



CUMBERLAND  
CITY COUNCIL



# Cumberland Seniors & Disability Services

## About our services and programs

**Easy Read version**



## How to use this document



Cumberland **City** Council wrote this document. When you see the word 'we', it means Cumberland City Council.



We have written this information in an easy to read way.

We use pictures to explain some ideas.



This Easy Read document is a summary of another document.



You can find the other document on our website at [www.cumberland.nsw.gov.au](http://www.cumberland.nsw.gov.au)



You can ask for help to read this document.

A friend, family member or support person may be able to help you.



# What is Seniors & Disability Services?



Seniors & Disability Services are programs to support people with disability.



It includes activities that help people with disability to reach their goals.



You can choose the activities you want to do.

The activities include:



- health & wellness programs



- meals and meals delivered to your home



- sports



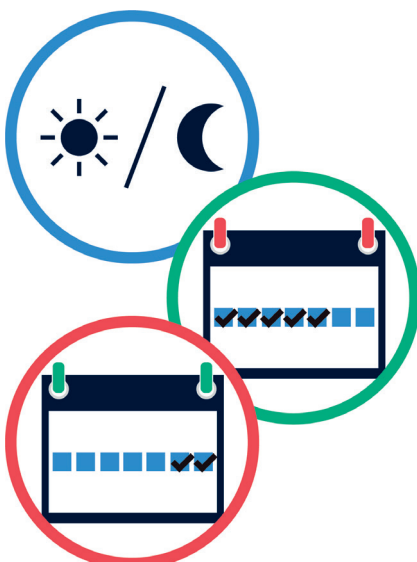
- shopping



- events and concerts



- going to clubs and restaurants.



You can do the activity day and night:

- during the week
- on weekends

When you take part in these activities,  
you can:



- meet new people



- get out and about in the community  
or attend activities at our centre



- make new friends.

## Who can use the program?

To use the program, you need to be:

# 18 – 64



- 18 years +



- approved for the National Disability Insurance Scheme (NDIS) Core Supports.



NDIS Core Supports are the supports and services you need the most.



They include:

- help with daily life
- transport.

If you want to find out more about  
Cumberland Seniors & Disability Services,  
you can:



- phone (02) 8757 9041



- email  
[seniors.disability@cumberland.nsw.gov.au](mailto:seniors.disability@cumberland.nsw.gov.au)

## Contact us



(02) 8757 9041



[seniors.disability@cumberland.nsw.gov.au](mailto:seniors.disability@cumberland.nsw.gov.au)



PO Box 42 Merrylands

NSW 2160



[www.cumberland.nsw.gov.au](http://www.cumberland.nsw.gov.au)



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