

An interpreter can be arranged for you  
This service is FREE



Our friendly staff speak a variety of languages and are culturally sensitive

## + Contact Us

Phone : 9480 7000

Email: info@adec.org.au

PO Box 40, South Morang VIC 3752

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

 @ADECINC

 @ADEC\_AUSTRALIA

 @adec\_australia

 @ADEC

ADEC acknowledges support received from the Australian and Victorian Governments.

## Office Locations

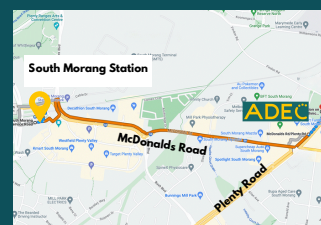
### Head Office - South Morang

Level 1, U22/855 Plenty Road,  
South Morang, VIC. 3752

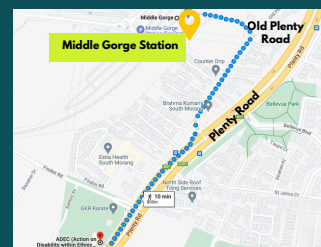
### Directions to our Head Office

Board a train to either South Morang or Middle Gorge Station – both are around 11 minutes from our head office.

- From South Morang station, board the Route 901 or 382 Bus and get off bus stop located at Plenty Rd and McDonalds Rd.



- From Middle Gorge station, walk about 11 minutes south bound on Old Plenty Rd and continue on Plenty Rd.



### Dandenong Office

Suite 1, 50 Thomas St, Dandenong,  
VIC. 3175

# ADEC



## ADEC Services

**Since 1982, a leading provider  
for Victoria's Culturally  
Diverse Communities of:**

- Aged Care Services
- Community Services
- Advocacy Support
- Disability Support

Action on Disability within Ethnic Communities (ADEC) Inc.,  
A0005385S ABN: 32 390 500 229

# About ADEC

ADEC is a not-for-profit organisation that supports people with a disability or who are frail, their carers and families, from culturally diverse backgrounds, to access the supports they need to live their best life.

## ADEC Services

### NDIS

- Disability Support
- Plan Management

### Aged Care

- Home Care Packages
- Commonwealth Home Support Program
- Specialised Support Services

### Community Services

- NDIS Appeals and Reviews
- Capacity Building projects
- Advocacy Support
- ArtAbility Workshops
- Language specific Social Support Groups

## Eligibility

You are eligible if:

- You have an NDIS plan
- You have a Home Care package

Or

- You live with a disability or mental illness
- You are a carer or family member of a person living with a disability
- You are socially isolated

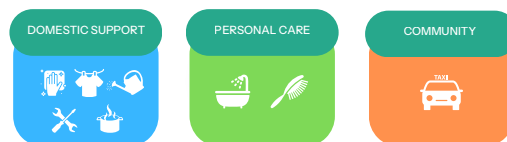
## How we can help

### NDIS Funded Supports

ADEC's NDIS Support Program assists NDIS participants to reach their goals in their NDIS Plan. We achieve this through Disability Support and Plan Management.

### Aged Care

ADEC's Aged Care Program supports older people with a Home Care Package to live independently at home. We achieve this by providing home care services and package support.



### Community Services

ADEC's Community Services Department aims to build the skills and knowledge of culturally diverse communities through a platform of Capacity Building Projects, an Advocacy Program, a language specific Social Support Groups Program, and NDIS Appeals and Reviews services.

### Capacity Building Projects

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.

### Advocacy Support

ADEC's Advocacy Support Program assists people to understand their rights, access information and services, and to speak up for what is needed to improve their situation. Our Advocates will help you work out what the issue is, what you want to happen, and prepare an advocacy plan.

### Appeals and Reviews

ADEC NDIS Appeals helps people with a disability (or people affected by an NDIA decision) who do not agree with the NDIA internal review decision.

- Assist with self-appeal
- Explain the NDIS appeal process and your rights
- Guide you through ART appeals
- Attend ART hearings with you for support

### ArtAbility Workshops

FREE 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.

### Social Support Groups

ADEC's Social Support Groups Program provides language specific peer support groups. The groups are run on a monthly basis all over Melbourne.