



Government  
of South Australia

Department for Communities  
and Social Inclusion



# ASSIST

## Adult Specialist Services Intervention and Support Team

### ASSIST

Is your disability affecting your:

- ability to communicate with others
- mobility and movement
- independence in daily life
- mental health and wellbeing
- eating, drinking and nutritional health?

If you are experiencing one or more of these issues and are over 18 years old the Adult Specialist Services Intervention and Support Team (ASSIST) may be just what you need.

**ASSIST supports you to achieve your goals. These may include:**

- maximising your independence and participation at home or in your community by improving mobility, communication, eating or drinking and tasks of daily living such as bathing and toileting
- enhancing your thinking, problem solving and reducing stress
- improving your general wellbeing and quality of life
- making your home more accessible
- relieving and preventing pressure injuries
- using technology to improve communication with others including accessing the internet and social networks.



## Our team

We are a team of experienced and specialised health professionals who have worked with people with disabilities for many years. We use the latest evidence based techniques.

We value your knowledge and understanding of your disability. We can help to identify and build on your strengths and work with you and your family to develop creative solutions to achieve your goals. This may include standard or specialised equipment or programs from one or a team of health professionals.

Our team includes physiotherapists, occupational therapists, speech pathologists, psychologists, dietitians and allied health assistants. ASSIST services are available to people living in and around metropolitan Adelaide, as well as the Anangu Pitjantjatjara Yankunytjatjara (APY) Lands. We provide consultative support to your local health service if you live in regional areas of South Australia.

## How to access ASSIST

Contact your local service coordinator, case manager or accommodation manager who can refer to ASSIST on your behalf. Referrals are then followed up by the relevant health professional in the ASSIST team. Services can be provided one to one in people's homes or at one of our centres.

## Contact us

For more information about available services, call or email ASSIST.

**Telephone:** 1300 745 477 or (08) 8266 5260

**Email:** [DCSIDisabilityASSISTreferrals@dcsi.sa.gov.au](mailto:DCSIDisabilityASSISTreferrals@dcsi.sa.gov.au)

### **ASSIST North and ASSIST Central**

11 Blacks Road  
Gilles Plains SA 5086

### **ASSIST South**


Level 1A, 103 Fisher Street  
Fullarton SA 5063

### **Feedback**

DCSI Client Feedback  
GPO Box 292 Adelaide SA 5001  
Email: [clientfeedback@dcsi.sa.gov.au](mailto:clientfeedback@dcsi.sa.gov.au)

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