



**PROVIDING
EXCEPTIONAL
CARE**

PUTTING YOUR CARE AND WELLBEING FIRST

Innovative and progressive leaders in mental health and disability services.
Providing advocacy and support for people with special needs.

1300 552 110



Providing advocacy and support for people with special needs

WHAT WE DO

At FirstCare we say, “First comes before after”, for this reason, we believe that the first intervention stage reduces what after will salvage; therefore we employ the first care approach. The first care approach is embedded in our service delivery to support our service users to achieve their goals and to have meaningful lives to be the best they can be.

FirstCare is a not-for-profit organisation and a registered charity in Australia providing a range of support services to support those living in our community with mental illness and disabilities.

We believe in making a difference, ensuring our service users feel like the valuable members of the community they are, sharing in opportunities within the community.

Our passion lies in a holistic approach to person-centeredness; inclusivity; relationships; aspirations; humility; supports; futures; goal-setting; making a choice; and facilitating our service users to make their plans become a reality.



OUR VALUES

Empowering, Equity, Innovation, Integrity, Passion, Respect, Valuing People

OUR MISSION

Putting you, your care and wellbeing first.

PROVIDING EXCEPTIONAL CARE - POSITIVE BEHAVIOUR SUPPORT

We are dedicated and offer a unique Positive Behaviour Support Services run by our team of forensic psychologists and behaviour support practitioners. FirstCare’s Positive Behaviour Support Services supports individuals who have disabilities, mental illness, drug and alcohol and other substances dependencies to encourage them and their significant others develop and implement positive behaviour support strategies with the goal of reducing behaviours of concern. This service includes the development of plans, strategies, training for plan implementation and mentoring to reduce challenging behaviours; and providing them educational and remedial strategies to encourage positive behaviour.



OUR SERVICES

We are FirstCare, Putting Your Care and Wellbeing First



SUPPORT COORDINATION SERVICES

Coordination partners work in consultation with our service users, offering a unique person-centred approach which places the person at the centre of decision making. This enables them the flexibility to navigate their goals and aspirations, promoting positive and meaningful experiences; also connecting them to a range of service providers based on individual needs and goals.



LIFESTYLE CENTRE ACTIVITIES

Providing social support, recreation, activity-based programs, group day outings and enhancement of daily living skills through lifestyle centres spread across the greater Sydney area with a great range of activity options and flexibility in programs offered.



COMMUNITY PARTICIPATION

Offering opportunities to participate in community-based programs and activities. Providing information services to ensure our service users have the opportunity to make informed decisions and maximise choice and working together to initiate and maintain meaningful community relations.



DROP-IN SUPPORT

Facilitation of supports and services to enable the continuation of living arrangements, whether it be your own home or different accommodation option.



EARLY CHILDHOOD

Children have rights – to participate fully in their community and to have the same choices, opportunities, and experiences as any other human being.



EMPLOYMENT – TRANSITION TO WORK

Transition to work can be a big adjustment for everyone. We at FirstCare can help.



FAMILY AND CAREGIVER SUPPORT

It is important to keep a balanced perspective and share your experiences with others who care



HEALTH AND WELL-BEING SUPPORT CENTRES

Modern and caring health and well-being support centres provide our service users access to professional support partners.



RECREATION SUPPORT

Ensuring social, physical and emotional well-being through our recreation programs for our service users and their significant others - keeping fit, learning new skills, meeting new friends and collaborating. Fun for everyone!



SUPPORTED INDEPENDENT LIVING

Creating safe, inclusive and cohesive home environments for our service users, encouraging each individual to utilise their skills to increase independence and reach their potential.



OUR PROGRAMS

ABORIGINAL & TORRES STRAIT ISLANDER (ATSI) PROGRAMS

Our ATSI Programs comprise rehabilitation programs that are offered by our qualified employees in dealing with substance dependences and mental health.

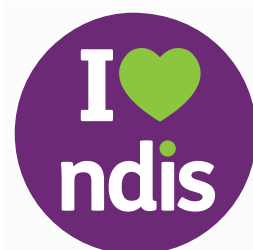
SISTER GIRLS PROGRAM

Designed for women who have completed the 8-week residential program and are interested in further behavioural skill development to prevent relapse and prepare for more in-depth therapeutic work.

COMMUNITY JUSTICE PROGRAM – CJP

FirstCare supports youth and adult service users diagnosed as having an Intellectual Disability, mental illness, and who have had contact with the criminal justice system.

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Registered NDIS Provider

