

# OUR CORE VALUES



Honesty



Community



Respect



Compassion



Resilience



Excellence



Communication



Accountability

## Servicing Areas:

Hunter Region, Port Stephens, Central Coast and Hunter New England.

## Contact Us

LinkedIn - englundcare

Instagram - englundcare

Phone - 02 4963 3572

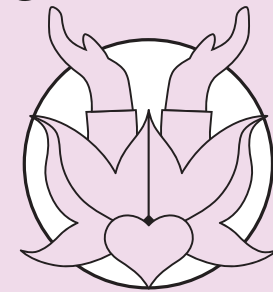
Email - [connor.englund@englundcare.com.au](mailto:connor.englund@englundcare.com.au)



## OPERATING HOURS

Monday	8.30am - 5.00pm
Tuesday	8.30am - 5.00pm
Wednesday	8.30am - 5.00pm
Thursday	8.30am - 5.00pm
Friday, Saturday & Sunday	CLOSED

# Englund Care



*Englund Care is a self and plan-managed NDIS provider in the Hunter Region, Port Stephens, Central Coast and Hunter New England.*

*We provide professional support to ensure you are gaining the most out of your NDIS plan.*

*Whether you need a Coordinator of Support or Psychosocial Recovery Coach we have you covered.*

*You will receive a tailored, personalised professional who will work alongside you to achieve your NDIS and life goals.*

### PSYCHOSOCIAL RECOVERY COACHING

Your go to worker to bring your supports together and assist your progress towards your NDIS goals.

We talk to your allied health professionals to assist in the best way to talk and support you.

### COORDINATION OF SUPPORT

We strive to help you understand your NDIS plan and connect you to the preferred allied health professionals you require to build your team for capacity.

We offer Level 2 Coordination of Support services to suit your needs.



scan me!



## NDIS Definition of Psychosocial Disability

The NDIS commission define psychosocial disability as....

**'A mental health issue that affects peoples' daily activities such as socialising or interacting with others in social settings, capacity to learn, capacity of self-care, or their capacity to fully participate in society.'**

- Schizophrenic Disorder
- Bi-polar Disorder
- Post Traumatic Stress Disorder
- Obsessive-Compulsive Disorder
- Severe Depression
- Severe Anxiety

## Areas of Need

People who suffer from psychosocial disabilities may show reduced capacity in these areas:

- Learning
- Communication
- Mobility
- Self-care
- Self Management
- Social and Financial Participation

## Psychosocial Recovery Coaching

The NDIS has recently brought a new support item for participants with psychosocial disabilities who require ongoing daily support for their complex needs and challenges in their life.

The aim of a psychosocial recovery coach is to increase participants' capacity in their social skills; financial independence; assistance towards NDIS Goals and assistance in the implementation of allied health plans.

## ENGLUND CARE Recovery Approach

At Englund Care, our recovery coaches strive to be your go-to life coach.

We want to understand your needs at a deeper level to tailor our support to you.

Our team of recovery coaches are kind, caring and have experience in caring and assisting people with psychosocial disabilities.

We capture a holistic approach to care by looking at your strengths, environment, personality, spirituality, core values and preferences.

At Englund Care we promote you to engage in prioritising goals and striving to achieve them, building confidence in yourself and your life, assistance in motivation and building resilience.

Our Recovery Coaching focuses on supporting participants in implementing their plan by working in collaboration with the participants family, carers and their allied health workers.

By doing this, our recovery coach team are successful in the implementation of the recovery plan in accordance with the NDIS.

## Coordination of Support

**Our Coordination of Supports team prioritises supporting people with disabilities, their families, and carers to:**

- Provide available options
- Included in decision making
- Maximise outcomes
- Link local supports suited to your needs
- Increase capacity
- Increase industry knowledge

## ENGLUND CARE Coordination Approach

Our team specialise in navigating the NDIS and providing expert advice and information when it comes to decision making, providing options for supports and orchestrating your plan.

Support Coordination addresses participants in their complex supporting life. We orchestrate your plan and liaise with your allied health professionals, LAC and family to holistically unlock your NDIS goals.

We focus on monitoring goal progress, reducing complexities, resolving conflicts and addressing change to ongoing supports provided.

Englund Care Support Coordination Team are trained in therapeutic crisis intervention and accidental counselling to assist you in your time of need.

We are not a crisis service, if you need immediate help contact lifeline on 13 11 14 anytime, anywhere.

At Englund Care, our coordinators of supports strive to be your go-to NDIS expert.

We want to understand your needs at a deeper level to tailor our support to you.

Our team of coordinators are friendly, personable and have experience assisting people with disabilities.

We capture a holistic approach to care by looking at your strengths, environment, personality, spirituality, core values and preferences.

At Englund care we encourage you to engage in prioritising goals and striving to achieve them, building confidence in yourself and your life and assisting you in your daily concerns.