



# Disability Services

## Information Sheet

### **ASSIST: how can we help?**

ASSIST (Adult Specialist Services Intervention and Support Team) is a service of Disability Services. We provide allied health services that help improve the independence, wellbeing and quality of life of adults with disability.

ASSIST includes a team of physiotherapists, occupational therapists, speech pathologists, psychologists, dietitians, and therapy assistants.

We provide services to people in the metropolitan and outer metropolitan areas and we provide advice and professional support to Disability Services workers in the country. We also make regular visits to the APY Lands to provide a therapy service to the clients there.

### **Who do we help?**

- ▶ Adult clients of Disability Services living in the community in their own homes
- ▶ Adult clients of Disability Services living in supported accommodation run by Disability Services and most other agencies.

### **How we work**

We work in cooperation with other Disability Services workers from Community and Accommodation Services.

We provide assessment, intervention, education, practice, advice and support. We aim to maximise each client's ability to be independent and effective in the areas of communication, mobility, mealtimes, daily living, behaviour and emotional wellbeing. This may include provision of equipment through the DFC Equipment Program.

We also support families and carers as they help the person with disability to function as independently as possible.

The Independent Living Centre is also part of ASSIST. It provides information and advice about equipment and techniques to maximise independence to clients and the general public.

### **How can people access the ASSIST service?**

- ▶ You must be a Disability Services client to access ASSIST services. Please discuss your needs with your Service Coordinator or accommodation house manager. They will help you decide if ASSIST is right for you.
- ▶ If you are not a Disability Services client, you can find out if you are eligible by contacting the Intake Team on 8348 6500.

## Contact Us

- ▶ **ASSIST general enquiries:** 8266 5260
- ▶ **North ASSIST**  
11 Blacks Road Gilles Plains SA 5086  
Telephone: 8266 8950
- ▶ **Central ASSIST**  
11 Blacks Road Gilles Plains SA 5086  
Telephone: 8266 5260
- ▶ **South ASSIST**  
Level 1A, 103 Fisher Street Fullarton SA 5063  
Telephone: 8372 1495
- ▶ **Independent Living Centre**  
11 Blacks Road, Gilles Plains SA 5086  
Telephone: 1300 885 886 (SA & NT callers only) or 8266 5260

## Further information

Our information sheet, *Independent Living Centre*, provides information on how the Independent Living Centre can help you with up-to-date, individualised information and advice about equipment and techniques to assist with everyday living.

