

# teleconnect

stay connected



Remote Individual  
Support



Community Connections  
Online

# “Physical-Isolation” Doesn’t Have to Mean “Social-Isolation”

During these uncertain and challenging times, you don't need to feel alone. McCallum Teleconnect is here to keep you connected to the support and services you need.

McCallum Teleconnect offers a range of programs to help you get the support you need, when and how you need it.

You can feel confident that the people you know and trust can provide reliable, professional and ongoing support through the following programs.



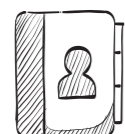
## Remote Individual Support

During these times you may require one-on-one support from a Support Worker that doesn't require them to visit your home. Our Remote Individual Support helps you maintain that support online via video or phone calls.

It's the same regular and reliable support - at a distance! We want to do this to ensure your health and well-being is looked after.

### What types of remote supports will be available?

- Providing techniques and tips for dealing with isolation and any associated anxiety or stress.
- Answering questions you may have with your daily living.
- Providing you with important information about what is happening in the current environment.
- Help in organising your medical appointments, transport and other essential things you require.
- Discussing any COVID-19 concerns you may have and providing you with easy to understand solutions.



## Community Connections Online

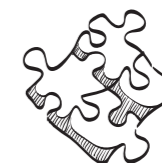
Our online programs offer opportunities for ongoing social contact and assistance with living at home.

This includes one on one video calls with a support worker and facilitated 'virtual' group activities online. Our dynamic program will help improve your mental wellbeing, beat boredom and stay connected with friends and McCallum employees.

Here are some of the great activities we've got planned. We also welcome your suggestions as to what activities you'd like to see offered.

### What types of online activities will be available?

- Drama & Acting
- Music & Singing
- Dancing
- Virtual Gardening
- Games
- Art & Drawing
- Craft
- Cooking Demonstrations
- Social Events (i.e themed discos)
- Footy Fridays
- Fitness Activities
- Movie Club
- Social Clubs (we can organise an online catch up with your friends)









# What Do I Need To Get Started?

## NDIS Funding

You can access McCallum Teleconnect if you have 'Assistance with Daily Living' listed in your Core Supports in your NDIS Plan. If not, we can request a Plan review to ensure you have the funding you need.

For our existing McCallum Participants, we will provide you with free interim assistance to help you get a Plan review that will enable ongoing McCallum Teleconnect access and the supports you need.

Remote Individual Support	Community Connections Online	
<p><b>1</b></p>  <p>A regular phone</p>	<p><b>1</b></p>  <p>An email address</p>	
	<p>+</p>	
	<p><b>2</b></p>  <p>A stable internet connection</p>	<p>OR</p>  <p>Mobile phone data (3G or 4G)</p>
	<p>+</p>	
	<p><b>3</b></p>  <p>A laptop or PC</p>	<p>OR</p>  <p>A smartphone or tablet</p>

### Need Some Help?

Our team can discuss what you need to access Remote Individual Support and Community Connections Online.

Go to [mccallum.org.au/teleconnect](http://mccallum.org.au/teleconnect) or call us directly on **1800 316 714**

## Contact Us!

1800 316 714

[teleconnect@mccallum.org.au](mailto:teleconnect@mccallum.org.au)

[www.mccallum.org.au](http://www.mccallum.org.au)