

LGBTQIA+ Service

A safe, inclusive space for NDIS Consumers to access Integrative Healthcare



With Pride

Inclusive Integrated Healthcare

In clinic & online services

SUPPORT COORDINATION - Psychosocial Recovery Coaching

CAPACITY BUILDING - Improved Daily Living

CAPACITY BUILDING - Improved Health & Wellbeing

CORE SUPPORTS - Assistance with Daily Life

AVAILABLE ONLINE VIA TELEHEALTH THROUGHOUT AUSTRALIA & FACE TO FACE LOCATION DEPENDENT

We are proud to now be offering Self-managed & Plan Managed NDIS Consumers, in particular those that identify as part of the LGBTQIA+ Community access to: Dietary Planning, Exercise Physiology, Occupational Therapy, Personal Training & Individual Counselling and Psychosocial Recovery Coaching.

Dietary planning can be utilised by a consumer for many different reasons, these include but are not limited to; overall health, dietary education, weight loss, chronic or acute physical, mental or emotional health conditions, address and reduce side effects of medications, pain management, stress, anxiety, depression, the list goes on. Using this hand in hand with **Exercise Physiology** or **Personal Training** can see a consumer's quality of life dramatically improve and therefore assist in achieving an array of other goals that a consumer may have within their NDIS Plan.

Individual Counselling is not limited to when a consumer needs to work through a specific concern such as trauma, relationships, stress etc, we welcome consumers to engage in our service to begin empowering personal growth so that they may thrive.

Our **Occupational Therapists & Exercise Physiologist** can assist with Functional Assessments, this is designed to support a consumer to identify their needs for therapy, training and other supports, including assistive technology to make recommendation in a report for future engagement of services.

Psychosocial Recovery Coaching is in place via our service to offer those affected by Mental Health, to support you and those important to you to identify your needs, support you to identify and reach your goals and to link you in with the services conducive to your goals where relevant.



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