

ADEC Projects

Digital Respite

Digital Respite provides young people living with disabilities a creative & educational space where they can develop various skills through the use of computers, devices such as iPads, games and software. This in turn provides their family or carers an opportunity to have some much needed respite time.

ArtAbility®

ArtAbility® is a visual arts program that supports a range of talented artists of all ages, from a variety of cultures who are living with a disability.

The ArtAbility® program is made up of contributing artists, collaborations with other organisations and ADEC run art workshops. At the end of each year, the artwork that has been produced is showcased at our annual ArtAbility® Exhibition.

If you would like to get involved in these great projects, contact us via phone: (03) 9480 7000 or email: info@adec.org.au



Title: Fly Free
Artist: Maree
Tambasco-Roche

ADEC Office Locations

ADEC Head Office - Preston

Address: 175 Plenty Road, Preston, VIC, 3072

Directions

The ADEC Head Office is located on the corner of Plenty Road and Garnet Street, Preston.

- Tram: Plenty Road route, Tram Number 86, Stop Number 45
- Train: South Morang line, get on at Bell Station
- Bus: Route 513 on Bell Street, Stop Number 9

Werribee Office

Address: Level 1, 1-3 Watton St. Werribee, VIC, 3030

By appointment only, please call for directions.

Dandenong Office

Address: 186 Foster St. East, Dandenong, VIC, 3175

By appointment only, please call for directions.

CONTACT ADEC

Address: 175 Plenty Road, Preston, Vic. 3072

Tel: (03) 9480 7000 Fax: (03) 9480 3444

Toll Free: 1800 626 078 Email: info@adec.org.au

ABN: 32 390 500 229



ADEC acknowledges support received from the Australian and Victorian Governments.



Specialists in supporting people living with a disability and their carers, from multicultural communities, for over 32 years.



“Our friendly team of volunteers and staff speak a variety of languages and understand your culture.”

Action on Disability within Ethnic Communities Inc.
ABN: 32 390 500 229

About ADEC

ADEC strives to empower people living with disabilities from diverse cultural backgrounds, their carers and families, to fully participate as equal members of the Victorian community.

About the NDIS

The NDIS is a new way of helping you and your family to get the supports you need. This scheme gives you the power to choose your own supports.

Are you eligible?

To check if you are eligible for the NDIS, please visit: www.ndis.gov.au

Do you want the NDIS to support you?

ADEC CAN HELP

Phone: (03) 9480 7000
Email: info@adec.org.au
Website: www.adec.org.au

ADEC Provides FREE Pre-planning Support!

"It is so important that you are well prepared for the first planning meeting with the NDIA. If you do not ask for something under this system, you won't get it."



ADEC Services

Community Access - Helping you to get out into the community and access the same services as everyone else.

Plan Management - Supporting you with the finance and invoicing requirements for your NDIS package.

Support Coordination - Taking care of the day to day requirements of your supports so that you don't have to.

Life & Personal Skills Development - Teaching you the skills you need to live a full and happy life.

Group Based Activities - Supporting you with the activities that interest you. Anything from art, to sport or social activities.

Life Stage Transition - Supporting you through the challenges in your life, such as budgeting, life planning or resolving crisis situations.

Accommodation Supports - Supporting you with accommodation or tenancy obligations.

Assistance With Self Care - Supporting you with your daily self care needs.

Community and Home Supports - Supporting you as you need it around the home and in the community.

Interpreting and Translation Services - Supporting you with your interpreting and translation needs.

My Aged Care - ADEC is a registered My Aged Care provider, offering a number of supports to seniors aged 65 or over, allowing you to stay at home longer and maintain your independence.

Advocacy Services - Our advocates provide a range of services, including supporting you at meetings, advocating on your behalf if you are dissatisfied with a service, supporting you to access government payments and assisting with the NDIS.

Capacity Building - ADEC works with communities to facilitate capacity building programs focused on improving general well being, addressing social isolation and linking to local services.

Education & Training - ADEC provides pre-accredited courses as well as customised professional development workshops for organisations.

ADEC Online www.adec.org.au

Visit our website for information about our organisation and the services we provide. Please sign up to our mailing list to stay informed about what's happening at ADEC.

Social Media

Link up with us on our social media accounts:

- [Facebook.com/ADECinc](https://www.facebook.com/ADECinc)
- [@ADECnfp](https://twitter.com/ADECnfp) on Twitter

NDIS - Let ADEC Know What You Need