



**Bedford**<sup>™</sup>  
Changing Lives

# Social Life

## Bedford can assist you to access and participate in social and recreational activities in the community.

We can help with skill development, mentoring and counselling to help you increase your participation in the community.

Bedford offers a broad range of individual and group-based social and recreational activities for people with varying support needs, from a number of locations across South Australia.

We offer a variety of recreational, leisure and developmental activities, designed to meet all individual needs. Our offering includes:

- Movie, musical and theatre visits
- Sports and recreation such as surfing, table tennis, bowling and sailing
- Group outings to community and sporting events
- Volunteering through partner organisations such as Meals on Wheels, Rotary and Trees for Life

- Restaurant and café visits
- Access to community facilities such as libraries, museums and parks

We have developed a range of in-house social and recreational activities including fitness, arts, music, gardening, cooking and cohesive group activities.

A goal of the NDIS is to increase social participation. Each person will receive a program tailored to their individual needs and updated as those needs change.

## NDIS Support Categories to help with your **Social Life** include:



Assistance with Social and Community Participation (Core)



Increased Social and Community Participation (Capacity Building)



Improved Relationships (Capacity Building)

## Why Bedford?

At Bedford we strive to change the lives of people with disability by building capacity, independence and wellbeing.

We benefit from vast experience providing disability and employment services across regional South Australia and metro Adelaide and remain focused on tailoring our support offering to achieve your goals.

**Bedford...**  
*we're here to help!*

Contact a Bedford NDIS Partner to talk about how we can assist you throughout the planning and coordination process.

# A guide to the NDIS Support offering and how Bedford can help:

Support Purpose	Support Categories	How can Bedford support you?
<p><b>Core Supports</b> enable you to complete activities of daily living and work towards goals and objectives.</p> <p> Funding for Core Supports is provided as a single nominated lump sum which can be used flexibly across each support category.</p>	 <b>Assistance with Daily Life</b>	Bedford can assist you to go about your day-to-day life. This includes assistance with personal care, household tasks and respite supports.
	 <b>Assistance with Social and Community Participation</b>	Bedford can assist you to participate in social and recreational activities in the community.
<p><b>Capacity Building Supports</b> enable you to build independence and skills.</p>	 <b>Coordination of Supports</b>	Bedford can assist you to connect with mainstream supports and participate independently in the NDIS.
	 <b>Improved Living Arrangements</b>	Bedford can assist you to manage your accommodation and tenancy obligations.
	 <b>Increased Social and Community Participation</b>	Bedford can assist you with skill development, mentoring and counselling, either individually or as part of a group, in a way that assists you to achieve your goals.
	 <b>Finding and Keeping a Job</b>	Bedford can provide you with ongoing support to find and keep a job.
	 <b>Improved Relationships</b>	Bedford can provide a range of tailored supports which assist you to develop social skills.
	 <b>Improved Health and Wellbeing</b>	Bedford can assist you to improve your health and wellbeing, by delivering assistance with exercise, diet and personal training.
	 <b>Improved Daily Living Skills</b>	Bedford can assist you to develop your independence by providing a range of tailored training and therapy supports.
	 <b>Improved Life Choices</b>	Bedford can assist you to manage your NDIS supports.
<p><b>Capital Supports</b> allow purchases such as assistive technologies, equipment and home or vehicle modifications and other capital costs such as Specialist Disability Accommodation.</p>	 <b>Improved Learning</b>	Bedford can assist with your learning goals, providing the skills and opportunities you need in life.
	<p><b>Home</b></p>	Bedford provides a range of existing residential services and supports. Our recommended Accommodation Support Partner is Unity Housing.

## What next?

Contact a Bedford NDIS Partner for guidance on the next steps. We can come to you or you can visit us at one of our NDIS Planning Centres; Elizabeth, Gepps Cross, Lonsdale, Panorama or Torrensville.

Call **1300 BEDFORD** to arrange a meeting or chat to one of our NDIS Planners.