



About ADEC

ADEC is the leading agency in the field of disability and ethnicity. It is the only agency that combines advocacy with the provision of support directly to people with a disability. Our ultimate vision is equality in all areas for people with a disability. We know that isolation, stigma and lack of information and knowledge prevent many people from taking their full place in our community. ADEC connects people with disability from diverse backgrounds to services and the overall community. We need to do more to achieve equality, so we work with government, service providers and other organisations so they are in a better position to include and engage with people with a disability from different backgrounds into their service systems. After all, we are all working with the same people.



Who can be assisted by ADEC Group Activities?

- The person with a disability or their direct family must come from a non-English speaking background.
- The level of English is no barrier to accessing ADEC staff or activities.
- Where participation is for a carer's group, the person must be an informal carer - that is, a parent, partner/husband/wife, child, sibling, and/or a person who has primary responsibility for the person with a disability.
- We work with people and families from a broad range of ethnic backgrounds and who may experience any one or more recognised disability. You or a family member may have a physical, intellectual, sensory disability, may suffer from an acquired brain injury or experience developmental delay or autism spectrum disorder, or may experience mental illhealth.

How to get to ADEC?

We can visit you in your home or other preferred venue. However, if you come to ADEC, you can use public transport:

- Tram: Plenty Road route, tram No. 86, stop No. 45.
- Train: Epping line, get off at Bell Station.
- Bus: Stop No. 513 on Bell Street.

You will find ADEC on the corner of Plenty Road and Garnett Street, Preston. We are a very short walk south of Bell Street.

Do you want more information?

If you would like to know anything else about ADEC's Group Activities Program, please contact:

The Intake Officer

ADEC

175 Plenty Road, Preston, Vic. 3072

Ph. (03) 9480 1666 Fax. (03) 9480 3444

Toll free: 1800 626 078

Web: www.adec.org.au



Funds to provide Group Activities comes from a range of providers. These include: Victorian Department of Human Services through the HACC programs, local governments and other not-for-profit organisations.

Group Activities



ADEC Group Activities:



What do we mean by 'Group Activities?'

It has been our experience that many people appear to gain lots of confidence and new skills by being part of a group of people facing similar issues. We find that having groups of say, carers of people with a disability, people can come together in the knowledge that they are not alone in facing many challenges. As most of the group activities at ADEC are language-specific, people can feel they are in a safe yet supportive environment. This is true for other groups - for example, children's groups, or mental health self-help groups, or groups of people with a disability.

Consistent with our "bridge building" philosophy, we aim to encourage group participants to become better integrated with other services around them. We go to great effort in order for the person to gain better information and knowledge about options and opportunities they might want to consider. We spend considerable effort in empowering people to make their own decisions.

You are invited to search the ADEC website for specific details, or contact the Intake Officer for information about groups in your area



Carer Support groups

ADEC's carer support groups are language specific and designed to allow carers of people with disabilities to share feelings, obtain information and provide strong support to each other through monthly gatherings. Most of the groups we currently conduct are located in different parts of Melbourne.

We are normally limited in who is able to participate in these groups - these are due to rules set down by funding bodies.

Disability self-help groups

ADEC has an Arabic disability self-help group provide support to people with disabilities through monthly gatherings.

Mental Health self-help groups

ADEC's mental health self-help groups were set up for people with mental illness and carers. The aim of the groups is to provide information about other services available to them outside ADEC and to support people experiencing mental illness to live confidently in their community.

What should you do if you would like to join a Group?

1. Telephone ADEC and ask to speak to the Intake Officer. This person will talk to you about what is happening to you and will also ask to meet you either at ADEC or in your preferred place. We call this the Intake procedure.
2. The Intake Officer will ask you some questions and if you agree to become a client, you will fill out some forms. You will be asked to sign a number of forms, including consent forms.
3. The file containing information about your situation will be given to the Group Activities Manager, who will make contact with you to make an appointment.
4. You and the Manager will meet and together, develop a plan for the type of support you need to achieve what you want.
5. There is a small fee for monthly visits. This is to pay for tea and coffee.
6. If you need an interpreter, we will arrange for one at no cost to you. We can organise an interpreter either for telephone discussions or face-to-face meetings.
7. You are welcome to withdraw from ADEC at any time.
8. If ADEC does not meet your expectations or if you want to complain, you are most welcome to talk to the Advocate or someone else at ADEC to lodge a complaint or talk about your dissatisfaction.

How to make a referral for someone who may need a Group?

If you are a service provider, professional worker, friend or family member, and you think that someone you know would benefit from a group, you are most welcome to telephone the Intake Officer to have a general discussion about your concerns. We call this a referral. If the Intake Officer believes we can support this person, the officer will contact him/her to see what we can do and if she/he wants our support. We only work with individuals if that person wants ADEC to support them.

