

## About Gunditjmarra

Gunditjmarra Aboriginal Cooperative Ltd is an independent community based not for profit Aboriginal Community Controlled Organization located in Southwest Victoria.

Gunditjmarra provides culturally safe, strength based, social, health and wellbeing programs and services at all life stages- from cradle to grave.

At Gunditjmarra we are committed to:

- ✓ Provide intensive support to clients, carers and families
- ✓ Client centered approach in all interactions
- ✓ Be active and strong advocates on behalf of clients and families
- ✓ Have culture at the centre of everything that we do
- ✓ Link community members in with wrap around service support.



GUNDITJMARA IS A CHILD SAFE ORGANISATION AND IS COMMITTED TO THE SAFETY OF CHILDREN AND PROTECTING CHILDREN FROM ABUSE.

### GUNDITJMARA PROVIDES SUPPORT FOR CLIENTS EXPERIENCING AND OR NEEDING ASSISTANCE WITH:

- Family Violence
- Health via the Gunditjmarra Health Service
- Homelessness
- Social and Emotional Wellbeing
- Family Support Advocacy
- Justice system
- Alcohol and Other Drugs
- Leaving Care transition
- Playgroup (Kooramook)
- Maternal and Child Health
- In Home Care Support
- Social Engagement Activities



PRIMARY HEALTHCARE

INDEPENDENT  
LIVING TEAM  
SUPPORTS

135 KEPLER ST WARRNAMBOOL VIC 3280  
P 03 5559 1234 E ADMIN@GUNDITJMARA.ORG.AU  
WWW.GUNDITJMARA.ORG.AU



## Aims and Objectives

**Our aim is to support our Elders, people with a disability and their carers to stay connected to community, country, and culture.**

Supporting people is something we take very seriously. Our team is working each and every day to make a positive impact in the lives of people. We offer support for you, people with special needs and Elders within the community.

Our aim is to support healthier, happy, stronger lifestyles for our community. We are ready to help you with services tailored to your individual needs, with friendly support staff and social programs designed to support and connect you with the

community. We understand how important it is for everyone to feel safe, strong in culture, independent and healthy.

## Our Support Workers support you to:

- Live healthy, independent, and active lives
- To remain at home safe and supported
- To keep connected to your community and culture.

We are skilled to monitor your wellbeing and look out for hazards or barriers that prevent you from keeping safe and active.

We assist with domestic activities, shopping, cooking,

exercise, social support, group activities, community engagement and much more.

We can provide services for clients under the Commonwealth Home Support Program, Home and Community Care Program for Younger Persons, Home Care Packages and National Disability Insurance Scheme.

We welcome any enquiries you may have about how our services can assist in meeting your needs.

Service provision may be long term or short term as part of the wellness and restorative approach utilised by Gunditjmara and guided by client service agreements and care plans.

**Referral Pathway: Give Gunditjmara a call on 5559 1234 and ask to speak to the Independent Living team. Alternatively pop into the office at 135 Kepler Street Warrnambool to have a Yarn on how we can best support you.**

**IF THERE ARE IMMEDIATE CONCERNS FOR A PERSON'S LIFE OR SAFETY, OR MEDICAL ASSISTANCE IS NEEDED, 000 SHOULD BE CALLED.**

**If children are at significant and immediate risk of harm, contact the After-Hours Child Protection Emergency Service 13 12 78 (staffed 5pm-9am).**

**Statewide family violence 24/7 crisis service** – safe steps Family Violence Response Centre. Call: 1800 015 188. Available 24 hours, 7 days a week.

**Sexual assault support** – Sexual Assault Crisis Line (SACL) Call: 1800 806 292

**For perpetrators** – Men's Referral Service (MRS) Helpline. Call: 1300 766 491 (available 9am - 9pm Monday-Friday).

**For female victim survivors** – Victim Support Agency (VSA) Victims of Crime Helpline Call: 1800 819 817 or Text: 0427 767 891. Available 8am – 11pm, 7 days a week.

**For LGBTI victim survivors** – Switchboard (QLife Counselling and Referral service). Call 1800 184 527. Available 3pm – midnight, 7 days a week.

**Telephone Counselling** – 1800RESPECT. Call: 1800 737 732. Available 24hrs, 7 days a week.

**Djirra** – Aboriginal Family Violence and Legal service. Free call 1800 105 303

**West Division Intake** – Rural and Regional only 1800 075 599. Business hours: 8:45am – 5pm

Outside of business hours if you want to have a yarn, contact Yarning Safe n Strong 1800 959 563. It is a 24/7 free and confidential phone crisis line for Aboriginal people and families who need to have a yarn with someone about their wellbeing.

