



Live the Life You Choose with Sylvanvale



Registered NDIS Provider

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We're here For you

Sylvanvale is committed to providing high-quality, person-centred services focused on actively engaging with the people we support. We believe active support is a cornerstone of empowering people with disability to live the life they choose.

Founded in 1947, when a group of parents united to form an organisation that would give their children a better quality of life, Sylvanvale now supports more than 350 children and adults throughout the Sydney metropolitan area and the Blue Mountains to live and participate in the community.

Our team is flexible, experienced, and passionate about what they do. We work in partnership with the people we support to ensure they are getting the support they need, when and where they want it.



What We Offer



Sylvanvale offers a wide range of services tailored to meet each individual's needs and goals.

Supported Independent Living



Sylvanvale offers a range of Supported Independent Living (SIL) options across 40 locations in the greater Sydney region and the Blue Mountains. Our homes are staffed 24 hours a day, 7 days a week. We have several different offerings, including shared houses, self-contained units, and one, two, and three-bedroom villas. Each location is staffed by employees who understand that every person is an individual with unique goals and support needs.

Area (LGA):

- | | |
|----------------------|-------------------|
| Blacktown | Cumberland |
| Blue Mountains | Fairfield |
| Camden | Hills Shire |
| Campbelltown | Penrith |
| Canterbury-Bankstown | Sutherland Shire |
| | Wollondilly Shire |

Individual Apartment Living



Sylvanvale's Individual Apartment Living (IAL) provides a range of support options to suit individual needs and maximises the NDIS funding of the people we support. Onsite Shared Support is the minimum requirement for these properties and is shared with other tenants. Onsite Shared Support provides up to 2 hours of unplanned support each day and is available 24 hours a day, every day of the year.

Individual Apartment Living operates separately from regular individual support services.

Area (LGA):

- Bayside
- Georges River
- Sutherland Shire

Flexible Support



Flexible Support is support tailored to the individual. It adapts to changing needs, providing 1:1 assistance when and where someone needs it. Whether it's achieving personal goals, building skills, or getting help with everyday tasks, each individual designs their own support.

We come to them, helping them grow through small, purposeful increments for lasting impact.

Area (LGA):

- Sutherland Shire

What We Offer (continued)

Specialist Disability Accommodation



Specialist Disability Accommodation (SDA) refers to housing designed to support people with extreme functional impairment and very high support needs. Sylvanvale operates more than 20 SDA properties across Greater Sydney and the Blue Mountains.

We also work in partnership with specialist housing providers to deliver Supported Independent Living (SIL) supports to people living in Specialist Disability Accommodation (SDA), enabling safe, accessible and tailored living arrangements.

SDA is funded as a separate component in an NDIS plan, which means eligible participants can access SDA housing through their funding.

The NDIA has developed a range of SDA design categories that housing can be built to:

Improved Liveability – Designed to provide better physical access and enhanced features for people with sensory, intellectual or cognitive impairments. For example, walls and floors that are easy to see.

Fully Accessible – Designed with a high level of physical access for people with significant physical challenges, such as those who require the use of a wheelchair in the home.

Robust – Designed using strong and durable materials to create a safe environment and reduce the need for repairs and maintenance. This category is often suited to people who need support to manage complex and challenging behaviours.

High Physical Support – Designed with a high level of physical access and specialised features for people who require very high levels of support, such as ceiling hoists or home automation and communication technology.



What We Offer (continued)

Community Day Programs

Caringbah Craft Centre



Caringbah Craft Centre is a one-of-a-kind business where beautiful wooden toys, furniture, and other products are made by people with disability working alongside qualified staff, skilled tradespeople, and volunteers.

Our quality timber products have a wide appeal and are popular throughout the community, including with parents, childcare centres, allied health professionals, and disability service providers.

Caringbah Craft Centre is well-suited to people who enjoy getting hands-on, developing their skills, and meeting new people. No previous experience is needed, just a willingness to learn and have fun.

Area (LGA):

- Sutherland Shire

Sutherland Garden House



Garden House in Sutherland is a unique space that includes a permaculture garden, outdoor kitchen, and a variety of animals.

Garden House's centre-based program is best suited to a person who:

- Enjoys the company of others in a safe and friendly environment
- Enjoys being in the garden and outdoors
- Enjoys arts and craft

Area (LGA):

- Sutherland Shire

Sylvania Activity Centre



Sylvania Activity Centre offers an exciting mix of activities that encourage exploration, skill-building, and fun. With dedicated areas for sensory experiences, cooking, exercise, art, relaxation, and gardening, there's always something new to discover.

Clients can choose from a diverse daily program, allowing everyone to follow their interests and try new things at their own pace.

Area (LGA):

- Sutherland Shire

Sylvania Social Club



Sylvania Social Club brings people together for engaging outings in the community each week. Meeting at the Sutherland Multi-purpose Centre, the group then travels to cafés, events, local attractions, social activities, or anything that screams fun.

It's a great way to make new friends, gain confidence and enjoy meaningful experiences while working toward personal goals.

Area (LGA):

- Sutherland Shire

What We Offer (continued)

Sylvanvale Clinical Services



Sylvanvale's Clinical Services team provides Positive Behaviour Support to people living with disability. We partner with individuals, their families, and support teams to build skills, strengthen communication, and improve quality of life.

We work closely with physiotherapists, speech therapists, school teams, families, and other providers. This collaborative approach ensures each person receives holistic support because we know that behaviour never exists in isolation.

Area (LGA):

- Greater Sydney
- Blue Mountains

Support Coordination



Sylvanvale's Support Coordination team are experts in the NDIS. Their role is to help an individual understand their plan, connect with the right services, and make the most of their funding while working towards their goals.

The team focusses on capacity-building by supporting individuals to gain the skills and confidence to set and reach their personal and NDIS-aligned goals, empowering them to take more control of their NDIS journey.

Area (LGA):

- Greater Sydney
- Blue Mountains

Children's Services

Mikarie Child Care Centre



Mikarie Child Care Centre is a multi-award-winning long day care centre located in Kirrawee. It is unique, being the only childcare centre in the Sutherland Shire that provides early education and quality care to children of all abilities in one setting.

The centre operates 7am-6pm, Monday to Friday, for children aged 6 weeks to 6 years.

Area (LGA):

- Sutherland Shire

Mikarie Playgroup



Mikarie Playgroup is a free, fun, and inclusive program for children aged 0-5 of all abilities, including those who may be behind on key development milestones, and their parents or carers.

Attendees join a welcoming community of families who share similar experiences, while gaining practical tools to support their child's development as they prepare for early childhood education.

As part of the NSW Government's Start Strong Pathways initiative, these playgroups are guided by a framework that recognises the importance of early engagement in education

Two sessions run every Tuesday during school terms from the Playgroup Room at Mikarie Child Care Centre.

Area (LGA):

- Sutherland Shire

Building independence and reaching goals, together

What does success look like?

For some, it's crossing the finish line of a marathon. For others, it's learning a new song or finally writing that long-awaited story.

But sometimes, success is something as life-changing as mastering public transport for the first time.

At Sylvanvale, we know that every goal matters. What might seem like a small step to one person can be a giant leap for another.

Take Alex, for example. Alex is well-known throughout Sylvanvale for his ever-present smile, easy laugh, incredibly friendly attitude, and love of Australian rapper Kerser. He lives with Angelman Syndrome and Manneristic Echolalia, but this doesn't stop him from always striving to live his best life.

After more than a decade living in one of Sylvanvale's Supported Independent Living (SIL) group homes in Menai, Alex recently moved into a Sylvanvale SIL apartment in Miranda. For the first time in 36 years, Alex is living by himself.

His apartment is his own, and he's been busy furnishing it to reflect his personality and style (and he'll be the first to tell you how much he's looking forward to receiving his new couch!)

While there are Sylvanvale support workers there to assist him, Alex now enjoys the independence of having his own space.

"I love living here because I've made so many friends," Alex says. "But my favourite thing is that my apartment feels like it was set up just for me."

Since moving, Alex has achieved something incredible: he's learned to navigate public transport independently to get to college.

Every weekday, Alex heads out to catch the train from Miranda. While he loves the arts and craft at college (especially decorating his own mugs), Alex said his favourite part is meeting up with his friends to go there together.

Stories like Alex's remind us that with the right support, people can accomplish amazing things. At Sylvanvale, our vision is simple: a community working together to support people with disability to live the life they choose.

“ I walk from my house to Miranda train station, and some of my friends walk with me and we all catch the train together ”



Open the door to creative freedom with Sylvanvale

Walking into Sylvanvale's Supported Independent Living (SIL) home in Katoomba, you're greeted by the soothing sounds of country music and an unmistakable sense of tranquility.

Stroll down the hallway and you'll notice an open door adorned with a painting of a guitar above the handle. Step inside this room, and you're met with the scent of fresh paint and the vibrant sight of countless artworks, each with a variation of bold colours, striking contemporary lines, and imaginative shapes, filling the room.

In the corner sits Jim, focused on his latest masterpiece. Take a seat with him, and he'll happily share his favourite colour—a reddish-purple hue he mixes himself—and point out his favourite painting resting on the table behind you. Jim will also tell you about the joy he feels transfixing an image in his mind to translate onto a canvas.

Just a few months ago, this experience would have been very different. Jim has lived in Sylvanvale homes in Katoomba for almost 30 years, and during that time, while



his art room was shared with his housemates, most of the time he did his work independently. Once he moved into his new home with his own art room, Jim began isolating himself; you could look in but entering or touching anything was off-limits.

Thanks to the dedication of his support workers, Jim's world soon reopened, and he felt comfortable allowing others to enter and welcoming them to sit with him as he paints.

And that guitar painting on his door? It's a symbol of how far Jim has come, letting a support worker sketch the design, which Jim then brought to life with his own brushstrokes.

While Jim is independent in many areas of his life, like cooking meals and washing clothes, as he grows older, his support needs have also grown, but he is now more confident asking for support.

Journeys like Jim's are at the heart of what Sylvanvale does. They work alongside people with disability to achieve goals big and small, because their vision is a community working in partnership to support people with disability to live the life they choose.

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Find out more at [sylvanvale.com.au](https://www.sylvanvale.com.au)

T **1300 244 577**

E customers@sylvanvale.com.au

101/53 Eton Street, Sutherland,
NSW, 2232

PO Box 29, Sutherland NSW 1499



For people with
hearing or speech loss
TTY: 1800 555 677

Speak and Listen:
1800 555 727



For people who
need help with English
TIS: 131 450