



Lifeworks

9 Greenwood Avenue
(opposite Federation Estate)
Ringwood, 3134
Melway 49 H9
☎ **9879 4699**
lifeworks@each.com.au

Ringwood Station is a five minute walk away. The 270, 304, 364-7, 665, 670 and 679 bus routes all go to Ringwood Station.

Lifeworks provides a range of services designed to enhance the quality of life and the living skills of people with a psychiatric disability.

The services provided at the centre are divided into three streams:

- ▶ individual support
- ▶ group activities
- ▶ drop-in

Lifeworks

Psychiatric Disability
Rehabilitation and
Support Service



Partners in building healthy communities

Lifeworks

Individual Support

Participants attending groups or those with a particular need are assigned a key worker. Together they formulate an individual program plan which outlines personal goals and explores strategies to achieve those goals.

Regular reviews are held to ensure that the appropriate service is being delivered.

Participants who have a Case manager or key worker elsewhere may not require this service.

The level and type of support offered will be negotiated between the worker and participant.

Group Activities

Recreational and developmental groups are offered throughout the week.

These groups may be time limited or ongoing. A booking system operates for most groups.

Examples of groups are:

- Art
- Bushwalking
- Music Program
- Mens/Womens
- Youth
- Self-management techniques

It should be noted that courses and groups vary throughout the year according to demand.

A monthly timetable is published with more detailed information.

Drop in

Drop in is a time when participants can meet and socialise in a friendly and informal environment at the centre.

Generally no formal activities are conducted during this time and staff time is devoted to promoting social interaction.



Eligibility

Participants must:

- ▶ be between 17 and 64 years
- ▶ have a diagnosed mental illness
- ▶ be receiving treatment from a psychiatrist or general practitioner
- ▶ live in the City of Maroondah, City of Knox or Shire of Yarra Ranges

Cost

Lifeworks is funded by the Department of Human Services; therefore the services are provided at no cost to clients.

There may be a small materials fee for some groups or for entry fee for outings.