



Returning to the Community

It can be like a maze to find community services that provide you with exactly what you want, when you want it. This guide is a collection of community resources and services that will provide a starting point in gaining assistance to return to your community and daily life.

The organisations are listed, some have a brief description and there is a mix of state, federal and local/regional contacts. You can be referred to

your local regional contacts via this list, if outside the metropolitan areas. Should you need further information on any of the resources, please phone the numbers provided, or contact ParaQuad NSW, the Community Spinal Specialists, call **02 8741 5674** or the Spinal Outreach Team (SOS) on **02 9334 0400** or Spinal Cord Injuries Australia on **9661 8855** for advice about the direction you should take.



Further information

Personal care

- Attendant Care Program – Department of Ageing, Disability and Home Care (DADHC) (*apply to the Program Manager through an application process for up to 34 hours of Personal Care*) **02 8270 2000**
- Home and Community Care (HACC) is part of the NSW Department of Ageing, Disability and Home Care (DADHC). They have a range of programs and services available in DADHC regional areas contact **1800 052 222**.
- Carers Association in NSW **02 9280 4744** or visit www.carersnsw.asn.au
- Commonwealth Carers Resource Centre **1800 242 636**
- Commonwealth Carer Respite Centres **1800 059 059** (*for your nearest centre*)

Counselling and support

- Alcoholics Anonymous (Alcohol and Drug Counselling) **02 9799 1199** (*24 Hours*)
- Anglican Counselling Centre **02 9799 9311** (*also in Penrith & Wollongong*)
- Bereavement Care Centre **02 9869 3330**
- Compassionate Friends – 'Bereavement' on **02 9290 2355**
- Interrelate (*formerly Family Life*) **02 9745 5544**

- Lifecare **02 9793 3119**
- Narcotics Anonymous (*24 hours*) **02 9212 3444**
- Relationships Australia **1300 364 277**
- Unifam Counselling and Family Mediation **02 9261 4077** or **02 9891 1628**
- SCI Australia provides Community and Peer Support call **02 9661 8855** or **1800 819 775** (*outside Sydney*) or email: support@spinalcordinjuries.com.au

Education information and assistance

- ABSTUDY, Austudy, Pensioner Education Supplement (PES) (*see Benefits – Centrelink in Financial, Legal and Advocacy Matters Fact Sheet*)
- TAFE NSW **13 16 01** or Disability Programs Unit **02 9244 5085** or visit www.det.nsw.edu.au/disabilityaccess
- Open Training & Education Network (OTEN) **02 9715 8000** (*general enquiries*) or **02 9715 8601** and **1300 362 890** (*for Disability Support*)
- University Admissions Centre (NSW & ACT) **02 9752 0200** or www.uac.edu.au, Alternative Access Schemes www.uac.edu.au/admin/schemes.html



Scholarships

- Golden Stave Foundations (*for students with SCI*) contact ParaQuad NSW **02 8741 5600**
- Thomas Hepburn Lennox Scholarship Trust (*for past or present clients of The Northcott Society*) **02 9890 0100**
- Suzi Duncan Scholarships (*offers flight training and can assist with financial support*) call Wheelies with Wings **02 4877 2772**
- Gregory and Dolores Farrell Scholarships Spinecare Foundation **02 4877 2772**

Communication services and assistive technology

- Ability Technology (*Have qualified staff who can assess and give support in all matters associated with computer and communication devices, environmental control systems and they can adapt equipment to suit your needs*) **02 9907 9736** or **www.abilitytech.com.au**
- Northcott Society contact **02 9890 0100**
- Sensis Call Connect **12456** Service – Exemptions for Call Connect Service charges available to consumers who have permanent upper limb mobility impairment. For an exemption form contact **1800 068 424**
- Telstra's Disability Equipment Program — Contact **1800 068 424** or — TTY **1800 808 981** — **www.telstra.com.au/disability**

Accommodation/housing information and assistance

- NSW Department of Housing Contact Centre Ph: **13 15 71** (*24 hours, 7 days*) Fax: **02 9821 6288**
- Commonwealth Carelink Centre **1800 052 222**
- Home Modifications and Maintenance Scheme **13 12 44** or Download PADP Consumer Guide from **www.health.nsw.gov.au**
- Independent Living for the Physically Disabled **02 9622 5557**
- Northcott Society **02 9890 0100**
- ParaQuad NSW call the Manager of Accommodation and Care on **02 8741 5626**

- Shelter NSW **www.shelternsw.infoxchange.net.au**
- Transitional Accommodation information available through SCInfo on **02 9661 8855** or **1800 819 775** (*outside Sydney metro. area*)
- Veterans Housing **13 32 54** or Freecall **1800 555 254** **www.dva.gov.au**

Transport and travel

- Car Modifications ParaQuad Engineering **02 8741 5612** or **02 8741 5684**
- CountryLink **131 500**
- Mobility Parking Scheme **13 22 13**
- NICAN **1800 806 769**. Qantas Carer Concession Card available from NICAN also or visit **www.nican.com.au**
- NSW Isolated Patient Travel and Accommodation Assistance Scheme (IPTAAS) Contact local office via NSW Department of Health **02 9391 9000**
- Taxi Transport Subsidy Scheme **1800 623 724**
- Travel and Tourist information **02 9661 8855** or **1800 819 775** (*outside Sydney*)
- Wheelchair Accessible Taxi's **02 8332 0200** or Freecall **1800 043 187** or TTY **9020 3315** or Hearing Impaired **02 9689 8899**
- NRMA Wheelchair Repairs (*Sydney only*) **13 11 11**

Driver rehabilitation programs

- Coorabel Royal Ryde Rehabilitation Centre on **02 9808 9328**
- Cumberland Health and Research Centre University of Sydney on **02 9351 9331**

Spinal Injuries Units — NSW Metropolitan

- Prince of Wales Hospital Spinal Cord Unit/Occupational Therapy Randwick **02 9382 5930** Sport and Recreation Officer **02 9382 5900**
- Royal North Shore Hospital Spinal Cord Injury Unit/ Pacific Highway, St. Leonards **02 9926 8740** Occupational Therapist **02 9926 8786**
- Moorong Spinal Unit Royal Rehabilitation Centre 600 Victoria Road, Ryde **02 9808 9269** Recreation Therapist **02 9809 9061**

Regional

- Hunter Rehabilitation Service
621-623 Hunter Street,
Newcastle NSW 2302
02 4925 7888
- Port Kembla Hospital
Rehabilitation Age and Extended Care
Spinal Unit CNC Leslie Brennan
89 Cowper Street, Warrawong
02 4223 8216
- ParaQuad NSW has a team of Regional
Network Representatives who can provide
information about disability services available
in your local area please contact
02 4969 6388 or **1800 636 388** (*North and
North-West NSW*) and get referral to
appropriate representative in your area.
- SCIA also provides a Regional Support
Network for information regarding your local
area please call **02 9661 8855** or
1800 819 775 (*outside Sydney*)

Other information services

- SCI Australia has an information service on
02 9661 8855 or **1800 819 775** or email:
information@spinalcordinjuries.com.au
- Commonwealth Carelink (1800 052 222)
www.commcarelink.health.gov.au assists with
health, community aged care, disability and
other support services in the community,
acting as a single point of contact to obtain
up-to-date information about services.
- ACROD NSW or NSW National Industry
Association for Disability Services provide
information on disability services nationally
and state-wide call **02 9554 3666** or visit
www.acrodnsw.net
- Disability Access Service (*book and videos on
disability are available to borrow*) **02 9273 1583**
- Interpreters (*Translating and Interpreter Service
24 hours*) **13 14 50**
- NICAN (*information on recreation, tourism, sport
and the arts for people with disabilities*)
02 6285 3713
- Paraparents (*Support group for mothers who have
a SCI, who are having children*) Contact Spinal
Cord Injuries Australia on **02 9661 8855** or
visit **www.spinalcordinjuries.com.au**

Other useful websites

- The Access Foundation at
www.accessibility.com.au
- Open Training & Education Network (OTEN)
TAFE visit **www.spinalworks.net.au**
- American Association of SCI Nurses
www.aascin.org
- Canadian Paraplegic Association
www.canparaplegic.org/national/index.html
- Disabled Women on the Net:
www.disabilityhistory.org
- Disability Rights Promotion International:
http://www.yorku.ca/drpi/index.asp
- Women with Disabilities Australia
www.wwda.org.au
- Disability World **www.disabilityworld.org**

