

ADEC

Action on Disability within Ethnic Communities



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Action on Disability within Ethnic Communities (ADEC) is a not for profit organisation that supports people living with disability, their family members and carers from culturally and linguistically diverse (CALD) backgrounds.

ADEC aims to improve disability service access for people from CALD backgrounds across Victoria.

COMMUNITY SERVICES DEPARTMENT

ADEC's Community Services Department aims to build the skills and knowledge of CALD communities through a platform of Capacity Building Projects, an Advocacy Program and a language specific Social Support Program. We work with people from CALD backgrounds who are living with a disability, those with mental health concerns, people who are frail, their carers and family members.



NDIS TRANSITION SUPPORT



ADEC Advocates and Capacity Building Officers can provide free one on one support for:

- Applying for the NDIS
- Pre-planning and Planning
- Plan implementation
(if you have 0 or minimal hours of support coordination)
- Plan reviews
- Appeals



CAPACITY BUILDING WORKSHOPS

Short term well-being workshops for eligible participants tailored to community needs. These can include but are not limited to yoga, tai chi, meditation and mindfulness, self-care, and health education workshops.

ARTABILITY WORKSHOPS

6-8 week art sessions facilitated by a qualified art instructor for eligible participants. Opportunity for art work to be displayed in an online and face to face exhibition.



ADVOCACY SUPPORT

Our advocacy team can help people with disability or their family members to connect to relevant services and empower them to self-advocate. They can support with issues such as Centrelink payments, housing, guardianship, NDIS support and many more.

The above services are free for eligible clients.

 @ADECINC  @ADECnfp

 @ADEC_AUSTRALIA

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www.adec.org.au

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