

DISABILITY SERVICES

		PHONE	FAX	EMAIL/WEB	DETAILS
Local					
A.C.E.S. Inc (Access Community Education Services)	Hastings River Drive Port Macquarie	6581 2348	6581 2373	aces@tsn.cc	Provides inclusive support for adults with moderate to high support needs. Focuses on recreational/leisure and educational skills utilising community resources. Also facilitates a carers meeting mthly - social interaction for carers.
Better Hearing Aust. Newcastle Inc. Port Macquarie		6585 5290			Hearing loss management (Lipreading Auditory Training Speech Conservation) Meets every 2nd Mon at Tennyson Wood Centre. St Agnes Village.
Centacare Employment	Suite 7B Bourne House Port Macquarie	6584 0166	6584 0724		Provides specialist employment services for people with a disability.
Centacare Housing Program		6584 0704			Provides long term accomm. for people with disabilities and other disadvantage groups.
Centacare. St. Agnes Parish	Suite 7B Bourne House. 10-12 Short Street Port Macquarie	6584 0704	6584 0724		Info referral support for disability unemployed.
Centacare Transition to Work Program		6584 0704			Support pathways to work for school leavers with disabilities.
CRS Australia (Commonwealth Rehabilitation Service)	85 William St. Port Macquarie	131021 6586 6750	6586 6777	www.crsaaustralia.gov.au	Assistance to people aged 14-65. years with an injury or disability to find and maintain employment. Work Cover accredited to deal with workplace injuries and injury management services.
Community Health Service	Morton Street Port Macquarie	6588 2882	6588 2800		Community Nurses. Child & Family Team. Audiometry. Speech. Pathology. Sexual Assault Service. Drug & Alcohol Team. Immunisation. Dietician. Palliative Care. Communicable Diseases. Post Natal Care. Dental. Geriatric Assessment Team.
Dept. of Ageing Disabilities & Home Care (DADHC)	Gordon St. Port Macquarie	6588 3080			
Dept. of Community Services (DOCS)	Grnd Floor, 9 Short St Port Macquarie	6580 3700	6584 1151		Provides support for families &/or people with intellectual disabilities & their families.
Dept. of School Education	Finlay Ave Port Macquarie	6586 6900	6586 6999		Contact the Disability Program Consultant.
Disabled Surfers Assoc. of Aust. Inc	13 Forest Grove Port Macquarie	6581 2541			Learn to surf or experienced surfers. learn new skills. Come & have some fun & socialise with others.
Family Day Care	Wartlers St. Port Macquarie	6583 7922 6583 4660			The service provides care for children 0-12 years with a disability in a home environment by paid carers with the support of qualified staff.
Hastings District Respite Care	Shop 8-9 Sherwood Park Shopping Centre. 1 Merryman Way	6581 4544	65814644		Family based respite care. Practical support for families of people with disabilities. Provides respite for families by sharing the caring through trained host families. Regular temporary care ensuring a positive social experience for people with a disability.
Hastings Early Intervention Service	C/- Community Pre-School Munster St. Port Macquarie	6583 8238			For children with disabilities aged between 0 - 6 years and their families. Educationally based toy library. special needs playgroup and support for families. Free service.
Hastings Foundation	39 Jindalee Road Port Macquarie	6581 0066			Employment service for people with intellectual disabilities.

Hastings Headway	13/1 Blackbutt Road Port Macquarie	6581 0180	6581 0180	headway@bigpond.net.au	Community Access Program advocacy information & raise community awareness. Individual support to people who have an acquired brain injury aged 15-59. Runs a recreation & social centre.
Hastings Macleay Community Transport	26 Lord Street Port Macquarie	6583 8644	6583 8166	lmct@tsn.cc	Provides a range of transport services for people with difficulty using public transport. For the frail aged isolated and disabled in the Hastings Macleay.
Hastings Recreation & Sporting Club for the Disabled Inc	Hastings River Drive Port Macquarie	6583 4500			
Hastings Valley Community Options Project	Community Health Morton St Port Macquarie	6588 2840	6588 2845	hvcop@midcoast.com.au	A case management service for clients whose needs cannot be met by mainstream HACC (Home & Community Care) services.
Holiday Coast Respite	4/1 Merryman Way Port Macquarie	6581 4733 0407 243 124	6581 4755	www.hcrespite.com.au	Respite & support to younger people (under 65) with a disability, their carers & families. 2 respite hoses available for short term lease in Coffs Harbour & Forster.
Home Care Service of NSW	5/109 William St Port Macquarie	65883080	6583 2232	aces@tsn.cc	Assists people to live independently by providing help with personal care (eating dressing) respite care general housework and essential shopping.
Home Modification & Maintenance Service	Shop 4 146-148 Gordon Street Port Macquarie	6584 1304	6584 7027	hastmods@bigpond.net.au	Provides support for frail aged & disabled people.
House With No Steps	2/53 Lord St Port Macquarie	6584 0981	6584 3247	lhobson@hwns.com.au	Provides support services for disabled people in a range of areas including employment, education & training. Also provides respite services. Mon – Fri 9-4
IDAFE	198 Hastings River Dr Port Macquarie	6583 5545	6583 5624	idafe@dodo.com.au www.idafe.webart.com.au	PM Mon-Sat 10am-3pm. PSO / ATLAS Disability Programs. Provides a diverse range of programs for young disabled adults to develop skills in areas of further education living skills sport music art recreation computers access. Personalised programs to meet Individual needs.
Joey's House Occasional Child Care	121 Bridge St. Port Macquarie	6583 5242			Occasional child care facility. Provides care for children 0 - 5 years including children with disabilities. (Govt. funded)
Laurieton ME/CFS & FM Support Group		6556 5160			Meets 3rd Wednesday each month. 10am - 12pm at Camden Haven Community Health. Provides informed support for people living with Chronic Fatigue Syndrome (ME/CFS) & Fibromyalgia (FM)
Lifestyle Solutions (Aust)	2 Wyandra Cres, Port Macquarie PO Box 81 Islington NSW 2296	6583 1634	6583 8140	jenni.steele@lifestylesolutions.org.au www.lifestylesolutions.org.au	Provides services to people with a disability – Care and support – Mon to Fri 9am – 5pm Meeting Place:2 Wyandra Crescent Port Macquarie
Leisure Link (Hastings District Respite Care Inc.)	Merryman Way Port Macquarie	6581 4544	65814644		Supports young adults with disabilities to become active members of the community through involvement in leisure and recreational activities.
Manning Support Services Inc. Hastings Valley Neighbourhood Aid	Horton St (above ANZ Bank) Port Macquarie	6584 5295		hvna@tsn.cc	Mon - Fri 9am-4.00pm
Manning Support Services Inc. Hastings Valley Neighbourhood					Wauchope Community Health. Last Friday each month – 9.00am - 2.30pm. A volunteer based

Aid					Home & Community Care Program funded by the Department of Ageing Disability and Home Care
Meal Services Inc.		6559 8883			Provides frail aged disabled and carers with a hot meal delivered to the home by volunteers. Dietary requirements are catered for.
Meal Services Inc.	"Club House" Garden Village Port Macquarie	6584 1463		portmow@tsn.cc	Monday-Friday 8:30am – 3:30pm
Meal Services Inc.		6585 2386		meals@nor.com.au	Mon 9am-2pm Tue-Fri 10am-2pm
Mid North Coast Commonwealth and Carelink Respite Centre	2/9 River St Macksville			general@comcarelink.org www.carer-respite.org	Provides free information regarding community care services aged care disability services and other support services.
North Coast Brain Injury Rehabilitation Service	20 Kemp St Port Macquarie	6584 3300	6584 3301		Provides transitional support rehab & case management after discharge home from hospital. 5-60yo who have sustained traumatic brain injuries to increase independence self determination & community participation.
North Coast Institute of Tafe	Widderson St. Port Macquarie	6580 3561	6583 6478		Support available for people with a disability seeking vocational or general education. Exemption from fees may be obtained.
Northcott Disability Service	31 Bonville St Coffs Harbour	6651 2366	6652 7301	coffs@northcott.com.au	MNC service - respite for older parent carers provides a broad range of high quality, flexible, support responses tailored to meet the needs of older carers and their child with a disability.
Northcott Disability Service	32 Bonville St Coffs Harbour	6651 2366	6652 7301	coffs@northcott.com.au	MNC service - provides support to individuals with physical disabilities and their families living in the regional areas of the MNC.
Nova Employment	Suite 4, 53 Lord St Port Macquarie	6583 2999		martyn.wilkie@novaemployment.com.au www.novaemployment.com.au	Specialist employment assistance for people with a disability.
PADP (Program Aids Disabled People)		6588 2882			Occupational Therapy.
Port Macquarie Hearing Service	133 Gordon Street	6584 1144			Provides assessments hearing aids & hearing aid repairs for pensioners returned service personnel and children under 21. Others can access services however a means test may apply.
Riding For The Disabled		6586 3345			Recreational therapy for people with disabilities.
Riding For The Disabled	7 Eliza Crt	6581 3692			Recreational therapy for people with disabilities.
Roads & Traffic Authority	Central Rd				Parking permits for people with disabilities. Doctor's assessment is essential.
Social Seniors & Friends	Seventh Day Adventist Church. Maranatha PI	6582 6561			For frail aged/disabled people who are socially isolated. Provides a wide variety of centre based & community activities for centre users & their carers in need of respite. Mon & Wed 9am - 2pm Shared Fridays
Social Seniors & Friends	Camden Haven Health Centre	6559 9003	6559 9840		For frail aged/disabled people who are socially isolated. Provides a wide variety of centre based & community activities for centre users & their carers in need of respite. Tues & Thurs 9am - 2pm Shared Fridays
TAD (Technical Aid to the Disabled)		6582 0089		johnbrumby@bigpond.com	Voluntary group to make special equipment or modify technical aids & computer loan service. No need for referral. Cost for material & out of pocket expenses.
The Talking Port Macquarie News		6583 2860			Offers talking newspaper to those who are frail or affected by illness or conditions which make

					reading difficult.
Taxi Service	5 Uralla Road Port Macquarie	6581 0081			24 hr taxi service for people with disabilities.
Telecross Service Hastings	Sweeney House Ocean Drive	6583 7707			Red Cross daily home phoning service to ensure safety and security of people living alone. Monday - Friday: 8:30 - 10:00 am.
Therapists in Schools	Shop 4-5 114 William Street Port Macquarie	6588 7300			For children with developmental disabilities attending Dept. of Education Schools.
Workteams	Jindalee Road Port Macquarie	6581 0066			Supported employment for people with intellectual disabilities requiring medium levels of support - mobile crews perform cleaning mowing and maintenance services.
<u>Mental Health</u>					
ARAFMI (Assoc of Relatives & Friends of the Mentally Ill)		1800 655 198			
Beyondblue				www.beyondblue.org.au	Information on depression
Carers NSW Family & Carer Mental Health Program		6585 1600 0423 767 874			Provides individual & group education support & advocacy for family & friends of people with a mental illness/disorder.
Centacare Community Lifestyle Service		6584 0704		centacare@priority1.com.au	Medium term living skills support in accommodation settings for adults with mental illness.
Child & Adolescent Mental Health Serv		6580 1063			
Carer Assist	3 Waugh St Wauchope	6586 1533 6586 4055 0423 767 874			Info education advocacy & support for relatives friends & carers of people with a mental illness.
Endeavour Clubhouse		0412954207 65833600		endeavour@tsn.cc	This proposed service will provide a vocational rehabilitation service for adults with mental illness. For details of the committee meeting times please e-mail endeavour@tsn.cc Auspiced by Schizophrenia Fellowship of NSW
GROW		6552 4569 1800 558 268			Colonial meeting rooms. Every Tuesday - 10.30am - 12.30pm. Growing out of mental health issues or overcoming any emotional problems. Support group for prevention rehabilitation or assistance.
Hastings Disability Advisory Committee (DOCS)	Port Macquarie	6580 3700			Provides a forum for people with disabilities including sensory psychiatric physical intellectual and acquired brain injury their families and advocates. Encourages service networking community education. Provides information and advice to non-government and government organisations on local disability issues and needs.
Hastings Mental Health Network	c/- 53 Lord St Port Macquarie	6583 3600	6583 8600	bobbw@hmgpn.org.au healthyinthehastings.webnode.com	A meeting of agencies and community members with an interest in mental health matters. Meets 1 st Wednesday of every month at 1pm9Excl January) at the Mac Adam building in the council precinct, lower Gordon St Port Macquarie
Hastings Mental Health Support Group	McAdams Building, Port Macquarie	6582 5592 0408 235 870 1800 985 944		aopenshaw@bigpond.com.au	Provides support to families who have a member with schizophrenia. Meetings are held at the McAdams Building. Gordon St PM (opp. Players Theatre carpark) last Fri mthly from10am - 12noon. Except Dec. & Jan.
Hastings Macleay General				http://www.hmgpn.org.au/?id=9	

Practice Network It's All Right				www.itsallright.org	Web site for young people with a parent or friend affected by mental illness.
Mental Health Access Line		1300 369 968			24 hour/7 day service provided by Area Health to improve access to mental health services. Front door to mental health services.
Mental Health Service Karawa Cottage.					Education & resource centre for mental health. Supportive rehabilitation day centre for people suffering serious mental illness. Provides a range of psychosocial programmes. Referral through Mental Health Team. PM Base Hospital.
Mental Health Service PM Base Hospital	Port Macquarie	1300 303 900			Assessment treatment referral and support for people with a mental illness. Crisis Intervention offering counselling and support for people in acute mental stress and crisis. Rehabilitation program for people suffering from long term psychiatric illness. Offering education and development of day to day lifestyles.
Mission Australia Mental Health	7/11 Clifton Drv Port Macquarie	6583 7226	6583 9299	buckleyl@missionaustralia.com.au www.missionaustralia.com.au	Outreach support to people with mental health problems living in social housing.
General					
Ability Incorporated Advocacy Service	30 Tamar St Ballina	02 6686 3899 1800 657 961			Trains people with disabilities as to their rights & responsibilities; supports people in individual advocacy issues; works closely with other support services; advocacy workshops. Acts as a referral service.
Anti-Discrimination Board	Level 17 201 Elizabeth Street Sydney	1800 670 812			A State Government body which handles discrimination complaints on a variety of grounds including disability. Provides education and information about anti-discrimination legislation.
Arthritis Foundation	13 Harold Street Nth Parramatta	6584 9909 1800 011 041			Provides advice education programs and information on the management of arthritis.
Arthritis Foundation		6583 4851			
Asthma Foundation	Level 7 35 Candos St St. Leonards	02 9906 3233			Information and counselling on managing asthma. Literature available & assistance to support groups and branches throughout NSW.
Aussie Beach Wheelchair					Bookings to be made in advance during office hours. Chair located at Town Beach.
Brain Injury Association of NSW Inc.	Suite 102 - Level 1, 3 Carlingford Rd Epping	1800 802 840			Assists people who suffer brain injury. Providing advocacy lobbying referral information and community development.
CASPERS Country Autistic Support		6581 2712			
Chronic Fatigue Syndrome		6585 3501			
Citizen Advocacy NSW	Suite 601 35 Spring Street Bondi Junction	02 9369 2411			Development and support of citizen advocacy groups promoting the rights and interests of people with intellectual disabilities.
Community Services Commission NSW	Level 15, 111 Elizabeth St Sydney	1800 451 524			

Council For Intellectual Disability	Suite 3 / 3rd Floor 22-36 Mountain St. Broadway	1800 424 065			
Deaf Society Of NSW		4929 7494			
Deaf Society Of NSW	Piccardi Centre 1st Floor 123-125 King St Newcastle	4929 7975			Hearing impaired access to counselling support services information and interpreter referral services by phone.
Dept. of Ageing Disabilities & Home Care (DADHC)	Gordon St Port Macquarie	6588 3150			
Disability Advocacy NSW Inc.	Suite 3, Level 1, 408 King St Newcastle West	1300 365 085		mnc@da.org.au	Outreach service to Nth Coast. Advocacy service for people with a disability & their carers
Disability Complaints Service	52 Pitt Street Redfern	1800 422 015			Provides people with a disability and their carer/advocate with independent confidential advice and advocacy regarding Infringement of rights.
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Disability Information Service	109 Molesworth St. Lismore	1800 800 340			Information enables informed decisions gives choice people with disabilities on issues affecting their lives.
Down Syndrome Association	31 O'Connell St. Parramatta	02 9683 4333		dsansw@hartingdale.com.au	Support for families who have a member with Down Syndrome. Offers a range of information library & 24 hour phone support.
Down Syndrome		6583 8238			Early intervention services
Epilepsy Association	Suite 8 "Oxford Place" 44-46 Oxford St Epping	6550 0337 1300 374 537		epilepsy@epilepsy.org.au	For people with epilepsy and their families. Counselling support advocacy employment advice and community education.
Guardianship Board	Level 3, 2a Rowntree St Balmain	1800 463 928			A legal tribunal to protect the rights of people with disabilities. Can appoint Guardians or Financial Managers.
Guide Dog Association of NSW & ACT	3/62 Moonee St Coffs Harbour	6652 7424			A service for both blind & vision impaired people free of charge. Low vision, orientation & mobility training. Walking sticks, long canes & electronic aids. Program & workshops, advocacy & access services.
Guide Dogs for the Blind		6559 6787			Conducts fundraising activities
Hastings Headway		6581 0180			
Healthcare Complaints Commission	LMB 18 Strawberry Hills 2012	9281 4585 1800 043 159			
Human Rights Equal Opportunities Commission		1300 369 711			
IDEAS	PO Box 786 Tumut 2720	1800 029 904	02 6947 3723	ideas@ideas.org.au www.ideas.org.au	Personal contact & support to resolve information queries referral & other services where appropriate.
Independent Living Centre	600 Victoria Road Putney 2112	1800 800 523		www.ilcnsw.asn.au	Provides information on products suppliers cost and availability. Occupational therapists are on staff.
Intellectual Disability Rights Service	Suite 2c, 199 Regent St Redfern 2016	02 9318 0144 1800 666 611			Provides advice on the rights of people with an intellectual disability.
Lupus Assoc. of NSW Inc	55 Wicks Rd. North Ryde 2113	02 9878 6055 1800 802 088	02 9878 6049		Promotes understanding of Lupus and offers psychological social emotional & counselling support to members.
Mid North Coast Commonwealth and Carelink Respite Centre		6568 4164 1800 059 059		general@carer-respite.org	Offers advice/information or assistance with planned/emergency respite financial assistance

					for respite. After hours emergency. Service for Carers in crisis situation.
Multiple Sclerosis Society		6651 2505			
Office of the Public Guardian & Protective Commissioner	Levels 14-16 Castlereagh St. Sydney 2000	1800 451 510			
Ombudsman NSW	Level 24, 580 George St Sydney 2000	1800 451 524			Deals with complaints about govt. services.
Parkinson's Support Group		6584 0212			
Royal Blind Society (Friends Of)		6584 9626			
Hastings Mental Health Support Group		6582 5592 0408 235 870		aopenshaw@bigpond.com.au	Provides support to families who have a member with schizophrenia. Meetings are held at the McAdams Building. Gordon St PM (opp. Players Theatre car park) last Fri mthly from 10am - 12noon.
The Spastic Centre	252 High St Penrith 2750	4732 2700			Provides support and services to children 0-18 with cerebral palsy and their families.
Spastic Council		6583 2341			
Stroke Support (Day Hosp.)		6580 1126 6581 2000			Occupational Therapy
Vision Assist		1300 134 560			Assistance for people with low vision problems
Vision Australia	23 Gordon St. Coffs Harbour 2450	02 6651 1863 1300 134 560			Assessment service to the Hastings follow-up support services rehab. & training. Clinic at Comm. Health 2nd Tues & Wed of each mth.
Visually Impaired		6583 5431			