



northcott  
disability services

# northcott intensive family support



Northcott Intensive Family Support is an intensive, flexible, in-home support service for families with a child or young person with a disability who are experiencing a crisis. The service is available in the Nepean area, staffed by Family Caseworkers.

Families who access Northcott Intensive Family Support (NIFS) are supported to identify strategies and develop skills to progress through crisis, utilising a Strengths Based Model.

Services include:

- Practical assistance
- Counselling
- Support to develop behavioural strategies
- 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.

## Eligibility

The service is available to families who are living with and providing support to a child or young person (0-17)

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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 led to a request/potential 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 may be in place or been tried, but a further focused intervention is needed to build on these.

## Referrals

Referrals can be made via the Department of Ageing, Disability and Home Care Information Referral and Intake System on (02) 8855 4200 or by calling NIFS on (02) 4720 4400.

## Geographical 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.

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family support