

community inclusion and support services (ciss) can:

- Provide trained staff to meet your support requirements;
- Provide support for all levels of need 24 hours a day, 7 days a week;
- Assist carers to take a well earned break;
- Teach you to advocate for your own needs;
- Provide intensive case management and coordination if you are at risk or have complex and multiple needs; and
- Assist carers and family members by providing information and referral support.

We welcome and encourage your feedback, including complaints, as a way of continually striving to improve our services.

how to contact us

For more details contact the **service access and intake coordinator** on **9871 1850**.

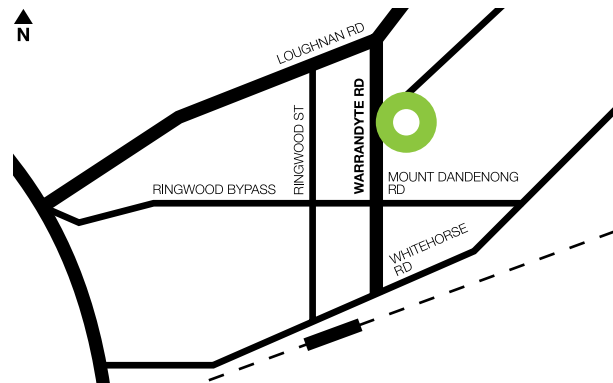
ciss

46 warrandyte road ringwood 3134 vic
t 9871 1850 f 9876 0100
e info@each.com.au

More dedicated information about our service can be found on our website: **www.each.com.au**.

Facebook Details:

Visit our website for a link to join **each – community inclusion & support services** on facebook.



each is a leading health and human service provider servicing Melbourne's Eastern Metropolitan Region.

each

partners in building healthy communities

main office

46 warrandyte road ringwood 3134 vic
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info@each.com.au **each.com.au**

community inclusion and support services



community inclusion and support services (ciss) provide services in people's homes or within the community throughout the Eastern Metropolitan Region of Melbourne including the Shire of Yarra Ranges.

If you would like help getting ready for your day, doing your shopping, attending activities or appointments, taking a break from family, joining in with the community and staying in touch with others, **community inclusion and support services** can help.

my life, my way, each day!

Tell us how you would like to live your life and we will support you, to make it happen!

who are we?

ciss is a division of **each** which provides support and assistance to:

- People living with a disability;
- People experiencing a mental health issue;
- People with complex care needs including dual disabilities, substance use, justice issues and homelessness;
- People dealing with the everyday effects of getting older and feeling isolated; and
- Carers and family members.

We provide high quality individualised services that enhance independence and choice and strengthen community engagement.

what we do

- Encourage everyone we support to reach their full potential;
- Empower people to live fulfilling lives and to become fully included in their community;
- Celebrate the worth and contributions of each individual; and
- Strengthen opportunities to educate and engage the local community about health and community services.



do you need help with:

- care and support at a range of times during the day or evening, 7 days a week?
- A helping hand to continue to live independently?
- Support to establish your independent living situation?
- Assistance with personal care?
- Someone to help you coordinate the other services you are involved with?
- Learning new skills?
- Someone to help you at school or work?
- Help finding out about activities of interest and linking into your local community?
- Making new friends and social connections?
- Having a break away from family?

do you see your life as your own, not something to be managed by others, but you need a helping hand?

With a little help from **ciss** you can:

- Do the things you need to do around the house;
- Participate in sport and other recreational activities;
- Make new friends and link into community events;
- Go to Tafe or University;
- Get a job or become a volunteer;
- Have some time away from your family;
- Develop or maintain skills so you can live more independently; and
- Continue to be active within the community.