



ADEC

Action on Disability within Ethnic Communities



ADEC's doors open again for staff and clients!

It has been a challenging time for all of us and it feels like we can finally take a deep breath and exhale as we get back to normal life.

ADEC is so happy to open our doors again, to both our staff and clients under full capacity.

ADEC will continue to take the utmost care to keep everyone safe with strict hygienic and safe distancing practices in all of our offices.

Welcome to ADEC's first newsletter for 2022

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

It also covers various useful resources for CALD communities such as information on booster vaccines and rapid antigen tests.

We hope this information is useful and brings value to your lives.

Acknowledgment of ADEC staff!

ADEC management would like to take this opportunity to thank our amazing staff who have worked tirelessly to support our clients despite the ever-changing circumstances during the pandemic.

As we are slowly coming back to somewhat of a norm and migrating back into the offices we wish to highlight your dedication, passion and care we witnessed over the last couple of years. Well done!



Message from our Executive Director

As we start another year of delivering services to our clients

I would like to acknowledge the ADEC Board of Management and thank them for the encouragement and support they give us in our work.

Welcome to our new staff – I hope to meet you all in person before much longer as we migrate back to our offices. I look forward to the contribution you will make to another successful year for ADEC.



Melissa Elston
Executive Director



www.adec.org.au



@ADECINC



@ADEC_AUSTRALIA



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Disability Support Program



Our NDIS Disability Support program offers high quality in home personal and domestic support as well as community access support.

Our program currently has capacity so if you are an NDIS participant, we encourage you to reach out, to discuss your needs and how we can assist you.

If any of our current NDIS clients have recently received a new NDIS plan, we remind you to contact your ADEC worker, so we can continue to provide you on-going services.

Call us on 9480 7000 to discuss this further.

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 0461 068 502

Plan Management



The NDIS Plan Management program is growing and as such we currently have a waitlist so we can properly welcome our new clients. If you require Plan Management services please reach out to us on 9480 7000 and we will talk you through the process and our ADEC Plan Management service.

Welcome to our New Staff

We have welcomed two new staff members to the NDIS Support Unit this year. We are lucky to have Thea Luna as Disability Support Senior Case Manager and Pariz Piilua as Plan Manager and Disability Support Case Manager. They are enjoying working with our fabulous ADEC clients.

NDIS Appeals



The NDIS Appeals program sadly is currently at capacity due to staffing constraints. This means we are not able to accept any new referrals. We urge to you call us in a few weeks to touch base and see if we can assist you in your NDIS review.

NDIA and RAT update

The NDIA have now allowed NDIS participants to purchase Rapid Antigen Tests (RATs) with their NDIS funding. To find out how to do this contact your Local Area Coordinator, Support Coordinator or Plan Manager.



175 Plenty road,
Preston, VIC 3072



(03) 9480 7000



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We are now an official CHSP Provider



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](#)

For any queries or to find out more contact us on chsp@adec.org.au



AGED CARE

We are here to help!

Our aged care team continues to work tirelessly to support our aging population.

Do you work in the community and need help for those in your social group? Are you part of your church community and know people who are in need of assistance?

Our team members would be happy to visit your community to explain more about the different aged care funding systems, eligibility and help you apply for My Aged Care services.

Please contact our Aged Care Unit Coordinator Laura on hcp@adec.org.au or 0490 529 737

We have various information sheets for our aged care cohort. To access these please visit www.adec.org.au/brochures



We are growing!



We currently have the following positions available:

[Aged Care Case Manager](#)

[Aged Care Community Services Officer](#)

If you feel you have the skillset to apply for one of these positions, please send an email with your resume to laura@adec.org.au



"Nurturing is not complex. It's merely being tuned in to the thing or person before you and offering small gestures toward what it needs at that time". – Mary Anne Radmacher



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Rapid Antigen Test (RAT) Information Session

We are delivering RAT information sessions to build capacity of community members to access and use RATs. We are also providing free RATs, courtesy of Wyndham City Council to community members living in Wyndham.

The positive feedback received from the Karenni community in the West regarding these sessions has encouraged us to continue providing this support to other community members as well.



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, or if you want to make a referral to our Community Services team (Projects, Social Support Groups and Advocacy), please contact Leila on (03) 9480 7000 (Extension 3) or email: werribee@adec.org.au

ArtAbility



We are excited to launch ArtAbility in Melton. The art workshops will run every Wednesday until 6th April from 10:30am to 11:30 am at Melton Central community Centre.

We continue to support our artists in Darebin through weekly art workshops every Thursday 10:00am to 12:00pm until 07 April 2022 at Jika Jika community centre, Northcote.

Supporting Carers



We continue to support our carers from Karen and Karenni background through a range of weekly well-being activities like Yoga and Tennis.

NDIS Transition Support

We continue to provide one on one support to our clients to navigate the NDIS. We currently have a wait-list for NDIS transition support but are happy to accommodate urgent referrals.

Sustainable Living Project

This project aims to build awareness around climate change and build capacity of community members to adopt sustainable way of living through reducing, reusing and recycling.



NDIS Education Project

After successfully completing the first series of NDIS Education in Melton, we are now running more sessions. They are held every Tuesday; 10:30am to 11:30am at the Melton Central Community Centre from 3rd of May till 7th June 2022.



"We make a living by what we get, but we make a life by what we give."
Winston Churchill



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MULTICULTURAL
CENTRE FOR
WOMEN'S HEALTH

Multilingual Rapid Antigen Test Fact Sheets

The Victoria State Government has developed fact sheets about how to use the rapid antigen test in Amharic, Arabic, Assyrian, Simplified Chinese, Traditional Chinese, Dari, Dinka, Farsi, Fijian, Greek, Hazaragi, Hindi, Italian, Karen, Khmer, Korean, Macedonian, Nepalese, Nuer, Oromo, Pashto, Punjabi, Samoan, Sinhalese, Somali, Tamil, Tigrinya, Tongan, Turkish, Urdu and Vietnamese.

[Read more about this resource >](#)

SUPPORT WORKER UNIT

Our support worker unit has grown!

We would like to welcome a number of new support workers commencing with ADEC in the last couple of months.

A big congratulations to Wagih and Arthur who have taken out our stars of the month for the months of December and January.

We are acknowledging our staff on a monthly basis for their hard work and consistency. Congratulations to our winners for the previous two months.

We are actively seeking and recruiting support staff of a number of cultural backgrounds to tailor to the needs of our Disability and My AgedCare 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



Disability Connection Expo 2022

The expo provided a great platform for ADEC to connect with numerous participants, support workers, as well as likeminded organisations.

Our staff from all ADEC programs attended over the two days and it was a great networking opportunity for all involved. ADEC staff were able to both gain and impart knowledge.

Our marketing team has made contact with various like minded organisations and together we are looking to build synergies and service CALD communities even better.

If you like to get in touch and be part of this cooperative movement please contact marketing@adec.org.au



"A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles." - Christopher Reeve

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.

WHEN IS YOUR THIRD DOSE DUE?

If you received your second dose in	You can get your third dose in state-run centres
Before Oct 2021	Now
October 2021	Now
November 2021	In February 2022
December 2021	In March 2022
January 2022	In April 2022

coronavirus.vic.gov.au/vaccine
1800 675 398 - 7 days 8am-8pm

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

Mental Health Festival

There's a mental health festival from 21 - 25 March which ADEC's community services team will attend. The festival is being held at Sunshine Primary School and will encompass workshops, guest speakers, and hands on experiences.



On the last day of the festival, on 25 March (Fri), there is going to be a community block party. There will be food trucks, live music, live FM broadcast, inflatables, interactive art etc

To find out more about the festival visit:

<https://www.knowshowgrowfestival.com/>

Cultural Diversity Week



ADEC will be celebrating diversity and harmony alongside Hobsons Bay City Council during Cultural Diversity Week 2022 with a program of fun and engaging activities.



Saturday 19 to 27 March 2022 -
Cultural Diversity Week
Monday 21 March 2022 – Harmony Day
Theme: **Connecting through culture**

Find out more about the activities here:

<https://www.hobsonsbay.vic.gov.au/Community/Community-services/Multicultural/Cultural-Diversity-Week-2022>

Free RAT Tests for eligible people

BE COVIDSAFE

FREE RAPID ANTIGEN TESTS FOR COMMONWEALTH CONCESSIONAL CARD HOLDERS

Do you hold a Commonwealth concession card? If so, you are eligible for free Rapid Antigen Tests from your local participating pharmacy.

Just attend in person and show your valid concession card to the pharmacist and you can access a total of 10 tests until 30 April 2022, but no more than 5 tests in any month.

Find your nearest participating pharmacy at:
<http://www.findapharmacy.com.au/.../concessional-access-rat>