



Psychosocial Recovery Coaching

BY YOUR SIDE



Why choose Auscare Support?

- 1** Our Recovery Coaches focus on the person as an individual and not just their mental health condition.
- 2** We assist to organise services that suit an individual's needs and who will assist with capacity building to improve health and well-being
- 3** We understand the importance of creating an environment where people feel safe, supported and encouraged to make their own choices.



Even more reasons to choose us ...



YOU ARE NOT ALONE

OUR APPROACH TO RECOVERY

Auscare Support's recovery-oriented approach represents a holistic approach to wellbeing that builds on individual strengths.

We understand that everyone is different and should be supported in a way that empowers them to make choices that suit their individual goals and dreams regardless of their emotional experiences.

WHAT IS PSYCHOSOCIAL RECOVERY COACHING?

Psychosocial Recovery Coaching is a National Disability Insurance Scheme (NDIS) support for people with a psychosocial disability who require support managing complex challenges in their daily lives.

Recovery Coaching uses a Recovery-Oriented Practice Framework to support people to regain control of their lives, return to optimal health and wellbeing, and progress towards maximising their potential.

What does a Recovery Coach do?

- Meets with you to discuss your current situation and the assistance you may need.
- Works with you to discuss priorities and develop a plan of action with agreed goals.
- Organise services that suit your needs and assist with capacity building to improve your health and well-being.
- Review supports, services or changes to the home environment as required.
- Assists you to link to community programs, connect to Allied Health professionals, mainstream and informal supports as well as Advocacy services if required.
- Works alongside you to continually review goals and plans.
- Offers support and hope throughout the ups and downs of your recovery journey.

“

Auscare Support treated me as a person not just a number and have provided support and comfort with kindness and humanity that assisted me to survive a difficult time

”

-Kylie

Don't just take our word for it...
4.50+ Trustpilot score from over
150 client reviews.



Other Auscare Support Services

PLAN MANAGEMENT

Auscare Support has a team of experienced Plan Managers who will manage the day-to-day administrative tasks of your NDIS plan so you can focus on achieving your goals.

A Plan Manager is responsible for:

- Receiving invoices from service providers
- Drawing funds from the NDIS portal
- Remitting those funds to service providers

PLAN MAXIMISER

More support than Plan Management, but not quite at the level of Support Coordination, with Plan Maximiser we will clarify the NDIS, help manage your budget and maximise your Plan.

Contact us: 1800 940 515

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