

BCH Services Guide - NDIS

Ballarat Community Health is a registered provider of the [NDIS](#).

The National Disability Insurance Scheme supports people with disability to achieve their individual goals and to participate in the community and employment.

The NDIS provides funding to eligible participants to access a range of supports aimed at increasing their independence, inclusion, and social and economic participation. Eligible clients are people who currently have or are likely to have a permanent disability, aged up to 64 years.

The NDIS became available in the Central Highlands area from 1 January 2017. The Central Highlands area covers the local government areas of:

- Ararat
- Ballarat
- Golden Plains
- Hepburn
- Moorabool
- Pyrenees

For information on whether you are eligible for the [NDIS](#) and how the [NDIS planning process works](#) visit the [NDIS website](#).

The Local Area Coordination Service can also assist. They have three roles

- They will link you to the [NDIS](#)
- Link you to information and support in the community, and
- Work with their local community to make sure it is more welcoming and inclusive for people with disability.

They can be contacted on 1800 242 696 or by emailing ndis@lchs.com.au

NDIS Allied Health Services

Ballarat Community Health specialises in a range of allied health services including dietetics, exercise physiology, physiotherapy and podiatry.

These services fit into NDIS plans in the areas of Improved Health & Wellbeing and Improved Daily Living.

Improved Health & Wellbeing

Our dieticians and exercise physiologists can provide you with specialist advice and support on managing your diet and exercise to improve your overall health and wellbeing. This can be done on a one to one basis or with a group.

The funding lines and costs per session for these services are:

Individual dietician consultation

15_025_0128_3_3

\$178.98 per session

Group dietician consultation

15_026_0128_3_3

\$59.67 per session

Individual exercise physiologist consultation

15_027_0126_3_3

\$145.63 per session

Group exercise physiologist consultation

15_028_0126_3_3

\$48.54 per session

Improved Daily Living

Our podiatrists and physiotherapists can work with you to improve your mobility and strength, allowing you to be more independent and participate more in your community. Our physiotherapists will start with your current functionality and, in consultation with you, develop a plan for improving this functionality over time. Our podiatrists will assess your gait and factors that will affect your mobility and discuss a plan to enable you to maintain or enhance your mobility.

The funding lines and costs per session for these services are:

Individual physiotherapy or podiatry consultation

15_048_0128_1_3

\$175.57 per session

Manufacture of orthotics by a podiatrist

15_047_0135_1_3

\$161.52 per hour

These services are provided by one of our qualified and experience clinicians in rooms at the following BCH sites:

Lucas – 12 Lilburne Street Lucas

Sebastopol – 260 Vickers Street

Cooinda – 10 Learmonth Rd Cooinda

Smythesdale – 19 Heales Street

Contact a BCH Customer Service Officer on 03 5338 4500 and they will organise for one of our intake team to phone you to discuss your needs and to set up a service agreement so you can commence visiting one of our clinicians.

Program Information

Where and when is it held?

[Lucas](#)

NDIS Counselling

Ballarat Community Health specialises in individual, couple and group counselling
Counselling fits into NDIS plans in the area of **Improved Daily Living**.

Individual Counselling

Managing and processing feelings and emotions can be very difficult and complex, especially if you are experiencing significant changes in relationships or your wellbeing. Counselling can assist you to grow as a person and achieve your goals.

Counselling is usually done face to face with a qualified and experience counsellor in rooms at any of BCH sites

Lucas – 12 Lilburne Street Lucas

Sebastopol -260 Vickers Street

Cooinda – 10 Learmonth Rd Cooinda

Smythesdale 19 Heales Street

Victoria street – 28 Victoria Street

Counselling can be weekly or fortnightly and usually people have about 12 sessions over six months.

The funding line for this service is 15_043_0128_1_3 and the cost is \$149.80 a session.

Contact the BCH customer Service Officer on 53384500 and request an appointment with an intake counsellor. The Customer Service Officer will make a time for a counsellor to phone you to discuss your needs and to set up a service agreement so you can commence your course of counselling.

NDIS Support Coordination

The role of a Support Coordinator is to connect participants with an NDIS plan to supports and services in the community. Our role as Coordination of Supports is to compliment your life and help put your NDIS plan into action.

A Support Coordinator will assist you to:

- Understand how you can use your NDIS plan to meet your goals.
- Manage those resources effectively to get the best outcome from your plan.
- Work with other people in your circle of support (family, friends, service providers, therapists and community and mainstream supports such as doctors)
- Monitor the progress and outcomes of achieving your goals.
- Assisting you to prepare for your next NDIS review meeting.

Support coordination has four stages

Engagement - meeting with you (and your circle of supports) to compile a picture of your life. During this meeting, a Service Agreement will be developed that outlines how we may work together. If you decide you want us as your chosen service provider for the coordination of supports, you will need to sign the Service Agreement.

Planning – Your support coordinator will then meet with you to talk about how to meet your NDIS goals and to understand your funded support categories, and to from a unique, tailored capacity building approach to achieve the goals in your NDIS plan meeting that reflects your specific needs, desires and aspirations.

Implementation – Your support coordinator will meet with you to assist you to navigate the NDIS through connecting and coordinating informal, mainstream and funded supports found in the service delivery environment. We will support you to make your NDIS planed goals happen.

Monitoring – Once supports and services are established, we will continue to work with you to monitor your goals, needs and aspirations. We do this by keeping records about how your goals are being achieved and we will also note any changes you may wish to apply to your next NDIS plan (which typically happens once a year).

We can meet with you in your home or at any of our sites
12 Lilburne Street Lucas
260 Vickers street Sebastopol
10 Learmonth Rd Cooina
The Well at Smythesdale

For more information phone Ballarat Community Health on 5338 4500 and ask for support coordination services or email info@bchc.org.au