

how can D2DL help?

Assistance provided by the D2DL program will vary according to individual needs and circumstances, personal interests, resources and level of comfort.

For example, assistance may be provided in such areas as:

- Joining a personal interest or hobby group such as yoga, singing, belly dancing, creative writing, patchwork, painting, sketching, pottery and many others including one day workshops;
- Making friends or getting fit by joining a social, support, sporting or recreational group;
- Becoming involved in practical skills based social groups such as community kitchens, men's sheds, first aid, gardening and budgeting workshops; and
- Helping you explore courses at Community/ Neighbourhood Houses, TAFE or other educational opportunities.

how to contact us

For further information or to make a referral contact your nearest D2DL office on the following numbers:

cities of knox and maroondah

t 9879 4699

shire of yarra ranges

t 9735 7900

**healesville, upper yarra valley
and yarra glen areas**

t 5962 2388

For all other enquiries and for further information

about the range of mental health services in the Outer East, please contact

each community mental health support services

7-9 john street lilydale

t 9735 7900

eastern access community health

partners in building healthy communities

main office

46 warrandyte road ringwood 3134 vic

t 03 9871 1800 f 03 9870 4688

info@each.com.au **each.com.au**

support for day to day living in the community (D2DL)

a structured activity program



what is support for Day to Day Living in the Community?

Support for Day to Day Living in the Community (D2DL) is a new program that aims to improve the quality of life for individuals who are managing a severe and persistent mental illness and experiencing social isolation by supporting them to access a variety of social activities in their local community.

The D2DL program recognises that meaningful activity and social inclusion are important factors that contribute to people's recovery.

This is achieved by assisting people to:

- Make new friends and build social networks;
- Participate in community activities as independently as possible;
- Develop new skills;
- Increase confidence; and
- Accomplish personal goals.

what do D2DL support workers do?

We meet with you to talk about your goals, past interests, the activities you enjoy doing, and things you would like to try, learn or achieve.

We can then help you by:

- Negotiating a suitable group, activity or course in your community that you would like to participate in and facilitating a connection;
- Being there to help you feel comfortable in a new environment - if you need it;
- Sharing the cost of materials, memberships and fees associated with the activity;
- Helping plan travel options, where lack of transport makes it difficult to attend the activity; and
- Identifying other support needs that you may have, or other things that might make participation difficult.

who is eligible?

The D2DL program supports people who...

- Are managing a diagnosed mental illness and are socially isolated;
- Are 17 years or over;
- Are currently residing in the cities of Knox, Maroondah or the Shire of Yarra Ranges; and
- Have a desire to reconnect with their local community and get more out of life.

Referrals are invited from health care providers and other service providers or enquiries can be made directly by individuals, their carers or families.

