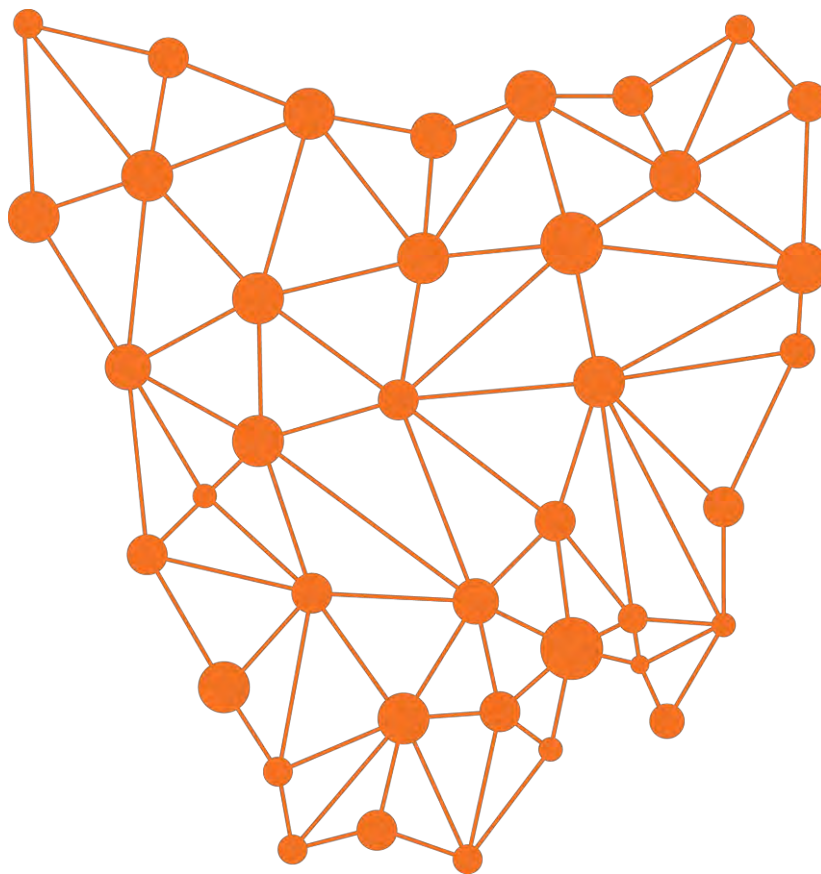


# SPiRE

SPINAL INJURY RESOURCE  
& SUPPORT NETWORK

## Tasmania Information Booklet



CONNECT WITH THE SCI COMMUNITY

2017



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AQA Victoria Ltd is a member based not-for-profit association. Our Mission & Vision are all about improving the quality of life, independence and community participation of people affected by physical disability.

## Spire

**Spire Information & Referral service** responding to requests from people seeking reliable information and support around a diverse range of disability issues, provided by staff who have a first-hand experience of spinal cord injury.

**Spire Peer Support Service** providing highly valued support to people facing life after spinal cord injury. Much of this support is provided via direct contact with patients in rehabilitation hospitals as well as through a network of community based peer volunteers who provide ongoing support as clients re-enter the community and go on to issues associated with their spinal cord injury across the life cycle.

**Spire Community Education**, promoting injury prevention and positive awareness of the capacity of people with spinal cord injury.

**Spire Services** are delivered to members, clients and the community across Victoria and Tasmania.

### Services Include:

- ▶ NewsLink: SPIRE's bi-monthly newsletter that provides information and networking for people with spinal cord injuries.
- ▶ Regional networks.
- ▶ What's Out There Days – (WOT Day).

**This information booklet is intended as a starting point only.** Please call Spire if you have any further queries and if we cannot answer your questions, we will point you in the right direction.

**Phone:** (03) 9489 0777

**Toll Free:** 1800 999 128 (Tasmanian & Country Victoria ONLY)

**Fax:** (03) 9482 4371

**Email:** [info@spire.org.au](mailto:info@spire.org.au) [admin@aqavic.org.au](mailto:admin@aqavic.org.au)

**Website:** [www.spire.org.au](http://www.spire.org.au) [www.aqavic.org.au](http://www.aqavic.org.au)

## Qualcare

Qualcare provides personal care and support to people with a disability, injury or illness in their homes and communities throughout Victoria.

**Phone:** (03) 9482 4373

**Fax:** (03) 9482 7933

**Email:** [qualcare@aqavic.org.au](mailto:qualcare@aqavic.org.au)

**Website:** [www.qualcare.org.au](http://www.qualcare.org.au)

## Disability Employment Services - Disability Management Services

All Disability Employment Services - Disability Management Services (DES-DMS) participants who were registered with CRS Australia have started services with a new DES-DMS Provider, allocated by the Department of Social Services

**Phone:** 1300 854 414

**Website:** [www.dss.gov.au/our-responsibilities/disability-and-carers/program-services/disability-management-service-tender](http://www.dss.gov.au/our-responsibilities/disability-and-carers/program-services/disability-management-service-tender)

## Tasmanian Disability Employment Services

Specialist or Open Employment Services are funded by the Australian Government to provide free employment training and support to people with a disability.

### Business Services

Supported Disability Employment Services (Business Services) provide direct employment for people with a disability who require ongoing support to work. Organisations are marked ( \* )

### Southern Tasmania

**Anglicare Employment** ....18 Watchorn Street, Hobart ..... **Phone:** (03) 6213 3555

**WISE Employment** .....114-116 Murray Street, Hobart ..... **Phone:** (03) 6225 8100

**Blueline Employment**.....59-61 Creek Road, Hobart..... **Phone:** (03) 6278 8299

\* **Oak Tasmania** .....56 Clydesdale Ave, Glenorchy ..... **Phone:** (03) 6272 8244

\* **TADPAC** .....98 Grove Road, Glenorchy ..... **Phone:** (03) 6272 5000

\* **Mailhouse**.....21 Pitcairn Street, Glenorchy ..... **Phone:** (03) 6272 5526

\* **Tahune Fields** .....106 Lucaston Road, Lucaston ..... **Phone:** (03) 6266 4474

### Northern Tasmania

**Anglicare Employment** ....122 Elizabeth Street, Launceston.. **Phone:** (03) 6213 3555

**WISE Employment** .....54 Cameron Street, Launceston.... **Phone:** (03) 6345 6700

\* **Bluegum Grounds** .....49 York Street, Launceston ..... **Phone:** (03) 6326 5305

\* **SelfHelp Workshop** ...414 Hobart Road, Youngtown ..... **Phone:** (03) 6344 7133

### North West Tasmania

**WISE Employment** .....38-40 Formby Road, Devonport .... **Phone:** (03) 6422 5200

**Ability Employment**.....41 Mount Street, Burnie..... **Phone** (03) 6432 3448

**Devonfield Enterprises**...133 Middle Road, Devonport ..... **Phone:** (03) 6424 6133

## Toozyly

Australia's largest free job search website for jobseekers with disabilities.

**Phone:** 1300 TOOZLY (1300 866 959)

**Email:** [reception@toozly.com.au](mailto:reception@toozly.com.au) **Website:** [www.toozly.com.au](http://www.toozly.com.au)

## Department of Health and Human Services Tasmania

We deliver health and well-being services for all Tasmanians.

**Phone:** 1300 135 513 - General Enquiries: Helplines and Hotlines

**Website:** [www.dhhs.tas.gov.au/disability](http://www.dhhs.tas.gov.au/disability)

**Disability Services** is a program of the Division of Community and Rural Health within the Dept of Health & Human Services. Through the provision of a range of services from accommodation to information, Disability Services either funds or directly provides services to people with disabilities.

Offices in the North West, North and South of Tasmania provide and co-ordinate services for people with disabilities.

### Services Available to People with Disabilities around Tasmania

- ▶ Information and Education Unit
- ▶ Respite
- ▶ Short Term Support
- ▶ Service Co-ordination
- ▶ Resource Support
- ▶ Day Options
- ▶ Residential

### Contact Disability Services Tasmania in the area closest to you:

#### **South Tasmania**

**Address:** St Johns Avenue, St Johns Park, New Town, TAS, 7008

**Phone:** (03) 6166 1127

#### **North Tasmania**

**Address:** 11 Cameron Street, Launceston, TAS, 7250

**Phone:** (03) 6777 1060

#### **North West Tasmania**

**Address:** 2nd Floor, Parkside Building, 1 Strahan Street, Burnie, TAS, 7320

**Phone:** (03) 6477 7609

# Hospitals

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## Major Public Hospital

### **The Royal Hobart Hospital (RHH)**

**Address:** 48 Liverpool Street, Hobart, 7001

**Phone:** (03) 6166 8308

Community Rehabilitation Unit - (Spinal) - (03) 6166 7312

### **Spinal Nurses**

**South** Sonya Dare / Julie Evans - Royal Hobart Hospital ....**Phone:** (03) 6166 7333

### **The Launceston General Hospital (LGH)**

**Address:** 274 - 280 Charles Street, Launceston, 7250

**Phone:** (03) 6777 6777

### **Spinal Nurse**

**North** Karen Lewis - Launceston General Hospital.....**Phone:** (03) 6777 6911

### **The North West Regional Hospital (NWRH)**

**Address:** 23 Brickport Road, Burnie, 7321

**Phone:** (03) 6493 6000

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## Private Hospital - Calvary Heath Care Tasmania Inc.

### **Lenah Valley Campus**

**Address:** 49 Augusta Road, Lenah Valley, TAS, 7008

**Phone:** (03) 6278 5333

### **St. John's Campus**

**Address:** 30 Cascade Road, South Hobart TAS, 7004

**Phone:** (03) 6223 7444

### **St. Luke's Campus**

**Address:** 24 Lyttleton Street, Launceston TAS, 7250

**Phone:** (03) 6335 3333

### **St. Vincent's Campus**

**Address:** 5 Frederick Street, Launceston TAS, 7250

**Phone:** (03) 6332 4999

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## Rural Hospital / Community Centres

### **Southern Tasmania**

Esperance Multi-Purpose Centre, Dover .....	<b>Phone:</b> (03) 6264 7100
Midlands Multi-Purpose Health Centre, Oatlands .....	<b>Phone:</b> (03) 6135 0540
New Norfolk District Hospital, New Norfolk .....	<b>Phone:</b> (03) 6166 1300
Central Highlands Community Health Centre, Ouse .....	<b>Phone:</b> (03) 6122 2000

### **Northern Tasmania**

Beaconsfield District Health Service, Beaconsfield .....	<b>Phone:</b> (03) 6702 6060
West Tamar Health, Riverside .....	<b>Phone:</b> (03) 6327 2947
Campbell Town Health & Community Centre .....	<b>Phone:</b> (03) 6774 8000
Deloraine District Hospital, Deloraine .....	<b>Phone:</b> (03) 6701 2111
Flinders Island Multi-Purpose Centre, Flinders Is.....	<b>Phone:</b> (03) 6359 0200
George Town Hospital & Community Centre, George Town....	<b>Phone:</b> (03) 6702 6020
North East Soldiers Memorial Hospital, Scottsdale .....	<b>Phone:</b> (03) 6352 5520
St. Helens District Hospital, St. Helens .....	<b>Phone:</b> (03) 6387 5570

### **North West Tasmania**

Smithton District Hospital, Smithton .....	<b>Phone:</b> (03) 6452 1351
King Island Hospital & Health Centre, King Island .....	<b>Phone:</b> (03) 6462 9900
West Coast District Hospital, Queenstown.....	<b>Phone:</b> (03) 6495 1550
Rosebery Community Hospital, Rosebery.....	<b>Phone:</b> (03) 6495 1570
Strahan Community Health Centre, Strahan .....	<b>Phone:</b> (03) 6471 7152

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## **Community Transport Services Tasmania - (CTST)**

CTST is funded by the Home and Community Care Program (HACC) to provide social and non emergency medical transport to the frail aged and younger disabled, enabling independence and quality of life.

**Phone:** 1800 781 033 - Volunteer & New Client Enquiries

**Address:** Suite 1 - 20 Lampton Avenue, Derwent Park TAS, 7010

**Phone:** (03) 6208 8500 – Head Office

**Email:** [info@ctst.org.au](mailto:info@ctst.org.au)

**Website:** [www.ctst.org.au](http://www.ctst.org.au)



### **Tasmania Community Equipment Scheme - (CES)**

The CES is operated by the Department of Health and Human Services in Tasmania. The program assists people with permanent or long term disability remain active in their community by providing equipment that will allow them to maintain their independence.

**Phone:** (03) 6166 7226 (South) (03) 6336 5036 (North) (03) 6426 2429 (North West)

**Website:** [www.dhhs.tas.gov.au](http://www.dhhs.tas.gov.au)

### **Independent Living Centre TAS - (ILC Tas)**

ILC Tasmania provides a professional information, education, advisory and consultancy service on; daily living equipment, building access and design, assistive technology and resources for people with disabilities, the aged, their carers and service providers.

**Address:** 275 Wellington Street, South Launceston, TAS, 7249

**Phone:** (03) 6335 9200 or 1300 885 886 (Local call cost from within Tasmania)

**Email:** [ilc@ilctas.asn.au](mailto:ilc@ilctas.asn.au) **Website:** [www.ilctas.asn.au](http://www.ilctas.asn.au)

### **Technical Aid to the Disabled (TadTas) Tasmania Inc.**

TadTas is a not-for-profit organisation and registered charity that provides technical support for people with disabilities. It adapts or modifies existing items, or fully creates new ones by highly-skilled Technical Volunteers for the cost of materials.

**Address:** P.O. Box 519, Sandy Bay, TAS, 7006

**Phone:** (03) 6223 7794 (Outside Tasmania) or 1300 663 243 (in Tasmania)

**Mobile:** 0419 237 793

**Email:** [info@tadtas.org.au](mailto:info@tadtas.org.au) **Website:** [www.tadtas.org.au](http://www.tadtas.org.au)

### **Independence Australia**

Choose from over 12,000 continence, wound care and health & wellbeing products.

**Address:** 12 Farley Street, Glenorchy, TAS, 7010

**Freecall:** 1300 788 855

**Website:** [www.independenceaustralia.com/health-solutions/](http://www.independenceaustralia.com/health-solutions/)

### **Intouch Direct**

Healthcare and wellness products, with no minimum spend and direct to door delivery Australia wide.

**Freecall:** 1300 134 260

**Website:** <http://direct.ch2.net.au/>

### **Better Life Co. - (formerly Surgimed Tasmania Pty Ltd)**

Formerly Surgimed Tasmania hires and sells a large range of daily living and mobility aids, including wheelchairs, crutches and shower stools.

**Address:** 83 Brisbane Street, Hobart, TAS, 7000

**Phone:** (03) 6234 5144

**Email:** [info@betterlifeco.com.au](mailto:info@betterlifeco.com.au)

## Wheelchair / Scooter

The following organisations are suppliers of wheelchairs and/or accessories:

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### Aidacare

**Hobart:** 18 Mertonvale Circuit, Kingston, TAS, 7050 **Phone:** (03) 6229 4733

**Launceston:** 8/34 Innocent St, Kings Meadow, TAS, 7249 **Phone:** (03) 6344 8922

**Website:** [www.aidacare.com.au](http://www.aidacare.com.au)

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### Battery World

**Hobart:** Cnr Argyle & Warwick St, Hobart, TAS, 7000

**Phone:** (03) 6231 3726

**Website:** [www.batteryworld.com.au](http://www.batteryworld.com.au)

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### Battery One

**Address:** 177 - 179 Bass Highway, Cooe, TAS, 7320

**Phone:** (03) 6431 2554

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### Tasmanian Wheelchair Specialist

**Address:** Shop 4 / 96 Clarence Street, Bellerive, TAS, 7018

**Phone:** (03) 6244 4343 or 0424 747 202

**Website:** [www.taswheelchairs.com/au](http://www.taswheelchairs.com/au)

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### TasMobility Pty Ltd

**Address:** 52a Main Road, Moonah, TAS, 7009

**Phone:** (03) 6278 7790 **Website:** <http://www.tasmobility.com.au/>

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### Walk on Wheels Tasmania

**Address:** 53 Sunderland Street, Moonah, TAS, 7009

**Phone:** (03) 6273 8300 **Website:** [www.walkonwheelstasmania.com.au/](http://www.walkonwheelstasmania.com.au/)

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### Scooters Australia

**Phone:** 1300 622 633 - (Australia wide but can refer to Tasmanian dealers)

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### Professional First Aid

**Address:** PO.O Box 298, Burnie, TAS, 7320

**Phone:** (03) 6431 4945 or 0412 718 921 **Website:** <http://aafirstaid.com.au/>

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### Advanced Lifecare

**Address:** 355 Wellington Street, Launceston, TAS, 7250

**Phone:** (03) 6343 4825 **Website:** <http://advancedlifecare.com.au/>

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### McLean Healthcare

**Address:** 24 Earl Street, Launceston, TAS, 7250 **Phone:** (03) 6331 7400

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### Communities, Sport and Recreation Tasmania – (CSR)

Communities, Sport and Recreation Tasmania provides services and works in partnership with organisations to ensure that all Tasmanians have the opportunity to participate in quality sport, recreation and physical activity.

**Address:** G.P.O. Box 123, Hobart, TAS, 7001

**Phone:** 1800 252 476 or (03) 6232 7133

**Email:** [csr@dpac.tas.gov.au](mailto:csr@dpac.tas.gov.au)

**Website:** [http://www.dpac.tas.gov.au/divisions/csr/information\\_and\\_resources/people\\_with\\_disability](http://www.dpac.tas.gov.au/divisions/csr/information_and_resources/people_with_disability)

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### Sailability Tasmania

Sailability is a "not for profit", volunteer-based organisation which, through the activity of sailing, enriches the lives of people with any type of disability, the elderly, the financially and socially disadvantaged.

Their activities cover a broad spectrum, ranging from recreation, therapeutic and competitive activities, from grass-root, entry level through to elite World Championships and Paralympic training. Sailability operates in Launceston and Hobart.

**Hobart:** **Contact:** Julie Pearson

**Phone:** 0448 007 161

**Launceston:** **Contact:** Bob Silberberg

**Phone:** 0417 583 866

**Wynyard:** **Contact:** Chris Symonds

**Phone:** 03 6442 1239 / 0459 108 066

**Wynyard:** **Contact:** Neal Rodwell

**Phone:** 03 6442 3669 / 0418 140 000

**Website:** <http://sailabilitytas.org/>

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### Riding for the Disabled Association of Tasmania Inc. – (RDA TAS)

Riding for the Disabled Association of Tasmania (RDA TAS) is an entirely voluntary, not for profit organisation whose aim is to provide horse riding and carriage driving to people of all ages with disabilities.

There are four operational riding centres throughout Tasmania; two centres in the south at Glenorchy (RDA Kalang) and Kingston (RDA Kingborough) and one centre in Burnie in the North West (RDA North West) and the east coast centre, RDA St Helen's.

All the centres offer recreational or therapeutic horse riding activities and two centres offer carriage driving activities.

**Address:** P.O. Box 279, Kingston TAS, 7050

**Phone:** 0429 943 247

**Email:** [admin@rdatas.org.au](mailto:admin@rdatas.org.au)

**Website:** [www.rdatas.org.au](http://www.rdatas.org.au)

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## **NICAN (National Information Communication Awareness Network)**

NICAN is information on recreation, tourism, sport and the arts for people with disabilities and supports an Australian society where any recreational opportunity values diversity, supports freedom and choice and strengthens inclusive communities. They aim to create active and dynamic national links between people, places and resources that improve access to recreation experiences for people with disabilities and their communities. They have a database of current accessible services and facilities.

Tasmanian operators offering special facilities are on NICAN's website.

**Address:** Unit 5/48 Brookes St Mitchell ACT 2911

**Phone:** (02) 6241 1220

**Freecall/TTY:** 1800 806 769

**Email:** [enquiries@nican.com.au](mailto:enquiries@nican.com.au)

**Website:** [www.nican.com.au](http://www.nican.com.au)

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## **Spirit of Tasmania**

The Spirit of Tasmania I & II provide a year round overnight service between Port Melbourne, Victoria and Davenport, Tasmania. There is a daylight cruise service when there is additional demand.

**Phone:** 1800 884 305 – Special Needs

**Phone:** 1800 634 906 – General Enquiries

**Email:** [reservations@spiritoftasmania.com.au](mailto:reservations@spiritoftasmania.com.au)

**Website:** [www.spiritoftasmania.com.au](http://www.spiritoftasmania.com.au)

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## **Visitor Information Centres**

Open 7 days a week, the state wide accredited centres in our Tasmanian Visitor Information Network are staffed by people who know the local area first-hand.

### **Hobart**

**Address:** 20 Davey Street, Hobart, TAS, 7000

**Phone:** (03) 6238 4222

**Email:** [bookings@hobarttravelcentre.com.au](mailto:bookings@hobarttravelcentre.com.au)

**Website:** [www.hobarttravelcentre.com.au](http://www.hobarttravelcentre.com.au)

### **Launceston**

**Address:** 68-72 Cameron Street, Launceston, TAS 7250

**Phone:** 1800 651 827 – (Freecall)

**Email:** [travelcentre@launceston.tas.gov.au](mailto:travelcentre@launceston.tas.gov.au)

**Website:** [www.visitlauncestontamar.com.au](http://www.visitlauncestontamar.com.au)

### **Devonport**

**Address:** 92 Formby Road, Devonport, TAS, 7310

**Phone:** 1800 649 514 – (Freecall)

**Email:** [tourism@devonport.tas.gov.au](mailto:tourism@devonport.tas.gov.au)

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## Tasmanian Government - Discounts & Concessions

The Tasmanian Government offers a wide range of concessions and discounts on the cost of government services. The concessions aim to achieve a balance in the standard of living and access to essential services for all members of the Tasmanian community. The easy to read document will tell you all of the concessions that are available and who you need to contact to take advantage of them. AQA Vic. Ltd has copies of the booklet.

**Website:** [www.concessions.tas.gov.au](http://www.concessions.tas.gov.au)

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## ParaQuad Association of Tasmania Inc.

The ParaQuad Association was founded in February 1990 to assist and encourage paraplegics and quadriplegics in their endeavours to once more become an integral part of their community.

Since that time they have developed into a viable organisation based in Tasmania providing services to their members.

**Address:** 26 -28 Tolosa Street, Glenorchy, TAS, 7010

**Phone:** (03) 6228 9500                      **Contact:** Marnie Bosworth (Executive Officer)

**Phone:** (03) 6272 8816                      **Contact:** Kerrie Chilcott (Co-ordinator)

**Phone:** (03) 6272 7513                      **Contact:** Kevin Faulkner (Sports Officer)

**Email:** [info@paraquadtas.org.au](mailto:info@paraquadtas.org.au)

**Website:** [www.paraquadtas.org.au](http://www.paraquadtas.org.au)

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## Australian Tax Office - GST Exemption for Cars & Parts for Disabled People

If you gainfully employed for eight hours or more per week and pass a medical assessment you may be eligible to receive a GST exemption on a car or car parts.

**Phone:** 13 28 66

**Website:** [www.ato.gov.au/content/20182.htm](http://www.ato.gov.au/content/20182.htm)

**Note:** More info & application forms available at AQA Victoria or the ATO.

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## Women with Disabilities Australia - (WWDA)

Women with Disabilities Australia (WWDA) is the peak organisation for women with disabilities in Australia. WWDA is run by women with disabilities, for women with disabilities. It links women with disabilities from around Australia, providing opportunities to identify and discuss issues of common concern.

**Address:** P.O. Box 407, Lenay Valley, TASMANIA 7008

**Phone:** 0438 535 123

**Email:** [wwda@wwda.org.au](mailto:wwda@wwda.org.au)

**Website:** [www.wwda.org.au](http://www.wwda.org.au)

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## Contenance Aids Payment Scheme - (CAPS)

The Contenance Aids Payment Scheme (CAPS) is an Australian Government Scheme that provides a payment to assist eligible people who have permanent and severe incontinence to meet some of the cost of their continence products. The payment is made by Medicare directly into your nominated bank account.

**Freecall:** 1800 330 066

**Email:** [continence@health.gov.au](mailto:continence@health.gov.au)

**Website:** [www.bladderbowel.gov.au/caps](http://www.bladderbowel.gov.au/caps)

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## Tasmanian Council of Social Service Inc. (TasCOSS)

The Tasmanian Council of Social Service Inc. (TasCOSS) is the peak organisation for community welfare in Tasmania. They are the principal voice of low income and disadvantaged people in social and economic policy matters.

For 40 years TasCOSS has worked to eliminate poverty and create a more equitable society by tackling the causes of disadvantage, not just the symptoms. To effectively perform these functions, TasCOSS acts independently of government - responsive to the needs of its constituents.

**Address:** 2nd Floor, McDougall Building, Eilerslie Road, Battery Point, TAS, 7004

**Phone:** (03) 6231 0755

**Email:** [admin@tascoss.org.au](mailto:admin@tascoss.org.au)

**Website:** [www.tascoss.org.au](http://www.tascoss.org.au)

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## Lifeline Tasmania Inc.

Lifeline Tasmania is available for anyone needing to talk about a worry or concern, or wanting to resolve a situation. Staffed by trained volunteers who are supervised by professional staff.

**Address:** Level 5, 31 Cambridge Road, Bellerive TAS 7018

**Phone:** (03) 6282 1500 – General Enquiries

**Email:** [admin.south@lifelinetasmania.org.au](mailto:admin.south@lifelinetasmania.org.au)

**Website:** [www.lifeline.org.au](http://www.lifeline.org.au)

\*\*\*\* Tel: 13 11 14 (Crisis Telephone Counselling Service) \*\*\*\*

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## National Public Toilet Map

The National Public Toilet Map identifies the location of more than 13,000 public toilet facilities in Australian towns and cities, including rural areas, and along major travel routes. Information is provided about each toilet, such as opening hours and access for people with a disability. People who do not have access to a computer will be able to request maps from councils.

**Phone:** 1800 990 646 (a free call from most fixed phones in Australia)

**Email:** [helpline@toiletmap.gov.au](mailto:helpline@toiletmap.gov.au)

**Website:** [www.toiletmap.gov.au](http://www.toiletmap.gov.au)

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## Sexual Health Network

The Sexual Health Network is dedicated to providing easy access to sexuality information, education, mutual support, counselling, therapy, healthcare, products and other resources for people with disabilities.

**Website:** [www.sexualhealth.com/disabilities-chronic-conditions](http://www.sexualhealth.com/disabilities-chronic-conditions)

**Website:** [www.sexualhealth.com/sex-redefined-disabilities-chronic-conditions](http://www.sexualhealth.com/sex-redefined-disabilities-chronic-conditions)

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## OAK Possability – (Oak Tasmania Disability Services)

An independent not-for-profit organisation actively serving the Tasmanian community since 1953. An organisation that not only offers a full range of in-depth service care, but that infuses its members with a sense of purpose by training and employing them in businesses within the community.

OAK Tasmania not only provide a full range of innovative lifestyle services – including community access and residential living programs, IT training and family respite – they also offer genuine training and employment opportunities (real paying jobs) through 6 different OAK Tasmania-owned businesses devoted to producing quality products while empowering those with disabilities to take the next step into independence.

**Address:** 175 Collins Street, Hobart, TAS, 7000

**Phone:** 1300 067 842

**Website:** [www.oak.org.au](http://www.oak.org.au)

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## Human Rights & Equal Opportunity Commission (Federal)

The commission resolves discrimination complaints made under any of the five acts including the disability discrimination act and provides independent legal advice.

**Address:** GPO Box 5218, Sydney, NSW 2001

**Phone:** (02) 9284 9600 or 1300 369 711 (General Enquiries)

**Email:** [infoservice@humanrights.gov.au](mailto:infoservice@humanrights.gov.au)

**Website:** [www.humanrights.gov.au/disability-rights](http://www.humanrights.gov.au/disability-rights)

### For Complaints Information:

**Phone:** 1300 656 419

**Email:** [complaintsinfo@humanrights.gov.au](mailto:complaintsinfo@humanrights.gov.au)

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## Office of the Anti-Discrimination Commissioner

The Office of the Anti-Discrimination Commissioner seeks to work closely with the Tasmanian community in fostering a society free of discrimination, prejudice, bias and prohibited conduct.

Its guiding principle is: Celebrating difference - Embracing equality

**Address:** Level 1, 54 Victoria Street, Hobart, TAS, 7000

**Phone:** (03) 6165 7515

**Freecall:** 1300 305 062

**Email:** [office@equalopportunity.tas.gov.au](mailto:office@equalopportunity.tas.gov.au)

**Website:** [www.antidiscrimination.tas.gov.au](http://www.antidiscrimination.tas.gov.au)

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## Telstra

The Disability Equipment Program is for specialist telephone equipment and services. Eligibility requirements and enquiries, plus the Telstra Products and Services Catalogue for older people and people with a disability is available by calling through to the Disability Enquiry Hotline

**Freecall:** 1800 068 424

**TTY:** 1800 808 981

**Email:** [disability@online.telstra.com.au](mailto:disability@online.telstra.com.au)

**Website:** [www.telstra.com.au/abouttelstra/commitments/disability-services/](http://www.telstra.com.au/abouttelstra/commitments/disability-services/)

- ▶ With a Pensioner Concession card you can register for the "Pensioner Concession Scheme" (name, phone number, pension number is required).

**Phone:** 13 22 00

- ▶ 12456 Call Connect Fee exemption to eligible customers with severe physical disabilities, eg. Quadriplegics. Request a Disability Exemption Form.

**Freecall:** 1800 067 275

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## Modified Housing Standards

The Office of Housing recognises the additional and diverse requirements of people with a disability and has developed accommodation standards that enable their conditions of everyday life to be the same as, or as close as possible to the norms and patterns which are valued in the general community. To achieve this many of the features of the Australian Standards for **Adaptable Housing** (AS4299) and **Design for Access and Mobility** (AS1428) have been incorporated into the requirements of the Modified Housing Standards.

**Address:** Level 10, The Exchange Centre, 20 Bridge Street, Sydney, NSW 2000

**Phone:** (02) 9237 6000 or (02) 9237 6171

**Freecall:** 1800 035 822

**Email:** [mail@standards.org.au](mailto:mail@standards.org.au)

**Website:** [www.standards.org.au](http://www.standards.org.au)

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## Assistance Dogs For Independence

Assistance Dogs Australia trains dogs to help people with disabilities, providing them with greater freedom and independence. These highly trained dogs perform a number of tasks including retrieving items, turning light switches on/off, opening/closing doors, paying the cashier and other tasks difficult for a person with a physical disability.

**Address:** PO Box 455, Engadine, NSW, 2233

**Phone:** (02) 9548 3355

**Freecall:** 1800 688 364

**Email:** [info@assistancedogs.org.au](mailto:info@assistancedogs.org.au)

**Website:** [www.assistancedogs.org.au](http://www.assistancedogs.org.au)



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## Spinal Cure Australia

The primary aim of Spinal Cure Australia is to end the permanence of paralysis caused by spinal cord injury (SCI) through the funding and promotion of medical research.

**Postal:** PO Box 908, Mona Vale, NSW 1660

**Phone:** (02) 9356 8321

**Freecall:** 1800 774 625 (1800-SPINAL)

**Email:** [research@spinalcure.org.au](mailto:research@spinalcure.org.au)

**Website:** [www.spinalcure.org.au](http://www.spinalcure.org.au)

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## AgrABILITY - Australian Centre for Agricultural Health & Safety

A network of Injured/Disabled Farmers in Australia.

The AgrAbility Australia network of injured and disabled farmers and carers was established in 1996 as part of a larger program of worked aimed at improving rehabilitation and return to work of farmers and farm workers across Australia.

AgrAbility Australia is an informal, peer support network of farmers who have suffered severe injury or disabling illness, and continue to seek and find solutions which enables them to be productive in their farm endeavours.

**Address:** P.O. Box 256, Moree, NSW, 2400

**Phone:** (02) 6882 1486

**Email:** [aghealth@health.usyd.edu.au](mailto:aghealth@health.usyd.edu.au)

**Website:** [www.aghealth.org.au/index.php?id=5058](http://www.aghealth.org.au/index.php?id=5058)

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## Companion Card

The Companion Card is issued to people with a permanent disability who require attendant care support which allows a carer/companion to enter free of charge to participating venues and travel free of charge on public transport. The Companion Card is accepted by over 4,200 businesses and organisations across Australia.

**Freecall:** 1800 650 611

**Email:** [companioncard@dhhs.vic.gov.au](mailto:companioncard@dhhs.vic.gov.au)

**Website:** [www.companioncard.org.au](http://www.companioncard.org.au)

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## SexSCI.me Website

This innovative website covers the areas of sex, intimacy and spinal cord injury. The [sexsci.me](http://sexsci.me) website has been designed by the Auckland Spinal Unit as a place for people with spinal cord injury and health professionals, to discuss and learn about sex, intimacy and spinal cord injury.

**Website:** [www.sexsci.me](http://www.sexsci.me)

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## **Advocacy Tasmania Inc.**

Advocacy for people with disabilities. Advocacy Tasmania is a community based non-profit organisation managed by a consumer-focused Board of Management.

We are funded by both federal and state government to provide free and independent statewide advocacy services.

Much of the advocacy work involves specialist disability services such as:

- ▶ supported employment
- ▶ supported accommodation
- ▶ respite
- ▶ day programs
- ▶ equipment
- ▶ service coordination

We provide service to people in the greatest need.

Priority is given to issues which most affect quality of life.

### **Hobart Head Office**

**Address:** Suite 6, Mayfair Plaza, 236 Sandy Bay Rd, Sandy Bay, TAS, 7005

**Free Call:** 1800 005 131 (Clients-only)

**Phone:** (03) 6224 2240

**Email:** [advocacy@advocacytasmania.org.au](mailto:advocacy@advocacytasmania.org.au)

### **Devonport Office**

**Address:** 77 Best Street, Devonport, TAS, 7310

**Phone:** (03) 6441 0201

**Email:** [advocacynw@advocacytasmania.org.au](mailto:advocacynw@advocacytasmania.org.au)

### **Launceston Office**

**Address:** 107/287 Charles Street, Launceston, TAS, 7250

**Phone:** (03) 6331 0740

**Email:** [advocacynorth@advocacytasmania.org.au](mailto:advocacynorth@advocacytasmania.org.au)

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## **Tasmanians With Disabilities Inc.**

Tasmanians with Disabilities Inc. is a consumer-driven, politically active umbrella organisation of individuals and their associated organisations that advocates for the advancement and full participation in the Tasmanian community of people with disabilities. At this time, the organisation has approximately 300 members State wide. Tasmanians with Disabilities Inc has defined three priority areas to concentrate on in the immediate future. They are:

- ▶ Education/Public Awareness
- ▶ Disability Rights/Advocacy
- ▶ Communication/Partnerships

**Phone:** (03) 6278 8023

**Website:** [www.twd.org.au](http://www.twd.org.au)

# Tasmanian City Councils

Welcome to the website of the Local Government Association of Tasmania, the association that represents 28 of the 29 councils that make up Local Government in Tasmania.

**Website:** [www.lgat.tas.gov.au/site/page.aspx](http://www.lgat.tas.gov.au/site/page.aspx)

## **North West Region - Cradle Coast Authority**

**Address:** 30 Marine Terrace, Burnie TAS, 7320

**Phone:** (03) 6431 6285

Burnie City Council.....	<b>Phone:</b> (03) 6430 5700
Central Coast Council .....	<b>Phone:</b> (03) 6429 8900
Circular Head Council .....	<b>Phone:</b> (03) 6452 4800
Devonport Council.....	<b>Phone:</b> (03) 6424 0511
Kentish Council .....	<b>Phone:</b> (03) 6491 0200
King Island Council .....	<b>Phone:</b> (03) 6462 9000
Latrobe Council .....	<b>Phone:</b> (03) 6421 4650
Waratah-Wynyard Council .....	<b>Phone:</b> (03) 6443 8333
West Coast Council.....	<b>Phone:</b> (03) 6471 4700

## **Northern Region - Northern Tasmania Development**

**Address:** Level 1, Cornwall Sq Transit, 12 – 16 St John St, Launceston, 7250

**Phone:** (03) 6380 6800

Break O’Day Council.....	<b>Phone:</b> (03) 6376 7900
Dorset Council.....	<b>Phone:</b> (03) 6352 6500
Flinders Council .....	<b>Phone:</b> (03) 6359 5001
George Town Council .....	<b>Phone:</b> (03) 6382 8800
Launceston City Council .....	<b>Phone:</b> (03) 6323 3000
Meander Valley Council .....	<b>Phone:</b> (03) 6393 5300
Northern Midlands Council.....	<b>Phone:</b> (03) 6397 7303
West Tamar Council.....	<b>Phone:</b> (03) 6383 6350

## **Southern Tasmanian Council Regions**

**Address:** Level 3, 85 Macquarie Street, Hobart, TAS, 7000

**Phone:** (03) 6270 2242

Brighton Council.....	<b>Phone:</b> (03) 6268 7000
Central Highlands Council.....	<b>Phone:</b> (03) 6286 3202
Clarence City Council.....	<b>Phone:</b> (03) 6217 9500
Derwent Valley Council .....	<b>Phone:</b> (03) 6261 8500
Glamorgan Spring Bay Council.....	<b>Phone:</b> (03) 6256 4777
Glenorchy City Council.....	<b>Phone:</b> (03) 6216 6800
Hobart City Council .....	<b>Phone:</b> (03) 6238 2711
Huon Valley Council.....	<b>Phone:</b> (03) 6264 0300
Kingborough Council.....	<b>Phone:</b> (03) 6211 8200
Sorell Council .....	<b>Phone:</b> (03) 6269 0000
Southern Midlands Council .....	<b>Phone:</b> (03) 6254 5000
Tasman Council .....	<b>Phone:</b> (03) 6250 9200

## Other Useful Contacts

Service Tasmania.....	1300 135 513
Anglicare Tasmania Inc.....	FREECALL 1800 243 232
Baptcare Orana Day Centre - Respite .....	(03) 6421 8000
Care Assess Pty Ltd .....	1300 393 812
Carers Tasmania .....	1800 242 636
Catholic Care Tasmania (formerly Centacare Tasmania) .....	(03) 6278 1660
Community Care Tasmania (formerly NESB Inc).....	(03) 6334 0990
Community Based Support Tasmania.....	(03) 6208 6600
Family Based Care Association North West Inc.....	(03) 6431 8411
Family Planning Tasmania Inc .....	(03) 6273 9117
Hospice Care Association of North West Tasmania Inc....	(03) 6477 7747
Hospice Volunteers South Tasmania .....	(03) 6224 3808
Independent Health Care Services .....	(03) 6228 3899
Integratedliving Australia .....	1300 782 896
Kentish Family Support Services Care Inc.....	(03) 6491 2322
Langford Support Services Inc .....	(03) 6228 9099
Meals on Wheels Tasmania .....	(03) 6272 0887
Mental Health Carers Tasmania.....	(03) 6228 7448
Mosaic Support Services (formerly Star Tasmania Inc) ....	(03) 6244 9444
Multicap Tas - Society for Multiple Disabled People .....	(03) 6431 3211
National Disability Services (formerly ACROD).....	(03) 6223 6086
Neighbourhood Houses Tasmania (formerly TACH).....	(03) 6244 1615
North West Residential Support Services Inc .....	(03) 6442 2920
NOSS Tasmania.....	(03) 6334 4911
OneCare Ltd .....	(03) 6220 1200
R.S.I.D. Inc - Ellison House .....	(03) 6344 1568
Shelter Tasmania Inc.....	(03) 6224 5488
South Eastern Community Care - Nursing .....	(03) 6269 1200
Southern Cross Care (Tas) Inc .....	1300 761 198
The District Nurses .....	(03) 6208 0500
Volunteering Tasmania Inc.....	(03) 6231 5550



**HEAD OFFICE**

440 Heidelberg Road  
Fairfield VICTORIA 3078

**POSTAL ADDRESS**

P.O. Box 219  
Fairfield VICTORIA 3078

## Our Vision

People affected by spinal cord injury have the opportunity to enjoy life.

## Our Mission

Our focus on life after spinal cord injury informs everything we do.

Our services and programs support all people who experience similar issues in their lives.

## CONNECT WITH OUR COMMUNITY



[www.spire.org.au/community](http://www.spire.org.au/community)



[www.facebook.com/AQASpinalSupport](https://www.facebook.com/AQASpinalSupport)