

# Disability Services Guide

For Children and Young People



Artwork by local artist, James Parker

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# Mental Health Services

## General

### Mental Health Emergency Line

131 465

24 hours a day, 7 days a week for all ages.

### Kids Helpline

Open every day, 24/7

1800 55 1800

Kids Helpline is a free, 24/7 online and phone counselling service for children and young people aged 5-25. To talk to a Kids Helpline Counsellor through web chat, please see: <https://kidshelpline.com.au/get-help/webchat-counselling>

### Be You

08 8394 2165

Be You is a mental health care and well-being initiative to promote positive mental health in children and young people. The website provides a range of online, evidence-based tools, resources and professional learning to help better understand and recognise mental health concerns in children. For more information, please see:

<https://beyou.edu.au/>

# Mental Health Services

## In the Campbelltown Council area

### Psychology Clinic – UNISA Health

8302 4013

UNISA Magill Campus, N Building

The Psychology Clinic provides therapeutic services for children, adolescents and adults. Therapy sessions have a \$15 fee for Concession Card holders and a \$30 standard fee. Cognitive and learning assessments have a \$250 fee for Concession Card holders and a \$450 non-concession fee. Clinical Psychology students deliver the sessions, under supervision of qualified Clinical Psychologists.

### CAFHS – Child and Family Health Services

Monday-Friday 9am-4.30pm

1300 733 606

CAFHS Paradise – 22 Campbell Road, Paradise – Il Nido Children's Centre  
CAFHS Windsor Gardens - McKay Avenue, Windsor Gardens – Avenues College  
CAFHS Trinity Gardens – 160 Port Rush Road, Trinity Gardens – Trinity Gardens Children's Centre

The Child and Family Health Services support South Australian families with children aged 0-5 years, by providing free health checks, developmental assessments and wellbeing needs.

## **Child Focus Psychology**

Monday and Thursday 2pm-5.30pm, Tuesday and Friday 9am-5pm  
(08) 8337 2358

Shop 4, 145 Montacute Road, Newton

Child Focus Psychology focuses on children with toileting difficulties up to the age of seven. Support includes general toilet training difficulties, primary enuresis and primary encopresis support and Childcare/Kindergarten/School Support to support with toilet training outside the home. Sessions run for one hour and clients can access support through a Mental Health Care Plan, referral from a GP or paediatrician or NDIS plans. Client payment is required.

## **Mental Health Services In the surrounding Council area**

### **CAMHS – Child and Adolescent Mental Health Service**

Monday-Friday 9am-5pm  
1300 222 647

The Child and Adolescent Mental Health Service is a free community-based mental health service, providing individual and family therapy, group programs, hospital based mental health care for children and young people and information provisions for parents and carers.

### **Willow Tree Psychology and Wellbeing**

Monday-Friday 9am-5pm  
416 Magill Road, Kensington Gardens  
8331 3936

Willow Tree Psychology and Wellbeing offers a wide range of different psychology services. Willow Tree offers targeted psychological interventions for children and youth. Willow Tree accepts self-funded referrals, Mental Health Care Plan Referrals, Private Health Rebates and NDIS participants.

### **Family Time Australia**

308 Payneham Road, Glynde  
(08) 7221 2322

Family Time Australia offers support Australia wide with online and face-to-face programs and interventions. Therapy programs include Speech Therapy, Psychosocial Therapy, Occupational Therapy and Nutritional Therapy. Group programs include yoga time, game time, art time, school time, photo time, sport time, social time, garden time and tasty time.

## **MCP&P**

Monday-Friday 9am-5pm  
72 Fullarton Road Norwood  
(08) 7231 1703

MCP&P offers online resources for patients and families in regards to childhood depression, anxiety in children, bullying, sleep, gender identity, Autism and more. MCP&P also offer Child Psychology, Play Therapy and Child and Adolescent Psychiatry. For further information, please see:  
<https://mcpp.com.au/resources-for-patients/>

## **Support Coordinators and Plan Managers**

**(Support Coordination and Plan Manager Services can be accessed despite your location)**

### **Baptcare NDIS drop in sessions**

Do you, or someone you know, need help with the NDIS?

Baptcare are the Local Area Coordinator for the NDIS in the Campbelltown Council area and they provide support for the community at the Campbelltown Library and The ARC Campbelltown (Aquatic & Recreation Centre) every month. Please see details below. No booking necessary, you can just drop in at either site.

#### **Campbelltown Public Library**

171 Montacute Road, Newton  
Every Wednesday fortnightly, 12.30pm – 3.30pm

#### **The ARC Campbelltown**

531 Lower North East Road, Campbelltown  
First Wednesday of every month, 9.30am – 11.30am

For more information, contact Baptcare:

Phone: 1800 960 595  
Email: [Baptcare.SA@ndis.gov.au](mailto:Baptcare.SA@ndis.gov.au)

### **Kudos Services**

(08) 8348 650  
<https://kudoservices.com.au/>

Kudos Services supports and celebrates every person with disability – from early intervention to ongoing therapy. Kudos Services coordinates the NDIS for 0-6 year olds across South Australia.

## **My Plan Manager**

1800 954 294

My Plan Manager is an Australia wide, Plan Management Service.

## **Enabled4life**

Registered Australia wide

Monday-Friday 9am – 5pm

1300 667 454

Enabled4Life is an NDIS Plan Management service supporting with payments, maintaining records and keeping within your NDIS budget.

## **From Here 2 Home**

(08) 7123 4162

From Here 2 Home provides support coordination and specialist support coordination for NDIS participants.

## **Care Plan Management**

(08) 7117 1409

Care Plan Management offers support with NDIS plans and getting the most out of your funding package. Care Plan Management processes payments within three working days and have a live view portal to keep track of your support budget.

## **Start to Finish Plan Management**

0434 978 393

Start to Finish Plan Management supports with paying invoices and service providers, help keep track of your funds and manage reporting and compliance.

## **Aspect Plan Management**

1300 770 986

Aspect Plan Management is an independent company to support with paying invoices and *'take the hassle out of your NDIS finances.'*

## **Harmony & Heart Support Coordination**

0410 029 649

[info@harmonyandheart.com.au](mailto:info@harmonyandheart.com.au)

Harmony & Heart is a Support Coordination service, supporting with navigating your NDIS plan, monitoring your NDIS budget, assistance in time of crisis and assist in plan reviews and finding creative ways to use your funding to achieve your NDIS goals.

## **First Choice Plan Management**

Monday-Friday 8am-6pm

08 8490 8719

First choice Plan Management is a plan management service for individuals and families across Australia. First Choice Plan Management supports with understanding your NDIS funding, pay providers and manage your budget.

### **BoraCare**

3/28 Lower Port Rush Road, Marden  
1800 920 020

BoraCare provides a person-centred approach to support you to meet your NDIS goals. Services include Support Coordination, Capacity Building and NDIS Core Supports.

### **Yogi Care**

Monday-Friday 10am-5pm  
1/398 Payneham Road, Glynde  
(08) 7082 5555

Yogi Care is an NDIS Plan Management service supporting with payments, keeping track of funding and maintaining records. Yogi Care offers an online client portal to have access to your NDIS plan, budget and invoices.

### **Health Assure Plan Management**

1300 545 095

hello@healthassure.com.au

Based at Health @ Campbelltown and specialising in NDIS Plan Management.

## **Support Workers, Respite, In-Home and Community Support**

(Support can be accessed despite your location as Support Workers come to you, Support can also be accessed outside work hours if organised with the service)

### **National Care Australia**

521 Lower North East Road, Campbelltown  
08 7084 1544

National Care Australia offers a range of support services including group activities, Community and in-home support, nursing care and transport support.

### **Peers Healthcare Providers**

1A Weymouth Street, Campbelltown  
08 8180 0672

Peers Healthcare Providers provides support for NDIS clients, including day care services, Community care services, Community Nursing and more.

### **Good Deeds Disability Service**

Monday – Friday 9am-5pm  
Saturday and Sunday 9am-1pm  
7 Flinders Parade, Newton  
0435 199 157

Good Deeds Disability Service provides assistance with daily personal activities, assistance with travel, community participation and daily living skills for NDIS participants.



## **The Angels, Disability Support Services**

0422 322 550

Athelstone

The Angels provides Respite Care, Daily Living Support, Community access support and Medication Administration for NDIS participants.

## **Adore Care Services**

0413 422 315

7 Greenwillow Avenue, Paradise

Adore Care Services provides In-Home Support, Community support, Support Coordination and Health and Medication support.

## **Cara**

(08) 8347 4588

Cara provides a wide range of services. For Children aged 4-17, support includes home and community support, transition planning and specialist services.

## **Holistic Care SA**

(08) 7423 9600

Holistic Care SA provides Community Access, Personal Care, Meal Preparation, Medication support, plus more, to children and adults with a disability.

## **Minda**

Monday-Friday 9am-5pm

1300 164 632

Minda supports individuals with an intellectual disability. For children, Minda provides short-term accommodation and individual support.

## **Support & Therapy at Home**

0451 588 200

Support & Therapy at Home provides in-home support services, mentoring and social, community and recreation services.

## **Australian Carers**

13 77 77

Australian Carers provides a wide range of support services for NDIS participants including community access, in-home care, personal care and more.

## **Unique Ambition Care**

0451 180 838

Unique Ambition Care provides home and personal care support, assistance with daily living, social community services and transport support.

## **OptimumCare Plus**

(08) 8164 6961

OptimumCare Plus provides support including travel, in-home and community support and daily living skills to individuals aged 7-65 years old.

## **Allcare Community Support**

Monday-Friday 9am-5pm

(08) 8336 0066

1/592 North East Road, Holden Hill

Allcare Community Support provides Domestic Assistance, Medication Support, Social Inclusion and Community Access, Travel support, Personal Care and In Home Assistance for children, adolescents and adults with an NDIS plan or support package.

## **Afford**

1300 233 673

586 North East Road, Holden Hill

Afford supports NDIS participants throughout Australia. Support includes Allied Health, Support Coordination and In-Home Support for individuals aged seven and up. Afford supports with Capacity Building through improved daily living and improved relationships and core assistance with daily life.

## **Resilient Kicks**

Monday-Friday 9am-5.30pm

8123 8666

226 Magill Road, Beulah Park

Resilient Kicks follows a resilience approach to support children and young people to discover self-worth, resilience and emotional regulation, through Support Work, Psychology, Exercise Physiology, Art Therapy and Tutoring services for NDIS participants.

## **AEON Disability Support Services**

Monday-Friday 9am-5pm

0469 397 054

Office C/2A Port Rush road, Payneham

AEON Disability Support Services follows an inclusive learning and growth approach to support NDIS participants. Support options include, Supported Independent Living, Short-term Accommodation and Assistance, School Holiday programs, community participation, Day options at the hub, and in home care.

## **Apple Care Community Services**

56 Port Rush Road, Payneham

08 7081 5295

Apple Care Community Services provides Personal Care Support and Community Participation and Transport.

## **Inclusive Lifestyle**

Monday-Friday 9am-5pm

(08) 7230 1185

106 Wattle Street, Fullarton

Inclusive Lifestyle is a Social Service organisation providing support for children, adolescents and adults who are NDIS participants. Support includes Day Options, Respite Care, in-home Mentoring and Supported Independent Living.

## **Access 4 U**

Monday-Friday 9am-5pm  
242 Glen Osmond Road, Fullarton  
1800 022 237

Access 4 U is a registered NDIS Provider, providing a range of supports including, Social and Community Participation, Transport Services, Support Coordination, Positive Behaviour Support, In-home support and more.

## **Scarlet Homecare**

(08) 8120 4069  
Suite 2, 276A Main North Road, Prospect

Scarlet Homecare offers high intensity support for individuals with high intensity care needs. Support includes catheter management, medication management, tracheostomy management, ventilator management, bowel management and wound management. Scarlet Homecare also provides in-home support for daily personal activities, Community nursing participation and Support Coordination.

## **Total Support Services**

7 Glen Osmond Road, Eastwood  
1800 800 877

Total Support Services offers a range of services including in-home support, Nursing Services, Support Coordination, Plan management, Skill Development and Community support.

## **Life without Barriers**

Monday-Friday 9am-5pm  
1800 935 483  
100 Greenhill Road, Unley

Life without Barriers provides support to both NDIS and non-NDIS participants. Support includes Daily Living Skills, Supported Independent Living, Support Coordination, Health and Wellbeing.

## **YourKids Children, Youth and Adult Support Services**

Monday-Friday 8.30am-5pm  
8269 5521  
55 North East Road, Collinswood

YourKids provides a wide range of services including short and long-term accommodation, in home services, respite, supported independent living and support accommodation to children and young people with disability and have NDIS.

## **Mentoring Australia**

Level 24, Westpac House, 91 King William Street, Adelaide  
(08) 8366 6540

Mentoring Australia provides mentoring services. This includes setting healthy boundaries and capacity building skills.

## **Tibii Disability Support Services**

Monday – Friday 8.30am-5pm

Saturday 10am-2.30pm

Sunday 11am-1pm

08 7070 6181

Tibii Disability Support Services provides a wide range of different services including Support Coordination, In-Home Support, assistance with life stages and transitions, transport support and CALD specialist support services.

## **Hireup**

9113 5433

Hireup is an Australian wide NDIS registered online platform. Hireup allows individuals with disability to find their own independent support workers. To find a support worker, please see: <https://hireup.com.au/>

## **Mable**

1300 736 573

Mable allows individuals to find their own independent support workers through an online platform. Support workers are able to create their own profile, which states their experience, qualifications, availability, hourly rate and interests. To find a support worker, please see: <https://mable.com.au/>

## **Clickability**

hello@clickability.com.au

Clickability is an online platform to support individuals to connect with NDIS or non-NDIS registered providers based on your individual specific needs. To find services, please see: <https://clickability.com.au/>

## **Mobility**

1300 438 227

Mobility is an online platform to find, choose and book your own local support workers and carers. To find a support worker, please see:

<https://www.mobility.com.au/>

## **Careseekers**

1300 765 465

Careseekers is an online platform to connect individuals to disability support workers. To find a support worker in your area, please see: <https://www.careseekers.com.au/>

# Physiotherapy

## In the Campbelltown Council area

### **Cerebral Palsy and Movement Disorder Clinic – UNISA Health**

8302 4344

Magill Allied Health Clinic, UNISA Magill Campus, Off Bunday Street, Magill  
Cerebral Palsy and Movement Disorder Clinic at Magill Allied Health Clinic, offers one-hour individual sessions with children with Cerebral Palsy, seeking to improve movement and fitness. Children can have access to five sessions and progress will be reviewed at the end of the five sessions to determine if further sessions are required. A \$10 fee is required per session. Student Physiotherapists deliver the sessions, under supervision of qualified Physiotherapists.

### **Puzzles Strengths and Conditioning**

Monday, Tuesday and Thursday, 9am-7pm

586 Lower North East Road, Campbelltown

0402 986 896

Puzzles Strengths and Conditioning is a Physiotherapy service that focuses on improving the lives of individuals living with disability. Support includes strength and conditioning, cardiovascular health and mental health.

# Physiotherapy

## In the surrounding Council area

### **A Bright Choice, Paediatric Physiotherapy**

0405 927 699

Kensington Park

A Bright Choice supports children and young people with movement and sensory challenges through Physiotherapy and Occupational Therapy support. A Bright Choice accepts both NDIS and non-NDIS participants.

### **Kids Physiotherapy and Podiatry**

Monday-Tuesday 8am-4pm

Home, School, Community or clinic (Norwood)

Physiotherapist – 0468 926 661 - Podiatrist – 0422 206 786

Kids Physiotherapy and Podiatry offers in home, school, community or clinic support. Physiotherapy supports with gross motor and development assessments, early intervention to address movement disorders and more. Podiatry supports with custom orthotics, footwear and management of lower leg pain.

### **Achieving Abilities**

Monday-Friday 8am-5pm

Saturday 8.30am-12pm

307 Payneham Road, Royston Park

0431 048 684

Achieving Abilities is an Exercise Physiology Service that supports children and young people with a disability, health condition, developmental delay or needing guidance on increasing their physical activity levels.

### **MOVEability Physiotherapy for Kids**

Monday-Thursday 9am-5pm

0413 493 722

MOVEability provides clinic and mobile community based Physiotherapy, Occupational Therapy and Hydrotherapy services for babies, children and teenagers. MOVEability offers Physiotherapy at Burnside Kindergym, Hydrotherapy at the ARC Campbelltown pool, home visits and school visits. Funding options include NDIS, Private Health Insurance and Medicare.

### **Moving Bodies Physiotherapy**

1800 709 104

Moving Bodies is a mobile physiotherapy service that comes to you.

## **Speech Pathology**

**In the Campbelltown Council area**

### **Speech Pathology Clinic – UNISA Health**

8302 4013

Magill Allied Health Clinic, UNISA Magill Campus, Off Bunday Street, Magill  
Magill Allied Health Clinic offers Speech Pathology to support children to reach their full speech potential. Acceptable funding streams include NDIS, Medicare referrals and private health claims.

### **Umbo**

1300 636 162

Umbo provides online Occupational Therapy and Speech Pathology services for children with developmental delays, learning disabilities, intellectual disabilities and hearing loss.

## **Speech Pathology**

**In the surrounding Council area**

### **Vibrant Expressions**

313 Payneham Road, Royston Park

0455 585 544

Vibrant Expressions is a speech pathology service for both NDIS and non-NDIS participants.

## **Nurture Speech Pathology**

Monday-Friday 9am-5pm  
65 Port Rush Road Payneham  
(08) 8102 4209

Nurture Speech Pathology is a paediatric speech pathology service for both NDIS and non-NDIS participants.

## **Talk Speech Pathology**

Monday-Friday 9am-5pm  
(08) 8358 1114  
1A Cassie Street, Collinswood

Talk Speech Pathology supports with speech sounds, talking and listening, eating and feeding, spelling and reading and social skills.

# **Occupational Therapy**

## **In the surrounding Council area**

### **Making Sense Occupational Therapy**

Monday – Friday 8am-5.30pm  
(08) 8366 6530

239 Magill Road, Maylands

Making Sense provides Occupational Therapy Services including assessments and treatments. Occupational Therapy services are offered from home or in a school environment.

### **Living to the Max, Occupational Therapy**

Monday – Friday 9am-5pm  
(08) 8331 0566

291 The Parade, Beulah Park

Living to the Max is an Occupational Therapy Service for adolescents and adults. Support includes Assistive Technology support, Home Modifications, Wheelchair seating assessments, Manual person transfer assessments and more.

### **A Bright Choice, Paediatric Physiotherapy**

0405 927 699

Kensington Park

A Bright Choice supports children and young people with movement and sensory challenges through Physiotherapy and Occupational Therapy support. A Bright Choice accepts both NDIS and non-NDIS participants.

### **Occupational Therapy for Children and Youth – UniSA Health**

8302 0986

Health and Medical Clinic, UNISA City West Campus, 27-29 North Terrace

The Health and Medical Clinic offers assessments and treatment for children and youth. An Occupational Therapist works with you and your child to build new skills

and develop strategies with fine motor skills, gross motor skills, sensory processing and more. Services are delivered by accredited Occupational Therapists.

## **Podiatry Services**

### **In the Campbelltown Council area**

#### **Orthotic SA**

8368 7444

586 Lower North East Road, Campbelltown

Orthotic SA develops orthotics for foot, ankle and knee management, custom plagiocephaly helmets and neuromuscular conditions.

#### **Podiatry Clinic – UNISA Health**

8302 4013

The Podiatry Clinic can be accessed from UNISA City West Campus, City East Campus or Magill Campus

The Podiatry Clinic offers foot and lower limb assessments, as well as foot care and footwear education for children 14 years and younger. A referral is not required.

#### **Sole Podiatry**

Wednesday 8.30am-6.30pm

8362 7032

12 Lower Portrush Road, Marden

Sole Podiatry offers a wide range of different podiatry services. For paediatrics, Sole Podiatry offers children's assessments for issues associated with co-ordination, balance and posture and support in regards to regarding fine and gross motor skill.

#### **Podantics Podiatry**

Monday, Tuesday, Friday 9am-5.15pm

Wednesday, Thursday 8.30am-5.30pm

8364 0112

5/81-83 St Bernards Road, Magill

Podantics Podiatry offers complete feet assessments for children. Podantics Podiatry supports children with disabilities such as Autism or Developmental Delays.

## **Podiatry Services**

### **In the surrounding Council area**

#### **Kids Physiotherapy and Podiatry**

Monday-Tuesday 8am-4pm

Home, School, Community or clinic (Norwood)

77 Beulah Rd, Norwood

0468 928 661

Kids Physiotherapy and Podiatry offers in home, school, community or clinic support.

Physiotherapy supports with gross motor and development assessments, early



intervention to address movement disorders and more. Podiatry supports with custom orthotics, footwear and management of lower leg pain.

### **Podiatry Clinic – UniSA Health**

14 Bunday Street, Magill 5072  
8302 4013

The Podiatry Clinic can be accessed from UniSA City West Campus, City East Campus or Magill Campus. The Podiatry Clinic offers food and lower limb assessments, as well as foot care and footwear education for children 14 years and younger. A referral is not required.

## **Allied Health Services**

### **In the Campbelltown Council area**

#### **Il Nido Children’s Centre for Early Childhood Development and Parenting**

Monday-Friday 7am-6pm  
8365 3839

22 Campbell Road, Paradise

Il Nido supports families to have access to a range of SA health services and programs. This includes health promotion materials and activities on dental health, healthy eating, physical activity and health, child development and parenting information. At Il Nido, they have an Allied Health Program with Occupational therapists and Speech Pathologists who support children at risk of developmental delays.

The Community Development Officer at Il Nido supports parents and families to participate in playgroups, parenting programs and community events.

## **Allied Health Services**

### **In the surrounding Council area**

#### **Afford**

1300 233 673

586 North East Road, Holden Hill

Afford supports NDIS participants throughout Australia. Support includes Allied Health, Support Coordination and In-Home Support for individuals aged seven and up. Afford supports with Capacity Building through improved daily living and improved relationships and core assistance with daily life.

#### **Therabees**

Monday – Friday 9am-5pm

(08) 7006 3379

37 Barnes Road, Glynde

Therabees provides Paediatric Allied Health Services for registered NDIS participants. Services include Physiotherapy, Occupational therapy, Speech Pathology, Hydrotherapy, social groups and Intensive Therapy.

### **Family Time Australia**

308 Payneham Road, Glynde

1300 175 640

Family Time Australia offers support Australia wide with online and face-to-face programs and interventions. Therapy programs include Speech Therapy, Psychosocial Therapy, Occupational Therapy and Nutritional Therapy. Group programs include yoga time, game time, art time, school time, photo time, sport time, social time, garden time and tasty time.

### **Chat Well Allied Health**

Monday – Friday 9am-5pm

Unit 2, 1 Rellum Road, Greenacres

(08) 8102 0118

Chat Well Allied Health is an Allied Health Service offering Speech Pathology, Wellbeing Services, Autism Assessments and Social Groups.

### **Lively Eaters Feeding Services**

Monday – Friday 8.30am – 5pm

(08) 7226 6395

298 Port Rush Road, Kensington

Lively Eaters is a practice with Allied Health Feeding Therapists to support children and families who are experiencing mealtime, tube feeding and eating or drinking difficulties from birth throughout early school and teenage years.

### **Adelaide Paediatrics**

360 Magill Road, Kensington Park

08 7123 6176

Adelaide Paediatrics offers a wide range of services for children including Gastroenterology, Dieticians, Occupational Therapy, Psychology, Physiotherapy, Podiatry, Speech Pathology and Pathology. Adelaide Paediatrics can support with Psycho-Educational Assessments, Auditory Processing Disorder Assessments and Autism Assessments. Adelaide Paediatrics support NDIS participants.

### **Complete Disability Services SA**

08 8166 1820

Office Suite 2A/2 Port Rush Road, Payneham

Complete Disability Services provides Occupational Therapy, Physiotherapy, Speech Pathology, Developmental Education, Counselling, Support Coordination, Psychosocial recovery and Allied Health Assistance.

### **Connect Allied Health**

Monday-Friday 9am-5pm

40 The Parade, Norwood

8337 8770

Connect Allied Health is an NDIS registered Allied Health Service. Services include Speech Pathology, Occupational Therapy, Dietetics, Podiatry, Physiotherapy, Autism Diagnostic Assessment and Positive Behaviour Support.

### **Lifestart**

1800 953 390

Lifestart provides online therapy support for children and young people aged 0-24 years old, who are NDIS participants, to develop daily living skills. Support includes Speech pathologists, Occupational Therapist, Physiotherapists, Behavioural Specialists, Social Workers, Psychologists and educators, from the comfort of your own home.

## **Mobility Support Services In the Campbelltown Council area**

### **Recharge Scheme - <https://www.rechargescheme.org.au/recharge-finder/>**

The Recharge Scheme is a website designed to find recharge points in your local area for your electric mobility scooter or wheelchair.

### **Campbelltown Accessible Toilet Facilities -**

<https://www.campbelltown.sa.gov.au/community/disability/accessible-toilet-facilities>

The Council website lists Adult Change Facilities and Accessible Toilet Map.

### **The National Public Toilet Map - <https://toiletmap.gov.au/>**

The National Public Toilet Map shows the locations of wheelchair accessible toilets, adult change tables and baby care, across Australia.

### **Locate a BlueBay -**

<https://community.geohub.sa.gov.au/portal/apps/Media/index.html?appid=6a96c71477434e72a3c65664e448c1fe>

Locate a BlueBay is a mobile-friendly database to help individuals with a disability locate accessible parking spaces across South Australia.

### **Healthy Hips Australia**

[info@healthyhipsaustralia.org.au](mailto:info@healthyhipsaustralia.org.au)

Healthy Hips Australia provides resources, education and support for children and families impacted by hip dysplasia. For further information and resources, please see: <https://www.healthyhipsaustralia.org.au/>

## **Mobility Support Services**

**In the surrounding Council area**

### **Technology for Ageing and Disability SA (TADSA)**

Monday-Thursday 9am-5pm

8261 2922

31 Blacks Road, Gilles Plains

Technology for Ageing and Disability provides support for children and adults.

TADSA specialises in modifying and making equipment specific for your child to gain or maintain independence.

### **Petchey Construction**

Monday-Friday 8am-5pm

8362 8387

167 Port Rush Road, Maylands

Petchey Construction supports with home modifications for independent living.

Modifications include grab rails, installation of higher toilets, access ramps and more.

### **Living to the Max, Occupational Therapy**

Monday – Friday 9am-5pm

(08) 8331 0566

291 The Parade, Beulah Park

Living to the Max is an Occupational Therapy Service for adolescents and adults.

Support includes Assistive Technology support, Home Modifications, Wheelchair seating assessments, Manual person transfer assessments and more.

### **Professional Assistance for Living**

941 Port Road, Cheltenham (By appointment only)

08 7092 4555

Professional Assistance for Living is Adelaide's specialist paediatric equipment supplier for children with a disability. Products include support with standing, sitting, walking, toileting, car safety, strollers, supported lying and therapy.

## **Deaf/Hearing impaired and Blind/Vision Impaired Support Services**

**General**

### **Auslan Services**

1300 287 526

Auslan Services is a nationally recognised agency to support Deaf Australians, which is based in Victoria. Services include Auslan interpreters to attend your site and interpret in person and video remote interpreting. For more information, please see:

<https://auslanservices.com/>

## **Deaf Children Australia**

1800 645 916

Deaf Children Australia offers a range of services Australia wide, and are based in Victoria. Deaf Children Australia offer Auslan Tutoring face-to-face and online. Ranges of other programs are offered, however depending on your geographical location will determine if you are able to access the service. To view a range of resources in regards to Auslan, deafness and hearing loss, culture and more, please see: <https://www.deafchildrenaustralia.org.au/resource/>

## **National Relay Service**

1300 555 727

National Relay Service is a service for individuals who are deaf and/or hard of hearing or have challenges speaking on the phone. National Relay Service have Relay Officers who stay with you on a phone call to ensure the call goes smoothly and to support with communication on the phone. You must register before using this service.

## **Aussie Deaf Kids**

Aussie Deaf Kids aims to empower parents raising a child with learning loss through online support, information and advocacy, and are based in NSW. For more information, please see: <https://www.aussiedeafkids.org.au/what-we-do>

## **Vision Australia**

Vision Australia has a range of accessible toys and early learning braille books to support blind and vision impaired children. To order online, please visit: <https://shop.visionaustralia.org/in-the-home/children.html>

## **Key Word Sign Australia**

1300 472 673

Key Word Sign Australia is a tool used to support children and adults with communication challenges to get their message across to others. Key Word Sign is not sign language, but borrows the sign language of Australia. Resources and training are available.

# **Deaf/Hearing Impaired and Blind/Vision Impaired Support Services**

**In the surrounding Council area**

## **Deaf Can:Do**

Monday-Friday 9am-5pm

185 Melbourne Street, North Adelaide

Deaf Can:Do provides support and education for deaf and hearing-impaired individuals. Support includes Community access, interpreter services, 1:1 support and Support Coordination.

## **Royal Society for the Blind of SA**

Monday – Friday 8.30am-5pm

1300 944 306

11 Blacks Rd, Gilles Plains

212 Pirie Street, Adelaide

Royal Society for the Blind SA provides services and resources for blind and vision-impaired individuals. Services include Occupational Therapy, Mobility and Orientation, Support Coordination, Counselling, support workers, Technology, Optometry and Employment services.

## **Nurtured Paediatrics**

Monday-Friday 8am-5pm

0412 516 532

Glenside

Nurtured Paediatrics provides Occupational Therapy services in home, education and Community settings. The Orientation and Mobility Specialist supports children who have low vision or blindness. Clients must have a Chronic Disease Management Plan, Private Health or NDIS funding.

## **Can:Do 4 Kids**

Monday-Friday 8.30am-5pm

(08) 8267 9200

185 Melbourne Street, North Adelaide

Can:Do 4 Kids specialises in hearing, vision and sensory services focusing on early intervention with child and youth for both NDIS and non-NDIS participants.

# Autism Support and Information Services

## General

### Office for Autism

<https://www.dpc.sa.gov.au/responsibilities/autism>

(08) 7133 7900

The state government has established the Office for Autism to improve outcomes for autistic individuals in South Australia. Through the development of policies and initiatives that support access, awareness, opportunity, connection and belonging, the Office for Autism is working towards creating an autism friendly state where autistic individuals can live great lives, and their families and communities are supported and valued. Visit the website to find out more.

### The A-List - <https://alithub.com.au/>

The A List is a program for individuals with Autism to find social and group activities, Australia wide.

### Amazing Skills for Kids and Teens

1800 060 164

Amazing Skills for Kids and Teens offer Autism Training via Zoom, for children and young people living across Australia. There are specific groups for boys and girls as well as parents. For further information, please see:

<https://www.amazingskills.com.au/>

### Autism SA

Monday-Friday 9am-5pm

(08) 8379 6976

Autism SA provides individualised and person-centred services and supports. Whether you are a person living with ASD and/or a family member, carer or professional looking for the latest information about ASD, Autism SA can assist you.

### Raising Children – The Australian Parenting Website

Raising Children provides educational tools in regards to Pregnancy, Newborns, Babies, Toddlers, Pre-schoolers, and School age, Pre-teens, Teens, Grown-ups, Autism and Disability. For further information and resources, please see:

<https://raisingchildren.net.au/>

### Amaze – Shaping the future for Autism

Amaze provides online educational resources to gain an understanding of Autism.

For more information, please see: <https://www.amaze.org.au/understand-autism/>

### Amaze – Autism Connect

Monday-Friday 8am-7pm

1300 308 699

Autism Connect is a free National Autism helpline, providing independent and expert information over the phone, email or web chat. For further information, please see:

<https://www.amaze.org.au/autismconnect/#webchat>

## **Asperlutely Autsome**

Asperlutely Autsome Inc organises social groups, events and weekends away for South Australian families living with Autism Spectrum Disorder.

<https://www.asperlutelyautsome.org/>

## **Autism Support and Information Services** In the surrounding Council area

### **MCP&P**

Monday-Friday 9am-5pm

72 Fullarton Road, Norwood

(08) 7231 1703

MCP&P offers online resources for patients and families in regards to childhood depression, anxiety in children, bullying, sleep, gender identity, Autism and more.

MCP&P also offer Child Psychology, Play Therapy and Child, and Adolescent

Psychiatry. For further information, please see: <https://mcpp.com.au/resources-for-patients/>

### **Adelaide Paediatrics**

360 Magill Road, Kensington Park

08 7123 6176

Adelaide Paediatrics offers a range of services for children including Gastroenterology, Dieticians, Occupational Therapy, Psychology, Physiotherapy, Podiatry, Speech Pathology and Pathology. Adelaide Paediatrics can support with Psycho-Educational Assessments, Auditory Processing Disorder Assessments and Autism Assessments.

### **Chat Well Allied Health**

Monday – Friday 9am-5pm

Unit 1 & 2, 1 Rellum Road, Greenacres

(08) 8102 0118

Chat Well Allied Health is an Allied Health Service offering Speech Pathology, Wellbeing Services, Autism Assessments and Social Groups.



# Aboriginal and Torres Strait Islander Support Services

## Deadly Kids SA

[healthdeadlykidssa@sa.gov.au](mailto:healthdeadlykidssa@sa.gov.au)

Deadly Kids SA aims to support Aboriginal Children to be happy, healthy and strong, by providing a number of different information fact sheets to promote the health and wellbeing of Aboriginal Children and their families across South Australia. For more information, please see the SA Health website.

## Aboriginal Family Support Services

Aboriginal Family Support Services have multiple offices in Metropolitan Adelaide and Regional South Australia.

Adelaide – 134 Weymouth Street – 8205 1500

For NDIS enquiries, please contact: [ndis@afss.com.au](mailto:ndis@afss.com.au) or 8281 2330

Aboriginal Family Support Services is a registered NDIS provider focusing on supporting the Aboriginal Community. Support services include Support Coordination, Early Childhood Support, in-home and Community Support and Mentoring.

## Watto Purrinna Aboriginal Primary Health Care Service

Watto Purrinna has four sites across Adelaide

Maringga Turtpandi – 1 Giles Crescent, Hillcrest, Giles Plains GP plus Super Clinic (08) 7425 8900

The Watto Purrinna Aboriginal Primary Health Care Service provides a free program of culturally sensitive services across Adelaide. Clinics are ran by Aboriginal Health Practitioners and Aboriginal Clinical Health Workers in partnership with Doctors, Registered Nurses, Allied Health Professionals and Wellbeing workers. Services for children and adults include Allied Health services, chronic disease management, diabetes management, immunisation services and wellbeing support.

## Bookyana – Connection to Culture, Community and Country

7 Ninith Street, Bowden

Bookyana is an Aboriginal owned and managed NDIS Service Provider. Bookyana provides Supported Independent Living, Positive Behaviour Support Services, Mentoring Services, Specialist Support Coordination and Support Coordination services in a safe and culturally responsive environment.

## Yarning SafeNStrong

1800 959 563

Yarning SafeNStrong is a free, 24 hour, confidential phone counselling service for the Aboriginal and Torres Strait Islander community

## **The ACT Centre**

(08) 8363 1963

The ACT Centre supports Aboriginal children, adolescents and adults with mental health, trauma, and relationships. The ACT Centre works with many Aboriginal primary health care sites within metropolitan, regional, and remote South Australia.

## **WellMob**

<https://wellmob.org.au/>

WellMob is an online resource including websites, apps, videos, and online counselling focusing on social and emotional wellbeing within the Aboriginal community.

## **Tjindu Foundation**

0433 118 523

The Tjindu Foundation supports Aboriginal children in communities across South Australia through cultural education and employment, connection to culture and sporting programs.

# **Meal and Eating Support Services In the Campbelltown Council area**

## **The Family Cook**

103 Reid Avenue, Hectorville

(08) 7095 2222

The Family Cook is a registered NDIS provider, cooking meals for South Australians. All meals are ready-to-eat and can be fresh or frozen. Dietary requirements are followed and can make meals for clients with swallowing challenges.

## **Able Foods**

1300 123 2253

Able Foods is specifically designed for the needs of people with disability. Able Foods provides textured modified meals with high levels of nutrients to be delivered to your door.

# **Meal and Eating Support Services**

## **In the surrounding Council area**

### **Lively Eaters Feeding Service**

Monday – Friday 8.30am – 5pm  
(08) 7226 6395

298 Port Rush Road, Kensington

Lively Eaters is a practice with Allied Health Feeding Therapists to support children and families who are experiencing mealtime, tube feeding and eating or drinking difficulties from birth throughout early school and teenage years.

### **Adelaide Paediatrics**

360 Magill Road, Kensington Park  
08 7123 6176

Adelaide Paediatrics offers a wide range of services for children including Dieticians. The Dieticians can provide nutrition support for medical conditions, disabilities and developmental delays.

### **Talk Speech Pathology**

Monday-Friday 9am-5pm  
(08) 8358 1114

1A Cassie Street, Collinswood

Talk Speech Pathology supports with speech sounds, talking and listening, eating and feeding, spelling and reading and social skills.

### **Eatability Feeding Services**

Monday – Friday 8am-5pm  
(08) 7222 9272

Unit 3-4 Prospect Road, Prospect

Eatability provides services looking at the bigger picture of what might be impacting your children's eating/drinking and feeding. Services include Feeding Assessments, Feeding Therapy and workshops.

# Disability Inclusive Sport and Recreation

To find further information on Disability Accessible Sports within South Australia, please see: <https://www.sports.org.au/southaustralia>

## One Culture Support Services

08 7080 3894

Unit 4&5 Churchill Rd, Kilburn 5084

[info@oneculturegroup.org](mailto:info@oneculturegroup.org)

One Culture Support Services offers a wide range of inclusive sports programs across Adelaide, focusing on health, wellbeing, motor skills, confidence and self-esteem. Programs are for individuals of all ages and abilities. Sports Programs include soccer, basketball, tennis, cricket, swimming, power chair soccer and power chair hockey.

## All Abilities Cheer and Dance

0420 466 064

[support@allabilitiescheeranddance.com](mailto:support@allabilitiescheeranddance.com)

All Abilities Cheer and Dance offers a range of inclusive cheer and dance classes around multiple different locations in Adelaide. All Abilities Cheer and Dance offers Perform-Ability Online Dance class for individuals of all ages and abilities. Perform-Ability has three face-to-face programs for varying ages and abilities. Other programs include competition pom teams, competition lyrical, strength, stretch and tumble, competition hip-hop, recreational dance, tap, ballet, junior dance and Zumba.

## South Australian Wheelchair Basketball Association

<http://www.sawba.org>

[sawheelchairbasketball@gmail.com](mailto:sawheelchairbasketball@gmail.com)

The South Australian Wheelchair Basketball Association offers a junior program for children under the age of 13, to play wheelchair basketball.

## Lolly Jar Circus

0435 828 443

Lolly Jar Circus aims to improve children's fitness, gross and fine motor skills through circus training. Lolly Jar Circus is an inclusive body and supports as many participants as possible including those with physical or intellectual disabilities or those socially at risk. Fees do apply and current classes are held at two locations in Elizabeth East and North Adelaide.

## Push and Power Sports Association (PAPSA) – Active Kids

Monday 4pm-5.30pm

Goodwood Community Centre - 32/34 Rosa Street, Goodwood

0424 040 883

[push.power.sa@gmail.com](mailto:push.power.sa@gmail.com)

Active Kids is a specifically designed program to provide a sports outlet for young children with a disability who utilises power or manual wheelchairs.

## **Lift Up Voices**

14-18 College Road, Kent Town  
0481 864 231

Lift Up Voices offers inclusive group or individual sessions, incorporating singing, song writing, recording, production, music and podcasting.

## **Playgroups and Playgrounds**

To find Playgroups within Campbelltown Council Area, please see:

<https://playgroupsa.com.au/find.html> or call 1800 171 882

To find Parks and Open Spaces within Campbelltown City Council Area, please

see: <https://www.campbelltown.sa.gov.au/recreation-and-leisure/parks-reserves-and-ovals/parks-reserves-ovals>

## **South Australia Play Therapy**

20 Mann Terrace, North Adelaide.  
0493 438 048

South Australia Play Therapy offers a range of different play therapies to support with cognitive abilities and verbal skills.

## **Playgroup SA – PALS Inclusive Supported Playgroup**

Thursday's 10.30am-12pm (School Term Only)

91 Prospect Road, Prospect

8344 2722

PALS is an inclusive supported playgroup program, which operates throughout South Australia. Five children with a disability, together with a PALS Program Facilitator participate in cultural, sport and recreation activities.

## **Thorndon Park Playground**

An all inclusive playground in Council's premiere park, Thorndon Park in Paradise. Visit the Council website for more information:

<https://www.campbelltown.sa.gov.au/development/major-projects/thorndon-park-playground>

## **Rymill Park Accessible Playground**

Rymill Park is a fully fenced inclusive playground, including wheelchair accessible equipment, wide paths, surfaces and gentle slopes.

## **Campbelltown Public Library**

Campbelltown Public Library holds a range of children and youth programs including Wiggle and Giggle, Storytime, Move and Groove, Little Bang Discovery Club and Minecraft Fridays.

# Disability Inclusive Entertainment and Leisure Facilities

## **The OT Store**

8091 6868

<https://theotstore.com.au/>

The OT Store is an online retailer that sells Occupational Therapy approved resources for children of all ages to assist with learning and development. Resources include sensory, emotional and behavioural, gross motor, fine motor, learning and handwriting.

## **My Sensory Space**

<https://sensoryspace.com.au/>

My Sensory Space is an online retailer that sells a wide range of different sensory items including, toothbrushes, haircare, chewables, weighted items, drop timers and more.

## **No Strings Attached Theatre of Disability**

Monday- Friday 9am-5pm

8363 5970

66 Nelson Street, Stepney

No Strings Attached is a theatre company that works exclusively with performers living with disability.

## **Club Cool – The Gov**

59 Port Road, Hindmarsh

Club Cool is a live music event for individuals living with a disability and their carers, families and friends. A gold coin donation is required. On the third Sunday of every month, three live bands perform at The Gov.

## **Semaphore Surf Life Saving Club**

8499 8088

[seabirds@semaphoreslsc.com.au](mailto:seabirds@semaphoreslsc.com.au)

During summer, throughout patrol hours, Semaphore Surf Life Saving Club is offering free hire of its beach accessible wheelchairs. Bookings are essential and patrol members will roll out beach matting and support you to get onto the beach.

# Advocacy Services

## **Disability Advocacy and Complaints Service of SA Inc. (DACSSA)**

70 Pirie Street, Adelaide.

08 7122 6030

DACSSA is a free, independent information and support organisation. DACSSA is able to provide information to assist individuals with making informed decisions in regards to NDIS, NDIS appeals, discrimination and human rights, equal opportunity, health, mental health and complaints about disability services.

## **Citizen Advocacy South Australia**

20 Myers Street, Adelaide

(08) 8410 6644

Citizen Advocacy support Community members who have an intellectual disability and who need someone to advocate and speak up for him or her to represent their best interest.

## **Independent Advocacy SA**

Ground Floor 99 Frome Street, Adelaide

1800 999 884

Independent Advocacy advocates for individuals with an intellectual disability. Individuals may be marginalised or at risk of violence, abuse, neglect and exploitation and Independent Advocacy, advocate for those individuals.

# Other Support Services

## **General**

### **EveryHuman** - <https://everyhuman.com.au/>

EveryHuman provides clothing and footwear with subtle modifications that make the dressing process easier.

### **Orange Cleaning**

Monday-Friday 9am-10pm

Saturday – Sunday 9am-5pm

1300 612 667

Orange Cleaning offers NDIS house cleans for individuals and families.

### **Down Syndrome SA**

[infoSA@downsyndrome.org.au](mailto:infoSA@downsyndrome.org.au)

Down syndrome Australia – 1300 881 935

Down syndrome SA - 0467 818 424

Down Syndrome SA is an information service for people with Down syndrome and their families who live in South Australia. For further information about Down syndrome, please see: <https://www.downsyndrome.org.au/resources/>

## **Epilepsy Foundation**

Monday – Saturday 9am-7pm

[epilepsy@epilepsyfoundation.org.au](mailto:epilepsy@epilepsyfoundation.org.au)

(03) 8809 0600

The Epilepsy Foundation provides online resources to understanding epilepsy, managing epilepsy and online education and training. For further information, please see: <https://epilepsyfoundation.org.au/>

## **Carer Support Groups**

[carerssa.com.au](http://carerssa.com.au)

1800 422 737

Carer support groups in the Campbelltown area.

## **Big Brothers Big Sisters of Australia**

Big Brothers Big Sisters of Australia is an Australian wide, Community-based mentoring program designed for young people who are socially isolated or disadvantaged to develop a greater sense of belonging and self-worth.

## **Raising Children – The Australian Parenting Website**

Raising Children provides educational tools in regards to Pregnancy, Newborns, Babies, Toddlers, Pre-schoolers, and School age, Pre-teens, Teens, Grown-ups, Autism and Disability. For further information and resources, please see:

<https://raisingchildren.net.au/>

## **Sunny App**

1800 737 732

Sunny is a free app for women with disability who have experienced violence and abuse to support you to, tell your story, understand what has happened, know your rights, find people who can help and understand what abuse is.

## **LiveWire Online**

8425 5971

LiveWire Online is an online platform for individuals aged twelve to twenty years old and are living with serious health condition, chronic illness or a disability. The platform allows individuals to build their own profile, make new friends, read articles, join groups and be a part of an online Community. To find out more, please see:

<https://livewire.org.au/>

## **Local General Practitioner**

<https://healthengine.com.au/>

A General Practitioner can provide support, general information and advice on eligibility in regards to the NDIS.



## **Companion Card**

A Companion Card is for individuals with significant and/or permanent disability. When a cardholder buys a ticket at participating venues and activities in South Australia, their companion or carer will be granted free entry. For further information, please see: <https://www.sa.gov.au/topics/care-and-support/disability/companion-card>

## **Disability Parking Permit**

A Disability Parking Permit allows vehicles to be parked in spaces where the international symbol of access is displayed. For further information, please see: <https://www.sa.gov.au/topics/driving-and-transport/disability/disability-parking-permit>

## **Special Care Dentist**

Monday- Tuesday 8.30am-5.30pm

Wednesday – Thursday 8.30am-7pm

Friday 8.30am-5pm

Suite 14, Brougham Plaza, 8-20 O’Connell Street, North Adelaide  
8239 1711

Special Care Dentist accommodates individuals with disabilities to have access to dental services. There is lift access and the rooms and corridors are wide enough for all large wheelchairs. Special Care Dentist has specialist equipment, which enables for dental services to be provided to patients with a wide range of disabilities and conditions including Para and Quadriplegic, Multiple Sclerosis, Muscular Dystrophy, Cerebral Palsy, Dementia, Autism Spectrum, Down syndrome and Anxiety. Special Care Dentist caters for all age groups, from children as young as two years.

## **The Lotus Project**

The Lotus Kids program has several locations across Adelaide.

Errington Special Education Centre – 21 Errington Street, Plympton  
(08) 7225 5589

The Lotus Project runs a Lotus Kids Saturday program for NDIS participants aged 4-15. Each session aims to support the children to develop daily living skills, friendships and communication, in a safe and supported environment.

## **Siblings Australia**

(08) 8253 4936

1A/85 Hutt Street, Adelaide

Siblings Australia provides support and resources for brothers and sisters of children with disabilities or chronic illness. For further information, please see:

<https://siblingsaustralia.org.au/>

## **MyTime**

MyTime is a free support group to support parents and carers of children with disability. There are wide ranges of groups throughout South Australia. For more information, please see: <https://www.mytime.net.au/>

# Other Support Services

## Further Resources

### Development

For further information in regards to childhood development, please see: (If concerned, contact your GP or CaFHS)

[https://cdn.wchn.sa.gov.au/downloads/CaFHS/brochures/CaFHS\\_Child\\_Development\\_Checklist.pdf?mtime=20210329144537&focal=none](https://cdn.wchn.sa.gov.au/downloads/CaFHS/brochures/CaFHS_Child_Development_Checklist.pdf?mtime=20210329144537&focal=none)

[https://cdn.wchn.sa.gov.au/images/CaFHS/charts/Girls\\_height\\_2\\_to\\_18\\_years.jpg](https://cdn.wchn.sa.gov.au/images/CaFHS/charts/Girls_height_2_to_18_years.jpg)

[https://cdn.wchn.sa.gov.au/images/CaFHS/charts/Girls\\_weight\\_2\\_to\\_18\\_years.jpg](https://cdn.wchn.sa.gov.au/images/CaFHS/charts/Girls_weight_2_to_18_years.jpg)

[https://cdn.wchn.sa.gov.au/images/CaFHS/charts/Boys\\_height\\_2-to\\_18\\_years.jpg](https://cdn.wchn.sa.gov.au/images/CaFHS/charts/Boys_height_2-to_18_years.jpg)

[https://cdn.wchn.sa.gov.au/images/CaFHS/charts/Boys\\_weight\\_2-to\\_18-years.jpg](https://cdn.wchn.sa.gov.au/images/CaFHS/charts/Boys_weight_2-to_18-years.jpg)

<https://parenting.sa.gov.au/pegs/PEG59-Developmental-delay.pdf>

**For further information in regards to NDIS and eligibility, please see:**

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

**For further information in regards to Children's mental health, please see:**

<https://parenting.sa.gov.au/pegs/peg30.pdf>

**For further information in regards to understanding and speaking milestones for children aged 12 months – 5 years old, please see:**

<https://speechpathologyaustralia.cld.bz/Communication-Milestones-A4-sheets/1>

**For more information in regards to disability and special needs in schools, please see:** <https://www.sa.gov.au/topics/education-and-learning/disability-and-special-needs>

**For further information in regards to healthy eating and physical activity in early childhood, please see:**

<https://www.health.gov.au/sites/default/files/documents/2021/04/family-book-get-up-and-grow-family-book.pdf>

# Glossary

**NDIS** – National Disability Insurance Scheme

**Support Coordinator** – A Support Coordinator will work with you to ensure a mix of supports are used to increase your capacity to maintain relationships, manage service delivery tasks, live more independently and be included in your Community, (NDIS 2021).

**Plan Manager** – A Plan Manager supports you to manage funding in your NDIS plans and pay invoices and reimbursements, (NDIS, 2021).

**Physiotherapy** – A Physiotherapist supports to restore movement and function levels when an individual is impacted by an injury, illness or disability.

**Speech Pathology** – A Speech Pathologist supports with individuals who have difficulties speaking, listening understanding language, reading, writing, social skills, stuttering and using voice, (Speech Pathology Australia, 2022).

**Occupational Therapy** – An Occupational Therapist enables individuals to participate in activities they find meaningful through ongoing assessments to understand what activities you can do, any limitations, your goals and motivations and techniques about how to do things more easily and safely, (Occupational Therapy Australia, 2022).

**Podiatry** – A Podiatrist supports with feet, ankle and leg care. Foot orthotics are specialised shoe inserts that support your feet and posture, (NDIS, 2022)

