



Service Description

South Metro

Name of Organisation:

Southern Cross Care (Inc.) WA

Website (link):

www.scrosswa.org.au

Areas Covered:

- Mandurah; and
- Rockingham

Support Clusters:

1. **Accommodation** is where you live and includes daily support needs.
2. **Daily living** support will help you to live on your own and be part of the community. It can also help you **learn** skills in personal care, communication, shopping, cooking and cleaning. This support can be used to get help with transport and teach family and carers how to support you.
4. **Wellbeing** support will help you to find a job or do community activities.
5. **Having a break** can help you to do things you enjoy and have a good relationship with your family and friends. You can get help to give your carer a break, go to activities or go to respite care in your own home or somewhere else.
6. **Support Planning** will help you if things in your life change. Support can be used when something happens that you did not know would happen, when there are many things to manage that you need help with and to plan during these times. Support can also be used by your main service provider to manage 3 or more of your services.
7. **Behaviour support and specialist care**
 - 7b. Specialist care for persons with high care needs (includes nursing care in the community for people with high care needs).

For the above cluster(s), Southern Cross Care is able to offer:

- Services to individuals with psycho-social disability
- Shared Management

Southern Cross Care Service description – 250 word limit use font ARIAL 12:

Southern Cross Care's Mental Health and Disability team can assist you to achieve your goal of living independently in the community by encouraging you to build your confidence and achieve your personal goals.

The services we offer support you to build a life based on your personal choices, providing support and assistance only when you need it and the encouragement and confidence for you to do it independently.

We are committed to walk alongside individuals with mental health and disability challenges in the understanding that:

- Openness, exploration, planning and responsiveness form the foundations of each successful journey towards a meaningful life
- Identification, achievement and maintenance of key development milestones support long term wellbeing
- Both the journey and the destination are unique to each individual, is defined by them and achieved through different mechanisms, partnerships and experiences

Southern Cross supports individuals in the areas of:

Health and Wellbeing

- Assisting individuals to progress towards being sound in body, mind and spirit

Accommodation

- Ensuring individuals have a place to call home that provides security, belonging and acceptance

Life Skills

- Enabling individuals to reacquire, build and maintain the skills and abilities necessary for full participation in everyday life

Social Engagement

- Increasing individual engagement and participation with self and society to achieve a sense of belonging and community

Case Management

- Walking beside individuals in a collaborative process of assessment, planning, facilitation and advocacy to enable people to achieve and maintain their chosen lifestyle and personal goals

Contact details:

Primary contact person	Melany McLennan	Secondary contact person	Ann Marie Kelly
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