

ADEC Office Locations

Preston – Head Office

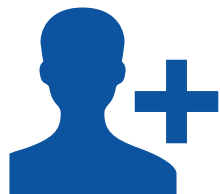
175 Plenty Road, Preston VIC 3072

Werribee Office

4A Watton Street, Werribee VIC 3030

Dandenong Office

1/50 Thomas Street, Dandenong VIC 3175



Contact us:

Phone: (03) 9480 7000

Toll Free: 1800 626 078

Email: info@adec.org.au

 @ADECINC  @ADECnfp  @ADEC_AUSTRALIA

www.adec.org.au

ADEC acknowledges support received from the Australian and Victorian Governments

SOCIAL SUPPORT



Language Specific Support Groups

Action on Disability within Ethnic Communities Inc.
ABN: 32 390 500 229

Group Activities



"I joined the ADEC social support group activities a few years ago, this is my first time going somewhere overnight for an outing. ADEC has left me with a very good impression of social services in Australia and I will never forget these experiences." **ADEC Chinese Group Client**



About ADEC

ADEC is a State-wide organisation that supports people with disability or older, their carers and family members from ethnic backgrounds to access the supports they need.

ADEC's Social Support Program

Provides language specific group support for people of culturally and linguistically diverse backgrounds:

- Who are socially or mentally isolated
- Who are frail and aged
- Who are carers of individuals with disabilities

Eligibility

You are from an ethnic background and you are:

- Socially isolated
- A carer of a person living with a disability
- Living with a diagnosed or undiagnosed mental illness
- Have a Home Care Package
- Have a My Aged Care account

How ADEC can help you

The aim of the Social Support program is to increase participants' knowledge of the support services that are available, reduce social isolation and connect to community.

The groups are language specific and meet once a month to offer information, education, peer support and recreational activities.



An interpreter can be arranged for you
This service is free