside and beyond their communities
- Difficulty comprehending their community's function
- In the rising requirement for access to services, a lack of computer access may represent a barrier

MyAgedCare

Aged Care Services - Support for Culturally and Linguistically Diverse people

Type of care

If you are an older person from a culturally and linguistically diverse (CALD) background, or you are caring for an older person from a CALD background, there are aged care services specifically for you. Many organisations now offer specific diets, activities, languages or spiritual needs, whatever your cultural, linguistic or spiritual background.

Purpose

If you speak a language other than English, you can call the **Translating and Interpreting Service (TIS National)** for support to talk to My Aged Care or with your aged care provider about your services.

TIS National covers more than 100 languages and is available 24 hours a day, 7 days a week, for the cost of a local call.

MyAgedCare can help you access aged care information in other languages. There are also printable brochures, posters and spoken information in other languages to help you get started with MyAgedCare.

What can I discuss with potential aged care providers?

If you are looking to move into an aged care home, the '10 Questions to Ask' brochure can be a helpful resource. It provides a list of questions that can help people from culturally and linguistically diverse backgrounds find a suitable provider. The questions are written by doctors, nurses, and other experts with experience in aged care.

To access the '10 Questions to Ask' brochure go to:

<https://www.10questions.org.au/PDF/10%20questions%20to%20ask-CALD%20FINAL%202019.pdf>

Support

T: 1800 200 422

W: <https://www.myagedcare.gov.au/support-people-culturally-and-linguistically-diverse-backgrounds>

Office of Multicultural Interests (OMI)

OMI Services Directory

The services directory provides contacts details for services available in Western Australia from government and non-government organisations and business groups in WA including arts, recreation and sport, family support and health.

W: <https://www.omi.wa.gov.au/communities-and-networks/services-directory>

Support

T: 08 6552 7300

Address: Gordon Stephenson House, 140 William Street, Perth WA 6000

W: <https://www.omi.wa.gov.au/home/about-us>

The Chung Wah Association 'Community & Aged Care'

Chung Wah Community & Aged Care (CAC) is dedicated to improving the quality of life for non-English speaking migrants, seniors and people with disability in Western Australia.

Chung Wah Community and Aged Care (CAC) is a group under the umbrella of the Chung Wah Association. CAC's goal is to provide care for the aged and disabled community, particularly non-English speakers, in Western Australia.

Currently, they provide government funded and culturally appropriate aged care and disability services to more than 700 frail, elderly and/or disabled clients with different health conditions from Chinese, Vietnamese, Cambodian and other ethnic communities throughout the Perth metro area. They also deliver a series of general community programs and events for Asian migrants and the community at large.

The CAC workforce consists of staff, support workers and volunteers from over 20 culturally and linguistically diverse backgrounds. Despite the differences in spoken language, what is common to all of their people is our care for everyone, not only seniors and people with disabilities.

Chung Wah understand that all of their clients are unique in their own way and they welcome everyone no matter where they are from. They want to know you as a person, to offer you choices, to fulfil not just your needs, but your dreams. They understand your challenges, because they walk in your shoes, speak your language, and understand your culture.

It is undeniable that the future holds many uncertainties and Chung Wah can guarantee you that their CAC people will be there for you when you need them, and ensure that your life journey will be filled with happy, meaningful memories.

Chung Wah Community & Aged Care Services

- National Disability Insurance Scheme (NDIS)
- Home Care Packages
- Evergreen College
- Day Long Centre (Respite Centre (DLRC))
- Community Outings
- Commonwealth Home Support Programme (CHSP)
- Interim Hospital Packages (IHP)
- Private Arrangements
- Allied Health

Support

T: 08 9328 3988

E: enquiry@chungwahcac.org.au

Address: 1/98 Lake St, Northbridge WA 6003

W: <https://chungwahcac.org.au/services>

Umbrella Multicultural Community Care Services Inc.

Umbrella Multicultural Community Care delivers innovative and culturally appropriate aged care services to over 800 seniors from 67 different countries.

Umbrella Inc. offers over 20 innovative and culturally diverse aged care services, for people over 65 years of age. Their programs support individuals to stay connected and live independently in their homes. All people are welcome to be part of Umbrella's family.

Their main focus is to support people from culturally and linguistically diverse backgrounds and the LGBTI community.

Umbrella Inc. provides quality personalised care, matching staff, languages and activities with clients.

Services are provided by trained, culturally competent bilingual staff. We are proud to deliver services that value people, promote inclusion and make a difference.

Umbrella Multicultural Community Care Services

- At Home Care
- Golden Age Club
- Social Clubs and Activities
- Health and Fitness
- Excursions
- Carer's Group

Support

T: 08 9275 4411

E: enquiries@umbrellacommunitycare.com.au

Address: 39 Abernethy Rd, Belmont WA 6104

W: <https://umbrellacommunitycare.com.au/>

Multicultural Services Centre of Western Australia

Multicultural Services Centre of Western Australia Inc. (MSC) is an established provider of diverse community services and programs. MSC has been supporting culturally and linguistically diverse (CaLD) Western Australians for over four decades and aims to address the unmet needs of migrants and refugees.

The purpose of MSC is to meet the settlement, welfare, education and training, cultural, legal and related needs of culturally and linguistically diverse Western Australians; and to use its cultural and linguistic service planning and delivery expertise to undertake initiatives to respond to natural and other disasters and humanitarian causes overseas.

Multicultural Services Centre of Western Australia Services

- Aged Care
- Disability
- Emergency Relief
- Family Mediation
- Housing
- Job's and Skills Centre (JSC)
- Mental Health
- Settlement (SETS)
- Temporary Australian Residents



Support

Head office (Registered Office)

T: 08 9328 2699

Address: 20 View St, North Perth, WA 6006

W: <https://www.mscwa.com.au/>

LGBTQI+ PEOPLE

Older people of diverse sexual orientation and gender identity should be able to access aged care services that are responsive and respectful of their care needs and consider their history and any experiences of discrimination and marginalisation.

MyAgedCare

Aged Care Services - Support for lesbian, gay, bisexual, transgender and intersex people

Type of care

Given their experiences of discrimination and limited recognition of their needs by service providers, people who identify as lesbian, gay, bisexual, transgender and/or intersex (LGBTI) have been identified as having special needs for aged care.

Purpose

The National Lesbian, Gay, Bisexual, Transgender and Intersex (LGBTI) Ageing and Aged Care Strategy aims to improve the ageing and aged care experience of LGBTI elders and ensure they have the same opportunities and options in aged care that are available to all Australians.

What can I discuss with potential aged care providers?

If you are looking to move into an aged care home, the '10 Questions to Ask' brochure can be a helpful resource. It provides a list of questions that can help older people with diverse sexual orientation and gender identity including LGBTI find a suitable provider. The questions are written by doctors, nurses and other experts with experience in aged care.

Support

T: 1800 200 422 Freecall

<https://www.myagedcare.gov.au/support-lesbian-gay-bisexual-transgender-and-intersex-people>

To access the '10 Questions to Ask' brochure go to:

<https://www.10questions.org.au/PDF/10%20questions%20to%20ask-LGBTIQ%20FINAL%202019.pdf>

To access Aged Care for LGBTI Elders: Getting started with MyAgedCare factsheet go to:

<https://www.myagedcare.gov.au/sites/default/files/2019-04/aged-care-for-lgbti-elders-getting-started-with-my-aged-care.pdf>

To access Finding LGBTI Inclusive Home Care Packages on the Service Finder factsheet go to:

<https://www.myagedcare.gov.au/sites/default/files/2019-04/lgbti-finding-lgbti-inclusive-home-care-packages-on-the-service-finder.pdf>

To access LGBTI Ageing and Aged Care resources go to:

https://www.health.gov.au/health-topics/aged-care?utm_source=health.gov.au&utm_medium=redirect&utm_campaign=digital_transformation&utm_content=agedcare

GLBTI Rights in Ageing Inc.

LGBTI elders should be welcomed and feel safe to be themselves in all environments and with all services

GRAI was established in Perth, Western Australia in August 2005 to support GLBTI into ageing. Primarily this has focused on quality housing options and services for older and ageing people of diverse sexualities and gender identities.

GRAI are a voluntary group that works to enhance the quality of life for GLBTI (gay, lesbian, bisexual, trans*, intersex) elders, focusing on improving GLBTI awareness in aged care services (both residential and community care). We also aim to promote healthy ageing and social inclusion for older GLBTI people through a range of events and projects.

Support

E: info@grai.org.au

W: <https://grai.org.au/about-us/>

GRAI Village Hub

Social isolation is widespread for many LGBTI elders and the impact of COVID-19 has highlighted feelings of loneliness and disconnection during this unprecedented time. LGBTI seniors are less likely than non-LGBTI people to have children or other nuclear family members to support their ageing and they are also more likely to be caring for a friend or family member.

GRAI's Village Hub will be led by and for older LGBTI people, offering multidimensional peer support and service development for the community and will continue to deliver and support current social activities, such as Lesbians who Lunch and Meet & Muse, Queer Book Club and Barn Dance.

Film nights, information sessions and workshops will be offered that reflect the interests of the GLBTI community. An LGBTI Elders' Advisory Group will be established to advise on the Hub activities.

A Befriender Program will be established coordinating Peer Elders to provide a one-on-one befriending service for vulnerable and isolated individuals.

Support

E: info@grai.org.au

W: <https://grai.org.au/grai-village-hub/>

Living Proud

Living Proud promotes the wellbeing of the LGBTIQ+ Community in Western Australia.

Support

T: 08 9486 9855

W: <https://www.livingproud.org.au/>

QLife Counselling

Living Proud is the WA partner for QLife. QLife is a national lesbian, gay, bisexual, transgender, intersex and queer (LGBTIQ+) counselling and referral service. QLife provides a nation-wide, early intervention, peer supported telephone and web based service to diverse people of all ages experiencing poor mental health, psychological distress, social isolation, discrimination, experiences of being misgendered and/or other social determinants that impact on their health and well-being.

They help callers with a range of issues relating to sexuality and gender, including coming out, as well as more general issues, such as relationship problems or simply a safe space to chat.

Support

T: 1800 184 527

W: <https://www.livingproud.org.au/qlife/>

HealthDirect

Free Australian health advice you can count on. Mental health resources for lesbian, gay, bi, transgender and intersex people (LGBTI).

If you are part of the lesbian, gay, bi, transgender and intersex (LGBTI) community and struggling with your mental health, you are not alone.

Life can be challenging, with all the complexities of work, relationships, friendships, finance and families. Staying mentally strong is not always easy.

Support

T: 1800 022 222

W: <https://www.healthdirect.gov.au/lgbti-mental-health>

PEOPLE LIVING WITH A DISABILITY

Disability care services is a disability support system which is responsive to the particular needs and circumstances of people with complex and high needs for support. Universal personal and community support services are available to meet the needs of people with disability, their families and carers.

What is disability home care?

Disability care at home is simply practical help with anything from everyday tasks like housework and bathing, to assistance with complex needs. Specially trained disability carers can be employed to come into the home and lend a hand.

What is in home support service?

Home Care services can assist with a wide range of tasks. The most common include dressing, bathing, meal preparation, cleaning and laundry, gardening and basic home maintenance, transport, nursing and allied health and therapy services.

Who funds disability services in Australia?

The NDIS is jointly funded and governed by the Australian Government and the States and Territories. The scheme replaces current and former disability support services provided by State and Territory governments. The NDIS is run by the Australian Government's National Disability Insurance Agency (NDIA).

Support

T: 1800 800 110

W: <https://www.ndis.gov.au/>

W: <https://www.healthdirect.gov.au/introduction-to-disability-services-and-the-ndis>

Uniting WA (Perth Metro)

Uniting WA advocates by standing with someone or speaking up on their behalf to make sure their interests and rights are being heard.

'Your Say' Advocacy Service

'Your Say' is a **free and confidential** advocacy service funded by the National Disability Advocacy Program that promotes and protects the rights of people with disability and those who identify as having a mental health issue. It is available to people who live in the Perth metro area.

Support

T: 1300 663 298

W: <https://unitingwa.org.au/services/advocacy/>

Developmental Disability WA have an Easy Read guide to getting help from an Advocate via the link below:

<https://unitingwa.org.au/wp-content/uploads/2020/08/Getting-help-from-an-Advocate-EasyRead-all-agenciesWA.pdf>

Advocacy WA (South West Region)

Support

T: 08 9721 6444

E: admin@advocacywa.org.au

W: <https://advocacywa.org.au/>

Kin formerly Ethnic Disability Advocacy Centre (Perth Metro and Regional)

Kin helps people from diverse backgrounds living with disability, their families and carers.

Support

T: 08 9388 7455 Freecall: 1800 659 921

E: admin@kinadvocacy.org.au

W: <https://kinadvocacy.org.au/>

Explorability (Perth Metro and Regional)

Explorability Inc. provides individual advocacy for people with disability, their families and carers throughout Western Australia.

Support

T: 08 6361 6001 Freecall: 1800 290 690

E: admin@explorability.org.au

W: <https://www.explorability.org.au/>

Midlas (North East Region of Perth)

Disability advocates provide individual advocacy, guidance and support to people with a disability, their carers and families.

Support

T: 08 9250 2123

E: admin@midlas.org.au

W: <https://midlas.org.au/services/disability-advocacy/>

People with Disabilities WA (PWdWA) Perth Metro and Regional

Advocating for the rights and empowering the voices of people with disability in Western Australia

Support

T: 08 9420 7279 Freecall: 1800 193 331

E: info@pwdwa.org

W: <https://www.pwdwa.org/>

Sussex Street Community Law Service Inc. (Mid-west, Goldfields and Esperance and Great Southern Regional Areas)

Sussex Street Community Law Service is a free and readily accessible legal service to low income and disadvantaged people in the Western Australian community.

Support

T: 08 6253 9500 Country Callers and IDAS: 13400 648 655

W: <http://www.sscls.asn.au/>

Carers WA

Carer Gateway

Carer Gateway is an Australian Government initiative providing a mix of free online, telephone and in-person supports, services and advice for family carers in Australia. These services have been specifically designed and tested by carers to help reduce stress and build resilience in the caring role.

In addition to a number of resources available through the National Carer Gateway website, dedicated in-person supports and services are being delivered throughout the States and Territories through a network of Carer Gateway Service Providers. In **Western Australia**, Carers WA is leading the delivery of these in-person services, in partnership with their delivery partner, 'HelpingMinds'.

Services available to local WA Carers through Carers WA and its partners

Services are free to access for anyone looking after a family member or friend with disability, a medical condition, mental illness or someone who is frail due to age.

Does not affect any other state or territory carer services, young carer bursaries or other services delivered through My Aged Care or the National Disability Insurance Scheme.

Carer Support Planning

Capturing a holistic picture of a carer's individual circumstances and developing a tailored and personalised action plan of supports and services to alleviate areas of strain.

In-person Peer Support

A free, facilitated, four-part training peer support program.

In-person and Telephone Counselling

Available through Carers WA and HelpingMind's teams of qualified and accredited counsellors.

Facilitated Coaching

This service offers carers an opportunity to receive coaching to assist with identifying and reaching personal goals, whether they are related to the caring role or not.

Carer Directed Support

Financial support to provide carers greater control of the services they engage and how and when they are utilised.

Respite Care

Available in the form of emergency respite support and planned respite.

Support to register with the Carer Gateway

T: 1800 422 737

W: www.carergateway.gov.au

There are also many other services that provide support to people living with a disability where fees may be applied.

