

My Support Coordination



Country &
Outback Health

Support for participants in connecting to the right services and understanding the NDIS

Our team aim to teach you how to navigate the NDIS and build your confidence, so that you can manage your own plan in the future.

Country & Outback Health offers two levels of 'Support Coordination' as detailed overleaf.



My Support Coordination

Coordination of Supports:

Longer term support, designed to help you understand the NDIS, make connections with services and provide support in resolving conflict. Support Coordination can help you;

- Find out what services are available in your area
- Work out which services are best for you
- Understand the best way to use your NDIS plan
- Make decisions on which services to choose
- Make formal agreements with service providers
- Resolve any trouble you have with service providers

Specialised Support Coordination:

Short term support, where you will work closely with your specialised support coordination worker who will help you connect to the right services. This level of support is for NDIS participants with complex needs.

The level of 'Support Coordination' and your budget will be included in your NDIS plan.

Country & Outback Health is a not-for-profit organisation that provides a range of mental health, general health and NDIS support services to South Australians living in rural and regional areas.



**Country &
Outback Health**

Please phone us or visit our website for more information

**P: 8643 5600
www.cobh.com.au**



Country & Outback Health gratefully acknowledges the financial and general support from Country SA PHN and the Australian Government Department of Health.



Country & Outback Health is not an emergency service, our operating hours are 9am-5pm, Monday to Friday. If you require immediate support or medical assistance contact Emergency Services on 000 or go to your local hospital. For non-emergency assistance contact the following 24-hour support lines: healthdirect 1800 022 222, Regional Access 1300 032 186, Lifeline 13 11 14, Mental Health Emergency 13 14 65, or Kids Helpline 1800 55 1800