



# NEWSLETTER

ADEC



DECEMBER 2020

Welcome to ADEC's December newsletter

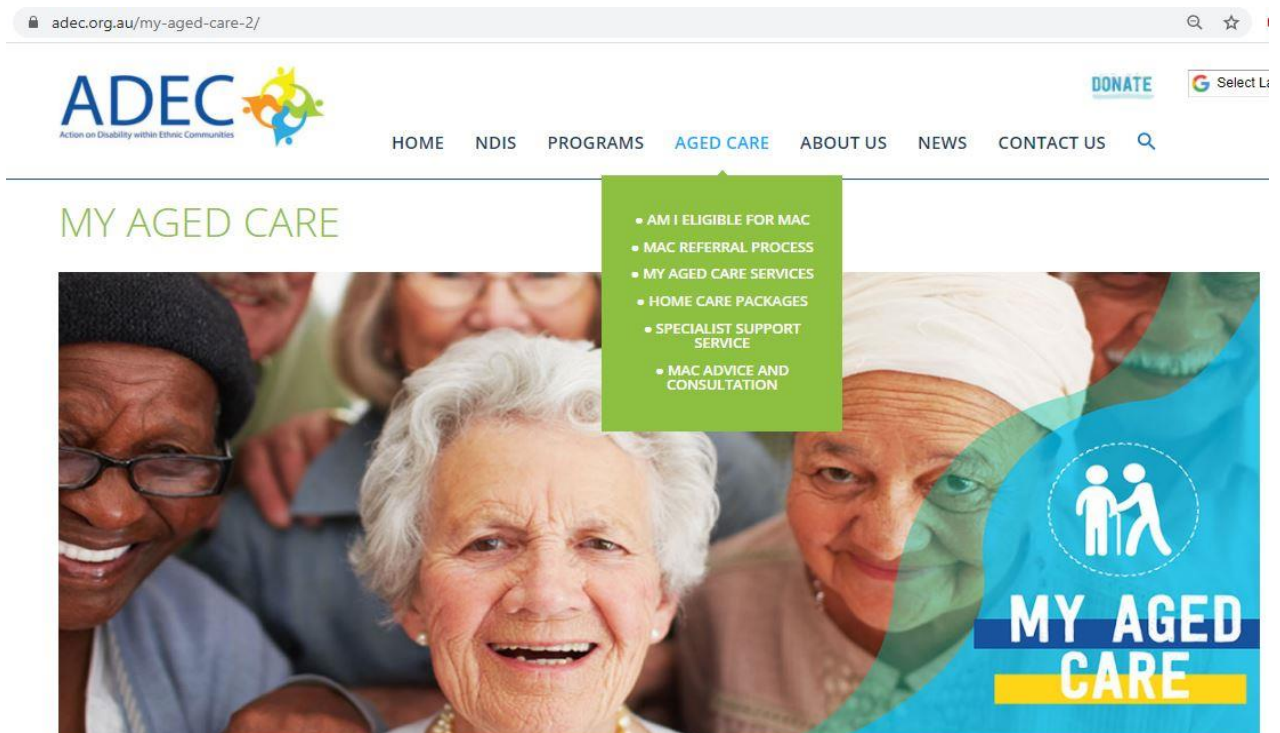
Read all about our accomplishments over the past few months. Find updates on our events, information about our service delivery, achievements during the year and much more.

## ADEC NEWS

### AGED CARE NEW SECTION

We are delighted to announce ADEC now has a dedicated Aged Care section on our website. You can now find more information relating to eligibility, referral processes, My Aged Care services and packages, available Specialist Support Services (SSS), and advice and consultation information.

If you haven't yet seen it, please visit our website on [www.adec.org.au](http://www.adec.org.au) to see how it's changed.



[www.adec.org.au](http://www.adec.org.au)



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## ADEC'S AGM

### ADEC ANNUAL GENERAL MEETING



Sophie Holmes – Chairperson

ADEC held its 2020 Annual General Meeting (AGM) on the 25th of November via Zoom.

At the meeting, the following Board members were confirmed, Dr Sophie Holmes (Chairperson), Jan Ginis (Deputy Chair), Gillian Meakin (Treasurer), Joan Cooney (Secretary), Hua Cao (Member), Jimmy Jacob (Member) and Phillip Bain (Member).

Throughout the meeting, participants were introduced to our talented staff and ADEC showcased our programs and achievements. The event was well received and ADEC would like to thank the ADEC Board and staff for helping to make the event a success.

A recording of our AGM will be available on ADEC's website.

## ADEC'S ACHIEVEMENTS FOR THE YEAR



[www.adec.org.au](http://www.adec.org.au)



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## OUR ACHIEVEMENTS

**2,583** clients supported  
**78,685** hours of support delivered

### NDIS SUPPORT COORDINATION

**6,968** hours of support coordination provided

**250** participants supported

### NDIS DISABILITY SUPPORT

**18,152** hours of disability support provided  
**107** participants provided

### CAPACITY BUILDING

**564** clients supported  
**1,329** planning sessions delivered

### ADVOCACY

**236** clients supported  
**42** different cultural backgrounds provided

### AGED CARE

**104** clients supported

### NDIS APPEALS

**600** hours of appeals support provided

**34** participants supported

### NDIS PLAN MANAGEMENT

**300** participants provided

### SOCIAL SUPPORT GROUPS

**849** clients supported  
**26,033** hours of support

### ACCESS & SUPPORT

**145** clients supported  
**1,140** hours of support



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## OUR PROJECTS

### ARTABILITY

ADEC celebrated International Day of People with disability (IDPwD) by launching our online art exhibition “Staying Connected”. The exhibition is part of our “ArtAbility” project funded by the Darebin City Council and it celebrates both the artwork and artists from culturally and linguistically diverse backgrounds who continued engaging and connecting with their community through art during the pandemic.

ArtAbility® is an inspiring visual arts program and exhibition run by ADEC that unites, recognises and celebrates a range of talented artists who are living with a disability, experience mental ill health or are from culturally diverse backgrounds.


For more information about ArtAbility please contact us on [verribee@adec.org.au](mailto:verribee@adec.org.au)



[www.adec.org.au](http://www.adec.org.au)



### INSTRUCTIONS TO VISIT THE ART GALLERY

- ✚ Go to <https://adec.org.au/artability-exhibition-2020-staying-connected/>
- ✚ PRESS "Play" to virtually walk through the exhibition 
- ✚ Click on the green footsteps to move through guide points
- ✚ Click on the artwork to see an enlarged image
- ✚ To look at an artwork closely, you can click on it to enlarge it
- ✚ After looking at an artwork closely, to continue browsing through the exhibition, click the play button again to watch.
- ✚ Remember to click the doors to open

### ANNUAL REPORT

#### ✚ ANNUAL REPORT 2019-2020

ADEC was proud to launch our 2020 annual report in November. To view the report, please click on the below link or visit our website.



[Annual Report 2019 - 2020](#)



[Annual Report 2019 - 2020 - Easy English](#)



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## ADEC's Shut Down over Christmas

ADEC will close from the **25th of December 2020** to the **10th of January 2021** for Christmas.

We will reopen on the **11th of January 2021** and look forward to assisting you then.

Please contact ADEC on 9480 700 after the 11th of January should you require any assistance or would like to learn more about our services.

## CHRISTMAS MESSAGE

This Christmas season, we at ADEC pause and take advantage of the season to express our gratitude and appreciation to you for being part of our family. We know 2020 has been tough for many people and though it continues to be challenging, the Christmas season is the perfect time for everyone to soak up some cheer.

Our team wishes you peace, joy and prosperity throughout the coming year. Thank you for your continued support and partnership.



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## Social Support Group Tips

ADEC - TIPS



The aim of our Social Support program is to increase participants' knowledge of disability and support services, reduce social isolation and connect you to the community. . If you require any of this support you should contact us to assess whether you would benefit from joining one of our groups.



You are eligible to participate if you are from an ethnic background and either live with a disability, live with a diagnosed or undiagnosed mental illness, are a carer of a person living with a disability, are socially isolated, have an NDIS plan or have a Home Care Package.



Our groups meet once a month to offer information, education, peer support and recreational activities. You do not have to attend all of the meetings, you can choose which meetings you attend based on your needs.



Our activities include Information sessions, memory games, art and craft classes, excursions to places of interest, gentle exercise and jewellery making. If you would like to learn more about a certain topic, you can request this through feedback to the group facilitator.



ADEC's social support groups are designed to build our members' knowledge, skill sets and connectedness. The program is developed around the group members needs so be sure to tell us what they are.



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