



Northcott Intensive Family Support (NIFS)

Northcott Intensive Family Support is an intensive, focussed, family therapy, in home support service, to families that have a child or young person with a diagnosed disability. The service is designed for families who are in crisis, or who are under a high level of stress, and particularly families where there may be a risk of premature out of home placement of a child or young person. The service is available in the Nepean area and is staffed by Family Therapists.

The service works to utilise families' strengths and abilities to set goals and work towards achieving them. It aims to assist parents to discover what currently works for them, develop new strategies and identify how to access resources that may be helpful.

Services include:

- Practical assistance
- Counselling
- Support to develop behavioural strategiest
- Out of hours telephone support (including weekends)

Client numbers are limited to ensure there is significant direct contact time with families. Families can be supported by NIFS for 8 to 12 weeks at which point NIFS ensures that there is follow up by another service if required.

Eligibility

The service is available to families who are living with and providing support to a child or young person (0-17) with a physical, intellectual or sensory disability. Families may be experiencing:

- Breakdown in parent/carer/family relationships
- The need for support while living in complex situations
- Reduction in the ability to care for the child and other siblings
- Stress which has, or may lead to a request for out-of-home placement for their child or young person with a disability
- The need for support where the range of usual community supports have been tried, but a further focussed intervention is needed to build upon these.

Referrals

Referrals can be made via the Department of Ageing, Disability and Home Care Information and Intake System on (02) 9841 9350 or calling NIFS on (02) 4720 4400.

Geographic Area

The Nepean region of Sydney, including Penrith, Hawkesbury and Blue Mountains Local Government Areas.

Funding

The service receives partial funding from the Department of Ageing, Disability and Home Care and is supported by Northcott Disability Services.

Contact

Northcott Intensive Family Support Team Leader:

Northcott Disability Services
Penrith Office
9/28 Coombes Drive Penrith NSW 2750
Ph: (02) 47204400
Fax: (02) 4722 8028
Email: penrith@northcott.com.au

