



# ADEC

Action on Disability within Ethnic Communities



## OUR OFFICES ARE CURRENTLY CLOSED BUT WE ARE STILL OPERATING

To help slow the spread of Corona virus (COVID-19), our offices remain closed.

Our staff will continue providing you services over the phone.

Please contact us on **(03) 9480 7000** if you need support.

**Option 1:** Preston

**Option 2:** Dandenong

**Option 3:** Werribee

Aged Care: 0491 147 924

Disability Support: 0491 147 622

Or email us at:  
[info@adec.org.au](mailto:info@adec.org.au)  
[www.adec.org.au](http://www.adec.org.au)

## ADEC Newsletter September 2021

Welcome to ADEC's second newsletter in 2021. Below you will find the latest news on our programs, projects, events and achievements in the last quarter.

## ADEC Capacity Building Projects

ADEC's projects team continues to help ethnic communities build capacity in their day to day lives through a variety of empowering projects.

Below is a snapshot of ADEC's current and upcoming projects. If you or someone you know could benefit from participating, please contact ADEC's Project team on

(03) 9480 7000 (Extension 3) or

email: [werribee@adec.org.au](mailto:werribee@adec.org.au)

To make a referral to our Community Services team (Projects, Social Support Groups and Advocacy), please contact Leila on [werribee@adec.org.au](mailto:werribee@adec.org.au)

## DISABILITY ROYAL COMMISSION

We are assisting people from culturally and linguistically diverse backgrounds (CALD) to share their stories and contribute to change.

We have prepared an easy to read DRC booklet and are delivering group information sessions.

Our Advocates and Capacity Building Officers are providing individualised support to help people make submissions to DRC.

Please contact Sana on [sana@adec.org.au](mailto:sana@adec.org.au).

For more information or click the images below.



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



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## FAMILY VIOLENCE PROJECT

## ARTABILITY 2021

## SOCIAL SUPPORT GROUPS

ADEC's Family Violence program funded by Women's Health West involves building capacity and generating awareness among women from CALD backgrounds, around issues such as domestic violence, family law and healthy relationships.

ArtAbility® began in 2006 and has been growing ever since. Our focus is on uniting, recognising and celebrating a range of talented artists who are living with a disability, or experience mental ill health and are from a culturally and linguistically diverse background.



We continue to support our clients through an online platform of group activities during lockdown. We offer social support opportunities for carers, those with mental ill health, aged care groups as well as support to those who are socially isolated. If you would like more information about our social support groups please contact Helen on [helen@adec.org.au](mailto:helen@adec.org.au)

The program encourages women to identify and report violence and access support services through a series of information workshops and recovery focused activities.

In our 15th year we are expanding beyond Preston to Werribee, Dandenong and more!

Contact us on:

Email: [artability@adec.org.au](mailto:artability@adec.org.au)

Phone: (03) 9480 7000

We are now delivering a series of 6 workshops for members of the Vietnamese community to create awareness around family violence and healthy relationships.



## Advocacy

Our advocacy team has grown and has continued to provide advocacy support over the phone and online to most clients during lockdown. If you would like more information about our advocacy program, please contact Shukrullah on [shukrullah@adec.org.au](mailto:shukrullah@adec.org.au)



Please contact [alie@adec.org.au](mailto:alie@adec.org.au) for more information.



175 Plenty Road, Preston, VIC, 3072



1800 626 078





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## ADEC'S INFORMATIONAL VIDEOS

### Say No to Abuse

For the past couple of years, ADEC's Community Services has worked on a project called "SAY NO TO ABUSE" to help families from CALD backgrounds who are affected by disabilities to recognise and understand abuse in a culturally sensitive context. Click on the following link to watch the videos produced:

<https://adec.org.au/say-no-to-abuse-videos/>



## Aged Care

The team is excited to meet our clients again once lockdown is over and help make a difference in their life by supporting them with the best services, equipment and support.

Our Case Managers from different cultural and linguistic backgrounds are highly trained and updated on all changes in the Aged Care sector.



If you have any questions about your Aged Care services or would like to apply for a HCP, please get in contact with your Case Manager or the ADEC Preston office. We can also organise an interpreting service in your language.

## Income Tested Fee

What is an income tested care fee?

Our Aged Care team has created a fact sheet to explain how income tested fees work. You can access this in the resources section on our website or by clicking this flyer image.



## MY AGED CARE ADVICE AND CONSULTATION

ADEC supports people with disabilities throughout their 'my aged care' (MAC) journey. We understand that everyone is different, that's why we offer personalised supports to meet the individual needs of our clients.

To discuss your questions, concerns, or request a consultation with one of our aged care team members please call us on **(03) 9480 7000**, or email us on [info@adec.org.au](mailto:info@adec.org.au)

### AGED CARE PROGRAM BROCHURE



Supporting older people to live independently at home



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## NDIS REFERRAL TOOL ON OUR WEBSITE

If you know someone whom you want to refer for NDIS, please click on the link below to send us your referral and our staff will be in touch with you <https://adec.org.au/ndis-referral/>

## NDIS Advice and Consultation

ADEC supports people with disabilities throughout their NDIS journey. We understand that everyone is different, that's why we offer personalised supports to meet the individual needs of our clients. To discuss your questions, concerns, or request a consultation with one of our NDIS team members please call us on **(03) 9480 7000**, or email us at [info@adec.org.au](mailto:info@adec.org.au)



## NDIS



ADEC can work with you to tailor supports which meet your needs and fit within your NDIS plan. If you are needing support in the home, accessing the community or with domestic activities and want to discuss how ADEC can assist you, call our Disability Support Case Managers; Jiayu (0491 147 622) or Angie (0490 529 770)

## Support Coordination Service Discontinuation

ADEC wishes to inform you that we have had to make the difficult decision to close our Support Coordination Program.

This decision was not made lightly. ADEC has spent the past 2 years trying to provide an exceptional support program to our clients whilst also working within the very tight budgets and stringent guidelines required under the NDIS. It is unfortunately no longer feasible for ADEC to continue to provide this service.

The program officially closed on the 3rd of September and ADEC ensured there was a smooth transition for all involved.

ADEC is no longer accepting support coordination referrals. For any enquiries or follow ups regarding the discontinuation contact NDIS Administrator Angie on [ndis.admin@adec.org.au](mailto:ndis.admin@adec.org.au)

## APPEALS AND REVIEWS

If you think a decision the NDIA has made about you is wrong, you can request a review. Any person directly affected by a decision of the NDIA can request a review.

ADEC NDIS Appeals is a service that helps people with a disability (or people affected by an NDIA decision) who are not happy with their NDIS plan or access decision.

ADEC will assign you an Appeals Officer who will help you approach the NDIA to submit your appeal.

Talk to our appeals program to support you through this process. You can call or email Mark on **(03) 9480 7000 Option 1** or [mark@adec.org.au](mailto:mark@adec.org.au)



*"It is not how much you do, but how much love you put in the doing." - Mother Teresa*





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## SUPPORT WORKER UNIT

ADEC are actively seeking and recruiting support staff from a number of cultural backgrounds to meet the needs of our Disability and My Aged Care program participants.

Community access and personal care are just some of the services ADEC provides. We also cater for domestic assistance and in home respite requirements and have maintained our services throughout lockdown to ensure the safety and independence of our clients.

If someone you know is looking to further their career and make a difference to someone's life, please reach out to us on 0490 535 760 or at [jobs@adec.org.au](mailto:jobs@adec.org.au)

## A warm welcome to our new staff members

ADEC welcomes Ljiljana, who has joined our team as **Support Worker Administration Officer**. Ljiljana comes from a very broad background of intake and emergency assistance for Aged Care and Disability clients from varied vulnerable situations.



Ljiljana

ADEC would also like to welcome **3 new case managers to our aged care team**. Led by Laura, they have brought so much value to our aged care clients.



Laura

Each of them comes with oodles of experience in the sector and their knowledge and compassion is much appreciated by our clients as it can be witnessed in the testimonials below:



Lili

*'Thanks Penny. Now you can learn an Arabic word: Habibi means my love. That means I love you and I mean it although I didn't see you.'* – Fathia



Penny

*'Marlene and I thank you and ADEC for looking after Mum's affairs. Thanks heaps, you made life easier for us. Most appreciated.'* - Hosni



Tayebah

## REDEPLOYMENT OF OUR SUPPORT COORDINATORS

Our Support Coordinators have been exceptional in their roles and the assistance they provided to our clients under very stressful circumstances has been admirable. I would like to take this opportunity to thank each and every one of them for their commitment and loyalty to ADEC and our clients. You are what made ADEC's Support Coordination Program so reputable and the reason it was always in such high demand. I look forward to seeing you all transition into new programs within the organisation and watching you flourish.

Warm regards,  
Melissa Elston

**Executive Director**

A lot of you may have questions about the COVID-19 Vaccine. The Australian government has a wealth of information on their website. For more information, see below:



### Information in YOUR language:

<https://www.health.gov.au/initiative-s-andprograms/covid-19-vaccines/covid-19-vaccine-information-in-yourlanguage>



### Information for Aged Care:

<https://www.health.gov.au/initiative-s-andprograms/covid-19-vaccines/information-for-aged-care-providersworkers-and-residents-about-covid-19-vaccines>



### Information for People with Disability:

<https://www.health.gov.au/initiative-s-and-programs/covid-19vaccines/getting-vaccinated-for-covid-19/information-for-people-withdisability-about-covid-19-vaccines>



If you would like to speak to someone about information on the vaccine contact 1800 020 080.

## ADEC TIPS – How to look after your mental health during lockdown

The Beyond Blue website offers many tips on how to keep a positive mental attitude during lockdown. A few tips are mentioned below. You can visit this link for more information.

<https://coronavirus.beyondblue.org.au/managing-my-daily-life/coping-with-isolation-and-being-at-home/managing-your-mental-health-while-in-self-isolation-or-quarantine.html>



Remind yourself that this is a temporary period of isolation to slow the spread of the virus.



Remember that your effort is helping others in the community avoid contracting the virus.



Stay connected with friends, family and colleagues via email, social media, video conferencing or telephone.



Engage in healthy activities that you enjoy and find relaxing



Keep regular sleep routines and eat healthy foods.



Try to maintain physical activity.



For those working from home, try to maintain a healthy balance by allocating specific work hours, taking regular breaks and, if possible, establishing a dedicated work space.



Avoid news and social media if you find it distressing



## SEEK SUPPORT

It's normal to feel overwhelmed or stressed by news of the outbreak.

We encourage people who have experienced mental health issues in the past to:

- o activate your support network
- o acknowledge feelings of distress
- o seek professional support early if you're having difficulties.
- o For those already managing mental health issues, continue with your treatment plan and monitor for any new symptoms.

If you need assistance please call the dedicated Coronavirus Mental Wellbeing Support Service on 1800 512 348.

Trained mental health professionals are available to talk to you 24 hours a day, 7 days a week, via phone, web chat and email.

Beyond Blue has fact sheets about anxiety and offers other practical advice and resources at [beyondblue.org.au](http://beyondblue.org.au).

**If you're in Australia reach out to us for mental wellbeing support through the pandemic**



**Call 1800 512 348**  
24 hours / 7 days a week



**Online forums**  
24 hours / 7 days a week



**Chat Online**  
24 hours / 7 days a week



## LET'S TALK ABOUT COVID VACCINATIONS

Get the right facts and learn all about Covid 19 Vaccinations from a registered nurse, who can deliver a presentation to your group, covering all the information you need including:

- What is a virus? What is a vaccine? What are antibodies?
- What are the Covid-19 vaccines available to me?
- How can I book an appointment to get my vaccine?
- How can I get an interpreter?
- What do I need to bring to my vaccine appointment?
- What happens at my appointment?
- What happens after I get the injection for the vaccine?
- What are side effects?
- What are some common side effects from the vaccine?
- How long does it take for the vaccine to work?

To book a Covid 19 presentation please contact ADEC:

Call 0499 755 733 or

Email: [helen@adec.org.au](mailto:helen@adec.org.au)

## ADEC THANKS YOU

ADEC would like to say a big thank you to Can Bui for his generous donation to ADEC's Social Committee. The pandemic has left many staff disconnected from their families and team members.

ADEC looks forward to utilising the donation to support staff to reconnect with each other through activities and events upon their return to the office.

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