

# Accommodation and care

When people look at returning home after a spinal cord injury, they often need to consider their changed needs for accommodation and what other services may be required in the home. How you go about meeting your accommodation needs will depend on what resources you have at your disposal. People who own their own home may be able to make modifications to allow them to return there after hospital. Others may be renting in the private market or need to access social housing.

A social worker can talk to you about what accommodation options may be available to you, or how you can access assistance with personal and domestic tasks. A number of websites and organisations are listed below.

## Accommodation

- Housing NSW, Department of Human Services provides housing support for low income households.  
[www.housing.nsw.gov.au](http://www.housing.nsw.gov.au) 1300 468 746
- Commonwealth Carelink Centre provides support to those who are primary carers of someone who is ageing or has a disability, with information about a wide range of services. [www9.health.gov.au/ccsd](http://www9.health.gov.au/ccsd) 1800 052 222
- ParaQuad NSW has transitional accommodation, respite and high-care residential services.  
[www.paraquad.org.au](http://www.paraquad.org.au) (02) 8741 5600
- Northcott Disability Services has a number of accommodation options for people with a disability.  
[www.northcott.com.au](http://www.northcott.com.au) 1800 818 286
- NSW Home Modifications and Maintenance Services can assist people with a disability fund essential modifications to live in their own home.  
[www.nswhmms.org.au](http://www.nswhmms.org.au) (02) 6622 8386

- Spinal Cord Injuries Australia has shared accommodation in various locations. Applications and vacancies are managed through Ageing, Disability and Home Care. Contact the intake officer in your local region for further information.  
[www.adhc.nsw.gov.au/individuals/support/somewhere\\_to\\_live](http://www.adhc.nsw.gov.au/individuals/support/somewhere_to_live)

## Care and In-Home Support

- ParaQuad NSW has transitional accommodation, respite and high-care residential services.  
[www.paraquad.org.au](http://www.paraquad.org.au) (02) 8741 5600
- Personal care and domestic assistance is funded through a variety of schemes including, but not limited to, Attendant Care, High Needs Pool, Homecare NSW, Lifetime Care and Support, Aged Care Packages or private services. The system for managing care is changing in NSW, and focus is shifting towards individuals managing their own care services. Assistance with understanding and





navigating all current models can be received from your health worker, social worker, Lifetime Care and Support coordinator or case manager.

- ParaQuad NSW has transitional accommodation, respite and high-care residential services. [www.paraquad.org.au](http://www.paraquad.org.au) (02) 8741 5600 Ageing, Disability and Home Care provides funding packages to allow people to receive personal care services in their own home, and offers personal care and domestic assistance. [www.adhc.nsw.gov.au](http://www.adhc.nsw.gov.au) (02) 9374 3612
- Home Care Service of NSW can provide personal care and domestic assistance for a maximum of 14 hours a week.
  - Sydney Metropolitan Area: 1800 350 792
  - Hunter/Central Coast and other locations: 1300 881 144
  - Aboriginal Home Care Service: 1300 797 606
- The Attendant Care Program provides higher level personal care and support (between 15 and 35 hours a week) in the home for people aged between 16 and 65 years. Some packages are available up to 49 hours a week under special circumstances. Clients under the program are responsible for recruiting their own carers or an attendant care provider. [www.adhc.nsw.gov.au/individuals/support/everyday\\_living\\_support/attendant\\_care\\_program](http://www.adhc.nsw.gov.au/individuals/support/everyday_living_support/attendant_care_program) (02) 9374 3612

- High Needs Pool provides a higher level of personal care and support in the home for between 15 and 35 hours a week. This program is administered through Home Care Service of NSW but applications are made through the Attendant Care and Physical Disability Unit. [www.adhc.nsw.gov.au/individuals/help\\_at\\_home/home\\_care\\_service/services\\_for\\_people\\_with\\_high\\_support\\_needs](http://www.adhc.nsw.gov.au/individuals/help_at_home/home_care_service/services_for_people_with_high_support_needs)
- Aged Care Assessment Team (ACAT) will assess the eligibility of people over 65 years for aged care service in the home (such as EACH or CACP), respite placements and/or permanent residential aged care and hostel placements. You can find your local ACAT by contacting the Commonwealth Respite and Carelink Centre on 1800 052 222 or go to [www.agedcareaustralia.gov.au/internet/AgedCare/Publishing.nsf/content/acat+finder](http://www.agedcareaustralia.gov.au/internet/AgedCare/Publishing.nsf/content/acat+finder)
- Lifetime Care and Support is a funding scheme for people who have been injured in a motor vehicle accident. [www.lifetimecare.nsw.gov.au](http://www.lifetimecare.nsw.gov.au) 1300 738 586
- Younger People in Residential Aged Care (YPIRAC) provides support to people under the aged of 65 years who are at risk of, or already living in residential aged care. 1800 467 622

