



THE
Social Ratio

Offering NDIS services for Psychosocial Recovery Coaching, Support Coordination and Social Work to NDIS Plan Managed and Self-Managed participants or anyone who feels they may benefit from our services to live a better quality of life

We become a key part of your wrap around support team. Everyone is unique and so the ratio of support varies according to your personal goals and needs. This means services are person-centred, trauma informed, strengths based and you're in charge of the decisions that impact your life – ***your journey, it's your choice!***



Supporting adults along their journey to live a meaningful life with self-determination.

Support Coordination

- Establish and connect you to various supports.
- Collaborate to build upon your strengths and capacity for community participation and self-determination.
- Assist you to mitigate risks, crisis situations and barriers as you work towards your goals.

Psychosocial Recovery Coaching

- Recovery focused goal setting and planning.
- Increase capacity for self-determination and autonomy
- Strategies to assist you and your support network when experiencing the episodic nature of mental health.
- Work through barriers to access services.

Social Worker -

NDIS participants & the public

- Address complex concerns, implement a plan of action.
- Biopsychosocial approach and psychoeducation.
- Therapeutic counselling and capacity building supports.
- Evidence-based practice – Trauma-informed, Strengths-based, Acceptance and Commitment Therapy.

Servicing the westerns suburbs of Melbourne.

**** NO transport costs except tolls and parking ****

Available for in-person and online appointments.

Expanded operating hours available.

Phone: **0400 205 297** | Email: **hello@thesocialratio.com.au**

Website: **www.thesocialratio.com.au**



✓ Master of Social Work



Member of the Australian Association of Social Workers

- ✓ NDIS Screening Check
- ✓ Working with Children Check
- ✓ National Police Check
- ✓ First Aid & CPR

