

# WHO WE ARE

Life Without Barriers is a national not-for-profit organisation working in more than 300 communities across Australia. We deliver services to over 11,000 individuals at any given time, in the areas of disability, out-of-home care, aged care, mental health and support for refugee and asylum seekers services. We also provide services to homeless people and to youth involved with the justice system.

We were established through the shared determination of local community members in Newcastle who wanted to improve the lives of people with a disability. Motivated by their own experiences and in response to demand for local disability support services, they decided to act. Generating interest in the community, proposing to create a new non-government organisation for supporting people living with disability, a Board was formed and Life Without Barriers was established.

-  @lwbaustralia
-  /company/life-without-barriers/
-  LWBAustralia
-  lwbaustralia
-  @lifewithoutbarriers

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

# QUEENSLAND AGED CARE SERVICES

## LWB SENIORS ACTIVITY CENTRE – CAPALABA

7 Wardley Street, Capalaba, QLD 4157  
T. 07 3245 7924  
E. [agedcarebrisbanesouth@lwb.org.au](mailto:agedcarebrisbanesouth@lwb.org.au)

## LWB CAIRNS

Life Without Barriers Cairns,  
Shop 1B, 127 Anderson Street, Manunda, Cairns QLD 4870  
T. 07 4032 8300

Providing services from Cairns to Tully  
Commonwealth Home Support Program;  
DVA Veterans' Home Care;  
Queensland Community Care Program

## LWB TOWNSVILLE

Life Without Barriers Townsville  
Suite 1, 3 Ramsay Street, Garbutt, Townsville QLD 4814

Commonwealth Home Support Program;  
DVA Veterans' Home Care;  
Queensland Community Care Program

## LWB MACKAY

Life Without Barriers Mackay,  
Suite 1 Ambrose Professional Centre, cnr Grendon & Palmer Street,  
North Mackay QLD 4740  
T. 07 4965 4800

Commonwealth Home Support Program;  
DVA Veterans' Home Care;  
Queensland Community Care Program

## LWB ROCKHAMPTON

Life Without Barriers Rockhampton,  
Unit 1 194-198 Alma Street, Redhill Mail Centre QLD 4701  
T. 07 4921 1475

Commonwealth Home Support Program;  
DVA Veterans' Home Care;  
Queensland Community Care Program



Australians are living longer thanks to better health care, medical research and lifestyle changes and by 2040, people aged 65 are expected to represent 25% of the population.

As a society, we need to help people live their lives 'well' as they age, and we want to work with you and your community to do this.

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LIFE WITHOUT BARRIERS  
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Supporting older people

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LIFE WITHOUT BARRIERS  
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Supporting older people

# MODEL FOR LIVING

Life Without Barriers' *Live Life, Live Well* is an active-participation approach for adults with an aged care entitlement through the Commonwealth Home Support Program, or those receiving Department of Veteran Affairs Veterans' Home Care and Queensland Community Care program support.

*Live Life, Live Well* has no membership fees and no sign-up contracts, instead it offers:

- gentle fitness and movement instruction
- nutrition advice
- information on services and activities in the community
- tailored programs that meet your needs, the way you want them met and good old fashioned fun with friends – new and old.

*Live Life, Live Well* is part of the personal support activity offered by Life Without Barriers within the range of aged care services. It is an extension of our activities for all LWB clients who are part of their LWB aged care service to support wellness, wellbeing and re-enablement.

Our wellness approach means our clients can expect us to do more 'with them' rather than just 'for them'. We start from the perspective that our clients continue throughout their lives to have goals to achieve, want roles that have meaning, and seek to make a contribution to society. Our job is to support them to live the life they choose by removing obstacles and providing opportunities.

## LIVE LIFE, LIVE WELL

We're here with you, to support you to stay fit, well and safe and happy living your life, your way, for the long term in your own home.

## AGED CARE MODEL

Our aged care model is simple – we work with people to support them to stay living in their own homes, in their familiar community, for as long as they are able.

While we are not unique in this, we are different from most in that we come to each client with no agenda of our own, other than to provide you with a service tailored to your specific needs and wants. The care plan we create is unique to each person. We do as little or as much as you choose, keeping your independence as our main priority.

**"Mum and dad have been married for over 70 years, and want to stay living in the family home, together. Life Without Barriers supports Dad with showering and dressing and conversation. Mum's carer works with her in the kitchen and takes her out to the shops. I don't know what we would do without this support."** – Karen, daughter.

We also provide fee-for-service support for older people as an addition to the care package, or independent of an existing service.

**"We're in our mid-60s but we both recently had surgery for different injuries and are going to take a while to get our full strength and mobility back. We don't need aged care support, but we do need help. Our GP suggested Life Without Barriers might be able to help us."** – Denise.



## LIVE LIFE, LIVE WELL PILOT

Life Without Barriers' *Live Life, Live Well* is being piloted in Far North Queensland in Cairns, Townsville, Mackay and Rockhampton. Working in partnership with local fitness and help providers, our goal is to make this a sustainable program in these communities.

*Live Life, Live Well* will be supported by online materials that will be continually updated with information for our clients and for health care professionals. Clients and their families can download or watch simple exercises or learn more about the do's and don'ts of healthy eating. There are tips, hints and actions they can use, plus they'll also find links to other resources and information on aged care services, and to the myagedcare.gov.au website.

## BETTER LIFE FOR EVERYONE



*Live Life, Live Well* is built on the Commonwealth Home Support Service principles of wellness, well-being and re-enablement. These principles encourage people to seek to maintain an active healthy lifestyle or, for others who have suffered illness or injury, to reclaim the confidence to re-build skills they may have lost and find new ways of doing more through support.

"I contracted polio as a child and now in my 80s I've been hit with post-polio syndrome. My Life Without Barriers support worker is specially trained to work with people with mobility issues and in wheelchairs. With her support I can still live my life my way." – Cynthia.

## WORKING TOGETHER

In working with clients we want to ensure a 'whole of person' approach, and to be effective, it is essential that we know the other organisations and professionals who support our clients – and that you know us.

As the wellness approach becomes embedded in service delivery practices across Australia, we will be ensuring we meet the client directed care approach of:

- interpreting all support plans with a wellness approach in mind and in consultation with the client
- working with individuals and their carers to maximise their independence and autonomy
- building on the strengths, capacity and wishes of individuals, and encouraging actions that promote self-sufficiency
- embedding a cultural shift from 'doing for' to 'doing with' across service delivery
- being alert to changing circumstances and goals of the client and consult with the My Aged Care Regional Assessment Services where appropriate, to review the client's support plan; and
- consulting the *Living well at home: CHSP Good Practice Guide* to assist in the development of good practices within a wellness approach ([www/dss.gov.au/chsp](http://www/dss.gov.au/chsp)).

- Life Without Barriers plans with older people, ways to assist them to do all the things they still want to do or need to do.
- As a tailored service, how we help each person will be unique to them.
- Services we provide for older people can vary, including:
  - Assistance to allow you to stay in your own home and live independently for as long possible
  - Assurance that no person is disadvantaged due to their financial situation
  - Selection and training of staff to best match your requirements.

Our services are all home and community based, and include:

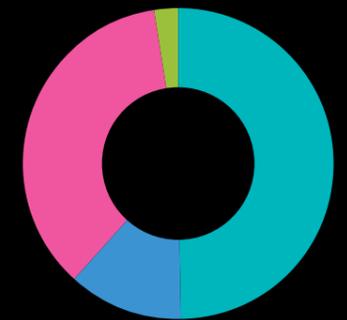
- In-home services
- Community-based services
- Clinical services
- Respite, counselling and carer support services

Our services are provided through:

- Commonwealth Home Support Program
- DVA Veterans' Home Care
- Queensland Community Care Program

## WHO WE SUPPORT IN QUEENSLAND

As at 30 June 2015. This does not reflect all clients or services provided between 1 July 2014 and 30 June 2015



**1258**  
AGED CARE

**242**  
DISABILITY

**730**  
FAMILIES, CHILDREN, YOUTH

**46**  
MENTAL HEALTH

Life Without Barriers is the provider of choice for older people, their family and carers, with a reputation for providing a service that is truly client-focused, caring, and inclusive. Our staff are renowned for 'going the extra mile', connecting clients with the services and networks they need to live a happy, full and healthy life in their own home. We are the trusted friend who helps older people live their life, their way.