



## NDIS SERVICES

***We are experts in NDIS and can help you gain the skills you need to achieve your goals.***

As a registered NDIS provider, Hunter Primary Care has been assisting people with their NDIS plans since the scheme was first piloted in the Hunter region in 2013. Our NDIS team understand that navigating the NDIS and finding the support services that suit your individual needs can be confusing and complex. Our caring and specialised team are experienced in providing a broad range of supports and have the specialised local health knowledge to connect participants with the best health and wellbeing services in the region.

***We are passionate about helping you to achieve your goals and reach your potential, so that you can live the life you want.***

***Hunter Primary Care offers a range of NDIS services including:***

**LEVEL 2 SUPPORT COORDINATION**

Support Coordination is a level of support to establish contact with providers and organise routines and appointments. Level 2 Support Coordination may include:

- Arranging appointments for you to meet service providers before making a decision which will suit your needs, then ensuring that the service agreement, routines and budgets are followed
- Helping you to understand your NDIS plan and preparing for the next plan
- Assist you to achieve your NDIS plan outcomes by using your plan funds correctly

**LEVEL 3 SPECIALIST SUPPORT COORDINATION**

Specialist Support Coordination concentrates primarily on a particular area of expertise and provides support to help participants with complex circumstances. Specialist Support Coordination is time-limited and services may include:

- A degree qualified Mental Health Specialist to navigate clinical and non-clinical supports where a participant is experiencing multiple complexities due to their mental health
- An Occupational Therapist (OT) to coordinate services to ensure that a participant discharged from hospital has the necessary care and support to implement changes to their lifestyle and home environment
- A Social Worker to coordinate services and ensure that all involved understand the participants needs and are constantly collaborating
- A Dietitian to coordinate the needs of participants who have increasing complexity and multiple co-morbidities across multiple areas of their life
- A Diabetes Educator to ensure that a participant with diabetes has the necessary care and support in their lifestyle and home environment

## ALLIED HEALTH

Our Allied Health clinicians are dedicated to providing quality care to assist people with disability to reach their full potential. Our services include:

- **Dietetics** - Our specialist team of Dietitians provide practical nutrition advice to support Participants reach their health and wellbeing goals. They provide capacity building supports such as cooking, menu planning and diabetes management and the focus is on achieving real change
- **Exercise Physiology** - Our experienced Exercise Physiologists create exercise programs to help improve function, movement, reduce pain, prevent future health issues/incapacity, and improve overall health, functioning and quality of life
- **Occupational Therapy** – Our specialised Occupational Therapists provide personalised, goal-centred support to re-enable participants to take part in daily living tasks and recreational activities. We focus on regaining abilities, managing pain, functional capacity and modifying your environment to support your lifestyle
- **Social Work** – Social Workers focus on maintaining and enhancing participants quality of life in a range of settings to facilitate empowerment. They can assist with linkage to group and centre-based activities, support with life stages and transitions, self management skills, and identifying strengths and developing resilience

## POSITIVE BEHAVIOUR SUPPORT

Positive Behaviour Support (PBS) is a strengths based, person-centred approach to support behaviour change to reduce or eliminate behaviours of concern. PBS can improve your quality of life, teach you adaptive and functional skills, and reduce or eliminate restrictive practices where possible. PBS is ideal for NDIS Participants who present any behaviours of concern that impact their life and ability to obtain meaningful support.

## PSYCHOLOGY SERVICES

We can provide NDIS Psychology services for participants who have engaged Hunter Primary Care for NDIS Support Coordination and Specialist Support Coordination Level 3, and are eligible for Therapeutic Supports under their NDIS plan. If you are unsure of eligibility, contact our friendly team on **(02) 4925 2259** or speak to your Support Coordinator.

## MORE INFORMATION

If you are an eligible participant with an existing NDIS plan and you would like to nominate Hunter Primary Care for your NDIS services, contact the NDIS team on **(02) 4925 2259** or email a copy of your NDIS plan and completed referral form to **NDIS@hunterprimarycare.com.au**.

You can also complete our online NDIS Referral Form at **[www.hunterprimarycare.com.au/ndis-services](http://www.hunterprimarycare.com.au/ndis-services)**.



(02) 4925 2259



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

Hunter  
**PR1MARYCARE**

*We listen. Care. Connect.*

