



# ADEC

Action on Disability within Ethnic Communities



## Season's Greetings!

We would like to wish all our staff, clients and supporters a very prosperous and safe holiday season and a Happy New Year!

May 2022 be a year of hope, health and abundance for us all and may unity and harmony prevail.



## Welcome to ADEC's final newsletter for 2021

What a year 2021 has been!

Despite multiple lockdowns and a lot of hurdles, ADEC staff worked tirelessly to assist our clients during these trying times. In these times of isolation and solitude ADEC provided many platforms for connection and support and we are truly grateful to our clients for their trust and our staff for their dedication and care.

This latest newsletter features a snapshot of our programs, projects, events and achievements in the last quarter.

## Thank you to our Board of Management



ADEC would like to offer our sincere gratitude to all our board members for their invaluable contribution during 2021.

A special thanks goes to Sophie Holmes for all her great guidance in chairing the board for the last 10 years. Sophie will remain on the ADEC board of management as a general member.

Our new chair is Jan Ginis backed by deputy chair Phillip Bain.

## Message from our Executive Director



I would like to thank the ADEC Board of Management for their wise counsel and commitment to the organisation, and my staff for their exceptional work and dedication to ADEC's mission and the clients we support. Their work is inspirational and I extend my heartfelt appreciation to every one of them. I look forward to another successful year, doing the things we love for the communities we care about.

Melissa Elston,  
Executive Director



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



@ADECINC



@ADEC\_AUSTRALIA



@ADEC



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## Disability Support Program



With lockdowns a thing of the past we can now offer our clients all of our support services again.

This includes personal care, community access and domestic assistance.

All ADEC support workers are fully vaccinated in line with government mandates to protect our clients and our staff.

If you wish to resume supports please contact your Case Manager.



## NDIS

ADEC can work with you to tailor supports which meet your needs and fit within your NDIS plan.

For any new NDIS referrals for our Disability Support, Plan Management or Appeals programs please contact Angie on [ndis.admin@adec.org.au](mailto:ndis.admin@adec.org.au) 0490 539 770

## Plan Management

The Plan Management program is transitioning to a new I.T. software. This will improve our service to clients and allow us to give greater advice regarding your NDIS funding. We apologise for any delays during this transition period. If there is an urgent matter please contact your Plan Manager.

## Important Reminder

A reminder to all clients to please inform ADEC if you have tested positive to COVID-19. We understand it may be a scary time and we want to be able to support you as much as we can through your isolation period.

## NDIS Appeals



During the last quarter the number of reviews submitted to the NDIA increased by 25%.

This shows that NDIA are making some decisions which are not appropriate but on a positive note that people are enacting their rights to get the support they need. This also means that more people are needing support from organisations such as ADEC.

The Appeals program endeavors to assist anyone who needs NDIS review and appeals support, however there may be a short wait before an ADEC staff member can assist you. Upon referral we encourage you to inform us of any time sensitivities.



@ADECnfp



@adec-australia



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Preston, VIC 3072



(03) 9480 7000



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**We are now an official CHSP Provider**

## AGED CARE

It is the season of giving and ADEC's Aged Care team are excited to announce a new reward program for our Home Care Package clients and their friends!

**Specialised Support Service for People over 65 - Free Support**

Are you over 65 and receiving CHSP government funding?

ADEC can help you maximise your CHSP funding and ensure you receive the most professional support services at the best price!

Getting quotes, comparing services and making sure you get the best support can be confusing and tiring. There could be up to 20 quotes for just one service! That sometimes means you have to review 100s pieces of paper work and quotes.

ADEC can take away the headaches that come with all this administration work!

Contact our Aged Care team on [chsp@adec.org.au](mailto:chsp@adec.org.au) to organise this service FREE OF CHARGE!

### Refer a Friend and get \$100!

1. Tell your friends about ADEC and let us know if they are interested in becoming an ADEC client.
2. Give us their contact details so the ADEC Aged Care team can contact them.
3. If they decide to sign up and become an ADEC client, both of you will be rewarded. You will get \$100 and your friend will get a FREE Allied Health appointment up to the value of \$100.
4. Please note that rewards can only be redeemed after your friend has become an ADEC client. Referred friends can redeem their FREE Allied Health appointment after 3 months.

For more information contact our Aged Care team:

Phone: 9480 7000

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

ADEC is now a CHSP provider for:

- Domestic assistance
- Home maintenance
- Meals
- Personal care
- Transport (including vouchers) and
- Specialised Support Services

For all of [Metropolitan Melbourne](https://www.melbourne.gov.au).

For any queries or to find out more contact us on [chsp@adec.org.au](mailto:chsp@adec.org.au)



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## NDIS Education Project

The NDIS Education project has been successfully completed for the year and has supported the Vietnamese community in the North, West and South.

We also supported parents and children attending special schools like Warringa Park school and Western autistic school with NDIS information sessions and one on one NDIS transition support when needed.

## First Aid Project

The project was received well and supported our social support groups in managing emergency situations through online workshops. The project is now successfully completed and evaluation looks very promising.

## Community Services

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

## Family Violence Project

The family violence project has assisted women from Karen and Vietnamese background to build their knowledge around family violence and healthy relationships. Participants have reported an increased capacity and confidence to identify and report abuse, and seek support when required.

## COVID 19 Resources

We have created an easy to read step by step resource to help our communities download the COVID-19 Digital certificate using their computers or phone. The resource is available in 5 languages on our website -English, Arabic, Turkish, Vietnamese and Chinese.  
<https://adec.org.au/covid-19/>

## Women of Colour



The Karenni group is back on the Tennis court after months of being in lockdown.

Afghani group is now meeting again at the Endeavour Hills Leisure Centre, getting active and socialising again.

## Healthy LifeStyle Project

Our Healthy Lifestyle project has supported 70 participants from Indian background in making healthier lifestyle choices. The Indian group have re-started their weekly Cricket sessions to improve their physical and mental health.

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around" - Leo Buscaglia



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## Support Worker Unit

Our support worker unit has grown!

We would like to extend a very warm welcome to Hannah Leseberg, our new support worker administration officer. Hannah has experience in rostering, payroll and admin assistance.

We have also taken on two students Khac and Cassidy, from the Australian Institute of Vocational Development.

They will be able to complete their placement hours and gain more experience in the aged care and disability sector.

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

If someone you know is looking to further their career and wants 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)

## AGM and Annual Report 2021

ADEC's Annual General Meeting 2021 took place online on 20 October. It was a pleasure to see so many people log on and participate. Thank you to all the presenters and organisers. It was very well received and here is some of the feedback we received:

"Congratulations to all staff at ADEC for continuing to deliver a broad range of programs to the community. The program updates have been truly heart warming! Thank you for this AGM" – **Samantha Dooley ODSC**

"Keep up the great work. Wyndham City Council really appreciates the work that you do and the commitment you have to the community we serve and beyond." – **Troy Eley, Wyndham Council**

"Congratulations on all this valuable work - fantastic efforts by everyone! We appreciate your contribution to the broader disability sector as well" – **Sarah Fordyce**

"Great work with the community" – **Nurcihan Ozturk**

ADEC's Annual report 2020-2021 is now available. Please click on the link below or the image to view it: <https://adec.org.au/annual-reports/>



## Disability Connection Expo 2022

Come and say hello to us at the Disability Connection Expo being held at the Melbourne Exhibition Center on 18-19 Jan 2022 from 10 am to 4 pm.

ADEC will be there to support NDIS participants, collaborate and partner with like-minded organisations and speak to support workers looking for a meaningful career.

Support workers are an integral part of ADEC's service delivery. We are always on the lookout for compassionate and skilled support workers that understand the needs of people from diverse backgrounds. If this describes you, or someone you know, come and have a chat to ADEC at the expo, you'll find us at stall 90 .

We look forward to chatting to you at the Expo.

"Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love" - Lao Tzu

## Disability Gateway

The Disability Gateway is a free Australia-wide service to help people with disability, their family, friends and carers, to find the information and support they need.

The Disability Gateway includes a website, 1800 phone line and social media to help you connect.

For more info please visit the site below:

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

or phone 1800 643 787

Monday to Friday, 8am - 8pm AEST/ AEDT

Facebook:

[www.facebook.com/disabilitygateway](http://www.facebook.com/disabilitygateway)

For brochures in your language click here:

<https://www.disabilitygateway.gov.au/document/2881>

For videos in different languages click here:

<https://www.disabilitygateway.gov.au/about/translated-videos>

For case studies click here:

<https://www.disabilitygateway.gov.au/about/case-studies>

## COVID-19 booster vaccine advice

You are eligible for a COVID-19 booster dose if you are :

- 18 years and older, and
- Have had your second dose of your primary dose course of COVID-19 vaccination at least 6 months ago.

Booster doses are not mandatory, however they are recommended to maintain immunity against COVID-19. For more information visit:

<https://www.health.gov.au/initiatives-and-programs/covid-19-vaccines/getting-your-vaccination/booster-doses>

## ADEC events marking International Day of People with Disabilities 3 December

### Phillip Island Camp

ADEC's Community Services department organised a camp enabling a small group of people with disabilities and their carers of Karen and Karenni background to enjoy a trip to Philip Island.

After a two-year long struggle and multiple lockdowns, the group was finally able to take the trip and it was humbling and rewarding to see their lit up faces.

We would like to acknowledge and applaud the struggle and resilience of people living with disabilities and their carers across the globe and will continue to work tirelessly to promote inclusion, empowerment and independence and help people of all abilities continue to thrive.



### ArtAbility Online Exhibition Launch

Throughout Melbourne's last lockdown the ArtAbility artists and the artists at LaTrobe Life Skills have been working away producing some inspiring images.

To celebrate the International day for People with Disability our ArtAbility team launched an online exhibition and a zine to go along with it.

To view the exhibition or for more info visit: [www.artability.org.au](http://www.artability.org.au)



ArtAbility Online Exhibition and Zine  
December 2021