

# Social Work eBook

How Social Work can help  
you get on track





# I need help with... **HOUSING**

*"I can no longer afford my rent and need  
to find a new home"*

## Social Work can:

- Help you to identify your accommodation needs
- Assist you to explore your accommodation options
- Help you to apply for housing including Housing SA, community housing and private rental accommodation.
- Write support letters to advocate for you and help you obtain support letters from your doctors and therapists.
- Look at available services that can support you to remain in your home
- Consider your financial situation to make sure that you and your carer/s are receiving all benefits and concessions that you are entitled to
- Help you to coordinate a move into another home if necessary





## I need help with... MY FINANCES and LEGAL MATTERS

*"I have not been able to return to work after my accident and I don't have enough income"*



## Social Work can:

- Consider your financial situation to make sure that you and your carer/s are receiving all benefits and concessions that you are entitled to
- Help you to apply for financial assistance through Centrelink and benevolent associations
- Help you with budgeting to support you to meet your expenses.
- Link you to other services and organisations that may be able to help you and work in partnership with those services to get you the best outcome possible
- Facilitate the process of completing documentation such as Advanced Care Directives eg Enduring Power of Attorney.
- Attend South Australian Civil and Administrative Appeals Tribunal hearings with you as an advocate and/or support person
- Attend general appointments with you as an advocate and/or support person



# I need help with... CENTRELINK OR NDIS



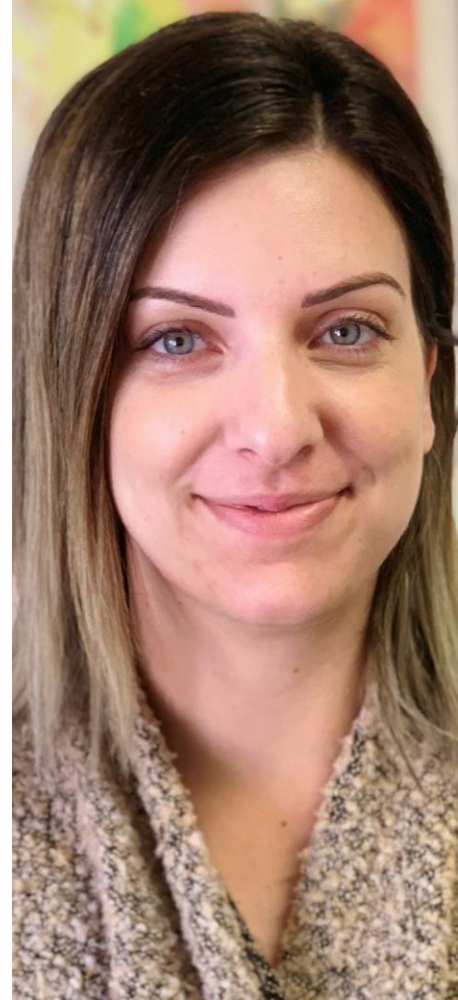
*"My Disability Support Pension claim  
was rejected "*

The NDIS logo consists of the lowercase letters "ndis" in a white, bold, sans-serif font, positioned inside a purple rounded rectangular box with a small green dot above the letter 'i'.

**ndis**

## Social Work can:

- Help you to apply for Centrelink payments
- Help you to apply for, and navigate the NDIS system
- Help explain the NDIS system
- Help you to gather medical evidence as needed
- Attend appointments with you if you need support
- Advocate and write support letters on your behalf to help you get the best outcome possible





## I need help with... TRANSPORT

*"I can no longer drive and I need help  
to get to my appointments"*





## Social Work can:

- Help you to apply for transport subsidy schemes, where eligible
- Look at community assistance programs for transport
- Advocate on your behalf to mobilise community services
- Consider your financial situation to make sure that you and your carer/s are receiving all benefits and concessions that you are entitled to



## I need help with... **MY RELATIONSHIPS**

*"My wife is my carer and I can see that she is stressed"*

*"He's not the same person he was since his accident "*

*"My friendships are not the same as they used to be"*

## Social Work can:

- Provide you and your family/carer with counseling, support and education as needed
- Help you to explore and implement effective coping and adjustment strategies
- Look at ways that your family/carer can be best supported
- Help you to build and improve relationships
- Provide you with assistance that is specific to your life stage such as help with parenting
- Link you to other services and organisations that may be able to help you and work in partnership with these services and organisations.





# I need help with... **DOING THINGS IN THE COMMUNITY**

**“I no longer get out and about – I  
spend a lot of time at home”**

## Social Work can:

- Help you to identify your strengths and interests so that you can find ways of re-connecting with the community
- Help you to identify and overcome barriers that are preventing you from getting out into the community
- Help you find special interest groups in the community and can attend with you until you are comfortable
- Link you to other services and organisations that may be able to help you and work in partnership with those services to get you the best outcome possible





## **I need help with... CASE MANAGEMENT**

***"I am overwhelmed by all of my  
medical appointments"***

## Social Work can:

- Provide you with case management, that is, work with you to facilitate your services being well targeted and person/family-centred especially during transitions of care or other significant life transitions
- Help coordinate and advocate for services that will meet your needs
- Communicate with your healthcare and rehabilitation providers on your behalf
- Be the central point of contact for your rehabilitation/healthcare providers
- Help you to stay engaged with your rehabilitation and support services
- Provide you and your carer/family members with information and education e.g. understanding health and welfare systems, wellness promotion and management of acute or chronic conditions, job-search strategies etc
- Provide resource information and referrals (e.g. financial, housing, legal, medical)
- Provide you and your family/carer with counseling, support and education as needed
- Provide ongoing monitoring and evaluation of your service plan where relevant



# Contact

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