



Pictured:The Action Your Ability team. **Photo:** Yanni

Championing a new era in NDIS Supports

FINDING reliable and suitable support workers can be tough work for many NDIS Participants and their families.

Due to the increasing number of independent support workers entering the NDIS, the quality, reliability, and suitability of support workers is a key factor when deciding whether a worker is the right fit for you.

Action Your Ability has developed a service model that provides consistency of support with a level of service quality expected by NDIS participants and their families. "It can take time and effort to successfully match a support worker with a participant, but it's worth every minute" said Director Tania Raar.

"We have many success stories where our participants have achieved improved independence based on the work of our team. Our tailored service means we listen to the needs of the individual and base all our actions on these."

To reduce social isolation for participants, community access is vital. Action Your Ability assists participants to attend medical appointments, social events and connect with others. "The connection with community provides a sense of belonging and can have positive benefits to a person's mental health and personal development."

Action Your Ability has started a range of group programs to support social inclusion and skill building. These programs include Karaoke & Disco, Walking Groups, Arts and Crafts and more.

Operating out of Carrum Downs, Action Your Ability provides support to NDIS Participants across the Melbourne Bayside, Frankston and Mornington Peninsula regions.

To discuss your support needs or join the group programs contact 03 9123 1294 or email: info@actionyourability.com.au. All enquiries welcome.



action your ability
SUPPORT SERVICES

Action Your Ability **Support Services**

Supporting you to live the life you want, one plan at a time.

Dedicated to NDIS Participants we specialise in:

- Community access
- Personal care
- Respite and short term accommodation
- Group programs

Our Services are:

- Tailored and individualised to suit your interests
- Carefully matched using qualified support workers
- Reliable and available when you need us – 24/7
- Provided in your home, in the community, in a group or 1:1

Our group programs are in hot demand, and include:

- Karaoke and Disco
- Arts and Crafts
- Walking Groups and
- Day Trips

Check us out at www.actionyourability.com.au

Call our friendly team on (03) 9123 1294

Email us at info@actionyourability.com.au