

DISABILITY SERVICES



## Building an Inclusive Community for All

**Our uniquely Jewish approach provides people with disability opportunities to discover new ways to grow and live a meaningful life, participate in the community and experience independence.**

We are committed to creating positive outcomes for people with disability and their families. We believe it is everyone's right to participate within the community, learn new skills, become as independent as possible and develop a rich and fulfilling life.

Disability Services provide a range of integrated programs for people with disability. The programs all aim to promote and facilitate meaningful and valued access to, and participation in the community and mainstream life. We empower people with disability to make their own choices, and assist them to follow their ambitions.

For more information or enquiries about our Disability Services, please contact us on **8517 5999**, **info@jewishcare.org.au** or visit **www.jewishcare.org.au**



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## PROGRAMS & SERVICES



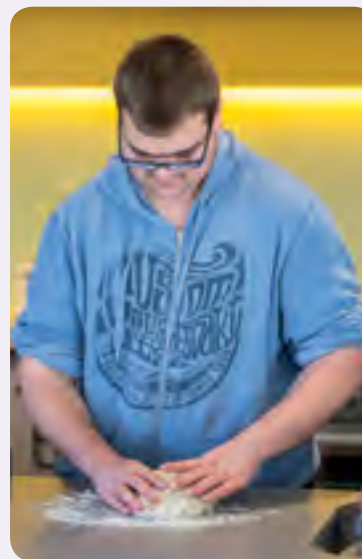
## RESPIRE CARE

**Respite provides an opportunity for carers to take a break and recharge. Jewish Care offers a vital respite service for family members caring for a person with disability.**

Parents and carers can be overwhelmed by the daily responsibility of caring for a child or adult with disability. Our respite service offers day, overnight and weekend breaks, allowing carers to take time out for themselves. Respite services for both adults and children operate in separate and secure houses within the new Coppel & Piekarski Family Disability Respite Centre. Respite provides the opportunity for those with disability to interact with peers, practice daily living skills and learn new skills.

### Respite Service for Adults

Jewish Care's Adult Respite service offers a transitional model of support. Clients are offered the opportunity to develop individual plans to work towards the goal of enhanced independent living skills or other aspirations. This model of Person Centred Active Support (PCAS) promotes independence customised to each client.



### Respite Service for Children

Jewish Care's Children's Respite service is a home away from home, designed especially for children with disability aged 6-17 who normally live at home with their families.

Children and teenagers benefit from social interaction, recreational opportunities and leisure time all enjoyed within a safe and friendly Jewish environment.

A Kids Club is also run after school, Monday-Friday for primary school-aged children at The Coppel & Piekarski Family Disability Respite Centre.



## The Coppel & Piekarski Family Disability Respite Centre

**Jewish Care has entered a new and exciting era with the opening of the contemporary Coppel & Piekarski Family Disability Respite Centre. The Centre is located at 476-478 Glen Eira Road, Caulfield and provides people living with disability opportunities to discover new ways to grow, participate in the community and experience independence.**

Featuring the latest in style, innovation and functionality, the unique architectural design provides flexible and adaptable respite opportunities. In addition to housing respite, carers' support programs and direct support, and various community-based outreach services for children, adults and their families will be provided from the Centre.

An innovative model of care has been developed through extensive communal consultation and broad industry research. With a focus on Person Centred Active Support, the model of care is focused on the individual's goals and needs, and encourages full participation of individuals in all activities and support.



The Centre caters for five children and five adults in separate and secure houses, with overnight respite operating most nights, and daytime respite during weekends and school holidays (including the full month of January and major Jewish holidays). It is open to anyone living with disability as defined by the Victorian Disability Act 2006, with the children's house catering for children aged 6 to 17 years and the adults' house catering for 18 to 64-year-olds.

Equipped with modern features, each house includes sensory rooms with interactive equipment, secure outdoor courtyards and sensory gardens, purpose-built playgrounds with a Liberty Swing, accessible bathrooms and ensuites, and modern kitchens with wheelchair accessible work benches.

The Centre also features catering specifically to Jewish clients such as Shabbat friendly access to the facility, modern Kosher kitchens and Kosher supervision by a Rabbi in accordance with the Kosher Australia Guide.

## FAMILY AND CARER SUPPORT PROGRAM

**Jewish Care understands the importance of the role carers and family members play in the lives of people with disability. We understand these responsibilities can be demanding and stressful at times, which can affect carers' health and wellbeing.**

The Family and Carer Support program aims to help families maintain a healthy, caring relationship and support the overall wellbeing of the family. This is why we support both carers and people with disability alike.

A comprehensive and holistic assessment of need informs the development of a working plan specific to the unique situation of each individual and family. Each plan builds on existing strengths and seeks to achieve positive outcomes for the carer and family.

Events and training sessions are also offered to carers and people living with disability throughout the year.

Support that can be provided includes:

- A place where the individual can confidentially talk about issues impacting on the family
- Guidance in how to navigate the welfare and disability service system
- Information about carers' respite options
- Guidance about the National Disability Insurance Scheme (NDIS)

- Case coordination of complex issues
- Information about education and employment opportunities
- Information and access to training, educational workshops and social events
- Source funding for activities and supports, as well as aids and equipment
- Information about and facilitated access to support groups
- Assistance in finding ways to improve wellbeing
- Advocacy services

Support is also provided through the Steps to Good Health program, in partnership with Maccabi All Abilities. The membership-based program offers participants the opportunity to participate in a range of activities designed to help improve their health and wellbeing. Activities include healthy eating classes, fitness sessions, healthy relationship workshops and more, held at The Manders Villas and within the community. More detail about the program can be found on page 12.



## INDIVIDUAL SUPPORT SERVICES

**At Jewish Care, we believe that all people are created equal and deserve the freedom and support to participate in the community. Our focus is on helping every person with disability to lead an inclusive and rewarding life.**

### Individual Support Packages

An Individual Support Package (ISP) is a government-funded financial package allocated to an individual to fund all of their disability-related support needs. Jewish Care offers a program where support is provided to the individual to manage their ISP. The ISP program provides flexible, culturally-sensitive options for people to achieve their goals. Support is provided to individuals through one-on-one support, case coordination, case management and brokerage.

### Futures for Young Adults Program

Futures for Young Adults is a government funded financial package allocated to school leavers, that aims to help people with disability by supporting their transition when leaving school. We help develop and implement plans based on individuals' unique interests, skills and aspirations to support them in exploring options and pathways to adult education, training and employment.

### Outreach Support Services

Jewish Care's Outreach Support services and activities are delivered in the home of people with disability, supporting them to live independently and in the community. The program is offered to clients aged 18-64 who are not living in funded shared accommodation services. We can assist with activities such as shopping, budgeting and teaching new skills, ensuring that clients have a choice to participate in the community. Support may be short-term, long-term or intermittent.



## RESIDENTIAL CARE

### The Manders Villas - Independent Living (Private Tenancy)

The Manders Villas offer a unique blend of housing, community engagement and individualised support for eligible clients. It is a place where people with disability can lead the life they want, while enjoying their independence, knowing that support is available if needed.

Comprised of 5 villas and 20 suites, The Manders Villas offer a permanent home for 20 adults. Sensitive design supports companionship with a variety of private and communal spaces for residents to use as they wish.

The Manders Villas is confirmation of Jewish Care's unwavering commitment to supporting people with disability live independent lives. Residents are encouraged and supported to engage in local social and community activities of interest.

The Manders Villas is situated in the heart of the Jewish community in Caulfield. The choice of location embodies our commitment to family, enabling residents to live nearby familiar people and places where they are personally known and loved, and are surrounded by the vibrant cultural life that they identify with.

### Shared Supported Accommodation

Jewish Care provides 4 community residential units located in Melbourne's southern suburbs of Caulfield, Caulfield South, Carnegie and Elsternwick, which are close to transport and local community services. The houses are available to adults living with disability who require support, and provide a safe home for residents to live with others, learn new skills and undertake new challenges.

Our group accommodation is warm and homely, staffed with professionals who are matched to the particular needs of residents. Support is provided to enable each person to reach their personal goals, maintain and build relationships; and develop networks and connections to their community.

Vacancies are limited as tenancy is long-term. Availability is coordinated by the Department of Health and Human Services (DHHS). To secure accommodation, families should register their interest with both **Jewish Care - 8517 5999** and **DHHS - 1800 783 783**.



## ACTIVITIES



### Employment Opportunities

**Together with Jewish Care's Employment and Education Centre, Disability Services provide ongoing support to assist job seekers to find and maintain meaningful long term employment.**

Specific support needs and choices are catered for and job seekers are provided with training and support in preparation for, and during their employment.

### Training Opportunities

The Employment and Education Centre also offers training for people living with disability in the Pathways to Employment program, as well as training in basic computer skills.

The Pathways to Employment program focuses on developing employment and social skills to assist participants with gaining employment and managing interaction in the workplace. It also aims to increase students' confidence and helps expand their networks in the community.

## INDEPENDENT LIVING SKILLS COURSES

Jewish Care runs life skills and education programs throughout the year. These programs aim to improve the health and wellbeing of clients through teaching and modeling. The programs are diverse in opportunities and engage experts to assist in providing quality education to clients. The following are examples of courses that are offered.

### Cooking Program

Clients learn methods of choosing, preparing and budgeting for cooking food through demonstrations by following recipes. Together, clients, staff and teachers explore methods to make cooking easier and less stressful, so that clients can continue cooking independently once the program concludes.

The Life Skills Cooking Program is offered to clients across Jewish Care's Disability Services. In addition to developing cooking skills, the objective of the program is to equip individuals to problem solve cooking challenges, and reduce social isolation.

Participants are encouraged to contribute to the program planning, express their opinions and be involved in deciding how each session is run.

### Steps to Good Health Program

#### Healthy Relationships and Sexuality Course

Jewish Care, in partnership with Family Planning Victoria runs a healthy relationships and sexuality information course for people with disability. The course runs over a number of weeks and is focused on providing information in a small, confidential and safe group setting.

#### Health and Fitness Program

A qualified personal trainer is employed to provide health and fitness training at The Manders Villas Hub on a weekly basis. All clients and needs are catered for, and equipment is supplied. Clients are encouraged to set personal goals and increase their health and fitness levels.

## COMMUNITY EVENTS

Jewish Care runs a range of community events and activities throughout the year, focused around the various Jewish festivals, as well as in support of mainstream community events.

### International Day of People with Disability

Celebrations are held annually by Jewish Care to celebrate International Day of People with Disability, an international observance promoted by the United Nations since 1992. It is a day to place greater emphasis on the abilities and achievements of people living with disability.

Jewish Care's celebrations are special, as they unite clients, families, disability organisations, businesses, all levels of government and the whole community. Past fun festivities have included performances, dancing, singing, food and prizes.



## JEWISH CULTURE AND TRADITIONAL ACTIVITIES

**Jewish Care's Disability Services embrace and celebrate Jewish festivals as well as Shabbat. Regular inclusive events are held and all clients are invited to participate.**

### Jewish Festivals

Jewish Care promotes the observance and celebration of Jewish festivals, as well as cultural, spiritual and traditional events throughout the year. Our Rabbis and staff work with clients and residents to ensure that they experience a full range of cultural and religious traditions to which they have been accustomed.

Jewish festival events include the High Holy Days (Rosh Hashanah, Yom Kippur and Succot), Chanukah, Purim, Pesach, Yom Hashoah, Yom Ha'atzmaut, Yom Hazikaron, Shavuot and the Three Weeks (including Tisha B'Av).

### Rabbi Shiurim

A dedicated Rabbi is responsible for spiritual engagement within Jewish Care's disability programs. The Rabbi's role is to provide spiritual engagement, advice and counselling by visiting residents on a monthly basis, holding shiurim (teachings/lectures) and Shabbat dinners for residents and their families; and coordinating other events related to the annual Jewish holidays.

### Friday Night Youth Minyan

Every Friday evening in The Manders Villas Hub, 'Zooz' - a group of university-aged students hold a Ma'ariv Minyan service. When the group started, the service was held at individuals' homes. Now, the service has a new, more permanent home in the Hub, and the attendance of synagogue-goers has grown significantly. The group have also used the Hub to hold other events for their congregants, and have always welcomed Jewish Care's disability clients to join too.

### Meet and Sweet Party

The Meet and Sweet event is held annually for clients of Children's Respite and their families to celebrate the Jewish New Year, and to also welcome new clients to promote services available at Jewish Care. The event includes Israeli dancing, a shofar blowing competition, art and craft and other festive activities.



## PARTNERSHIPS

**Working in partnership with other services strengthens the capacity of Jewish Care to offer diverse services to those with disability and their families.**

### Maccabi All Abilities

In a joint collaboration with Maccabi All Abilities, table tennis sessions are held in The Manders Villas Hub every fortnight. The sessions are open to all of Jewish Care's disability clients and all members of Maccabi All Abilities, and present a wonderful opportunity for people with disability to socialise, learn a sport and meet others.

### Access Inc

In conjunction with Access Inc, Jewish Care hosts a playgroup

for preschool-aged children with disability at The Coppel & Piekarski Family Disability Respite Centre. Children can have fun and make new friends, while parents also have the chance to socialise.

### Camp Sababa

Jewish Care supports Camp Sababa with the coordination of respite camps for people living with disability and camps for siblings, as well as other activities.

### Friendship Circle - Sunday Activities

Friendship Circle provides assistance and support to people with special needs and their families by providing recreational, social, educational and vocational programs. All Jewish Care clients are welcome to participate.





*If you'd like more information or wish to discuss your needs, please contact us:*

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### Our Values

טוב **chesed** *kindness*  
משפחה **mishpacha** *family*  
דרך ארץ **derech erez** *respect*  
צדקה **tzedakah** *charity*



**JewishCare**

My Community. My Choice.