



# DISABILITY & WELLBEING

***Advising and guiding you through your NDIS plan and connecting you with services so that you can achieve your goals***

## NDIS Services

At Hunter Primary Care, we are the experts in NDIS Support Coordination and also specialise in exercise physiology, occupational therapy, mental health and dietitian support. We are focused on giving you the skills, choice and control to manage your own journey.

Our NDIS team understand navigating the NDIS and finding the support to suit you and those you care for can be confusing and complex.

Our caring and specialised team can help organise a wide range of supports but more importantly, has the specialist health knowledge to connect you with the best health and wellbeing services.



Our NDIS team provides the following supports to NDIS participants in the Hunter, Newcastle and Wyong Shire regions:

**Support Coordination and Specialist Support Coordination:** finding and connecting you with services to achieve your goals.

**Improved health and wellbeing:** provided tailored exercise and nutritional plans to manage your disability, health and wellbeing.

**Therapy supports:** prescribing assistive technology to help you to maintain your independence.

### **What is Support Coordination?**

Support coordination is a specific part of an NDIS plan that helps you to make the most out of NDIS funds.

If you are eligible for support coordination, your Support Coordinator will connect you with the services you need to get the most out of your plan.

Our NDIS Services team works with you so you can:

- understand your plan and the kinds of supports you can access
- get the most value out of your NDIS budget
- coordinate the assistance you receive from mainstream services such as education, health and housing
- participate in activities that support, maintain and increase your wellbeing such as personal training, exercise physiology and community sports and leisure activities
- manage your disability, health and wellbeing through individualised nutrition advice
- maximise your ability to function independently and safely at home and in the community through the prescription of assistive technology.

If you are a provider with an NDIS participant requiring Specialist Support Coordination we can assist your client to get the most value out of their NDIS plan.

*For information regarding our NDIS service, speak with our team today.*

 (02) 4925 2259

 [hunterprimarycare.com.au](http://hunterprimarycare.com.au)

