



Skylight Support Worker

SERVICE INFORMATION PACK



SEE MENTAL HEALTH DIFFERENTLY

skylight.org.au

Metropolitan and Regional South Australia

“Mental Health ... is not a destination, but a process. It's about how you drive not where you're going.”

@Noam Shapancer PHD



Our Values

- **Understanding**
Discovery through shared learning
- **Connection**
Humanity, lived experience, and importance of what happens between people
- **Optimism**
The hope and belief in possibility and the potential of each person.
- **Courage**
Resilience, commitment and a strength of spirit

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SEE MENTAL HEALTH DIFFERENTLY

Skylight sees the NDIS as a chance to enjoy a greater choice, connect with your community and grow positive relationships and also a chance to:

- Keep on top of the day to day
- Discover new potential
- Increase confidence
- Make space for new opportunities

At Skylight, we are inspired by the resilience of the human spirit and the potential in all of us to live well. We share a journey to empowerment with individuals, their friends and family and their carers.



About Skylight

Empowering Lives, Supporting Independence

At Skylight Mental Health, we're dedicated to enhancing the lives of individuals living with psychosocial disabilities. Through our NDIS services, we provide the tailored support you need to build confidence, achieve your goals, and live your best life.

Our NDIS Services Include:

- **Plan Management:** We handle the admin so you can focus on your goals. Skylight ensures your NDIS funding is managed seamlessly, with bills paid on time and your choices prioritised.
- **Support Workers:** Our experienced team offers personalised support to help you navigate daily challenges, develop new skills, and connect with your community.
- **Group Activities:** Explore a variety of social and skill-building groups designed to promote wellbeing, connection, and personal growth. From art to cooking, there's something for everyone.
- **Psychosocial Recovery Coaching:** Partner with our skilled coaches to create strategies that foster resilience, independence, and a fulfilling life.
- **Therapeutic Groups:** Join our creative and social groups to reduce isolation, build skills, and connect with others in a supportive, welcoming environment.
- **Counselling & Therapy:** Our counselling and therapy services are tailored to your needs, promoting mental health, resilience, and personal growth in a safe, supportive space.
- **Support Coordination:** Our team helps you navigate the NDIS, connect with the right services, and get the most out of your plan, making the process simple and stress-free.



Skylight Support Workers

**Personalised Support Services
with a Focus on Mental Health.**

What do we do?

- We provide mental health support tailored to the person's need.
- We listen to understand how we can support your NDIS goals and current needs.
- Support that is collaborative
- Support workers who understand.
- Designed with you for you
- We understand that you are the expert in your own life.
- Providing you with a skilled worker who will be alongside you to explore things that may be challenging and build a life you enjoy.

How we can support?

Daily living support

Household Management

- Teaching participants how to plan and prepare meals
- Guidance on cleaning, organising and maintaining their living space
- Support with laundry and managing household tasks efficiently

Personal Care Skills

- Building skills for self-care routines, such as showering, dressing, and grooming.
- Encouraging healthy habits, like maintaining personal hygiene and skincare routines.

Budgeting and Financial Management

- Teaching participants how to budget, track expenses, and manage bills.
- Assisting with the development of strategies for saving and financial planning.

Developing Routines

- Helping participants establish and maintain daily schedules for tasks and appointments.
- Supporting them to prioritise activities and manage time effectively.



Skylight Support Workers

Personalised Support Services with a Focus on Mental Health.

Using Technology for Independence

- Training on using devices like smartphones, tablets, or apps to support daily living.
- Assistance with online shopping, banking or accessing telehealth services.

Navigating the Community

- Building skills for independent grocery shopping, using public transport, or running errands.
- Support to access local services like libraries, recreational facilities, groups or healthcare providers.

Health and Wellbeing Management

- Promoting self-management of medications and appointments
- Support in understanding and following nutritional or exercise plans.

Building Independence

- Encouraging skill development, such as cooking, shopping, or using public transport.
- Support to increase confidence in making decisions and managing your daily life.

Social and community participation

- Accompanying you to social activities or community events.
- Helping you to join social groups to reduce isolation.
- Supporting you in reconnecting with family and friends.

Emotional and Mental Health Support

- Providing a safe space to discuss feelings, worries and mental health challenges.
- Encouraging positive coping strategies and management techniques.
- Encouraging engagement in recovery plans developed by the you and your support team.

Access to Education, Training, or Employment

- Supporting you to pursue further education or training opportunities.
- Assisting with job readiness, including resume preparation and interview skills.

We can support you to:

Increase independence:

Gain confidence in managing your daily life without relying on others.

Improved Quality of Life:

Feel empowered to live in a way that aligns with your personal goals and values.

Skills Development:

Learn practical skills that can be applied consistently, reducing long-term support needs.

Skylight Support Workers


Our Support Workers are here to support you!

- Our staff are trained in providing support in a Recovery- oriented, person- centred and trauma informed manner.
- They provide compassionate, non-judgemental and respectful support
- Collaborators who empower participants to achieve their goals and aspirations.
- We provide a safe, trust-building environment, particularly for individuals who have experienced trauma.
- We provide an environment for transparent communication where challenges can be explored together.



Professional Person Centred Support

At the heart of our service is you. We are a team of highly skilled and professional support workers, offering recovery-oriented, person- centred, and trauma informed care to empower you on your mental health journey.



At Skylight, we're more than just a service provider – we're here to help you shine in every area of your life.

Trauma Informed support

Our staff are trained to provide support that is informed and sensitive to the effects that trauma can have on psychological and physical health, social connections and relationships and day to day life as a whole.

With this in mind we look to form our support on a foundation of trust, transparency and safety, creating an environment for exploration and growth.

To discover more about our services, fill out an expression of interest by visiting our website [skylight.org.au](https://www.skylight.org.au) or phone us on (08) 8378 4100.

Support Worker Profiles

A short selection of just some of our Support Workers and their profiles

Elise



Region:

Metro Adelaide, Southern Adelaide

What are your Hobbies/interests?

I love being out and about in the sun, staying active, pilates and am a massive foodie.

Why do you enjoy being a support worker?

I love meeting new people and making meaningful connections. I get fulfilment out of helping and encouraging others to achieve their goals and making a positive impact on their life.

What can you bring to support?

I am an attentive and compassionate person with a genuine desire to understand the needs of the person I support. I prioritise building trust with individuals and creating a safe space for them to be best supported. I am positive, bubbly and keen to meet new people!

Lita



Region:

Metro Adelaide

What are your Hobbies/interests?

Hiking, reading, swimming, art and craft, sewing, I'm also into history and enjoy museums.

Why do you enjoy being a support worker?

I'm genuinely curious about people and their life experiences. I'm hoping to be a positive factor on some people's recovery journey.

What can you bring to support?

Good listener, non judgemental, understanding and accepting, patience, calm and empathetic.

Support Worker Profiles

A short selection of just some of our Support Workers and their profiles

Madison



Region:

Metro Adelaide, Southern Adelaide, Northern Adelaide

What are your Hobbies/interests?

Music, art, video games, cooking

Why do you enjoy being a support worker?

I love helping to make a difference in people's lives and having a space to utilise my lived experience

What can you bring to support?

A can-do attitude, humour and lived experience of mental health

Kathleen



Region:

Metro Adelaide

What are your Hobbies/interests?

Practicing art, I love cats-Tuppence is my beloved cat, attending art exhibitions, supporting local live bands, travelling, reading, history and listening to music.

Why do you enjoy being a support worker?

Having lived experience has enabled me to have a genuine understanding of how challenging life can be. Also from a carers perspective. Being a support worker has been my vocation both in aged care for 20 years and now for 7 years at Skylight in Mental Health. My decades of experience enhance my role. I enjoy my work

What can you bring to support?

A fun approach and focussing on the positives. The rapport I build with participants have enabled me to provide meaningful individual support.

Support Worker Profiles

A short selection of just some of our Support Workers and their profiles

Yograj



Region:

Metro Adelaide, Southern Adelaide, Northern Adelaide

What are your Hobbies/interests?

I am passionate about soccer and other sports. Enjoy engaging in activities that promote health and well-being.

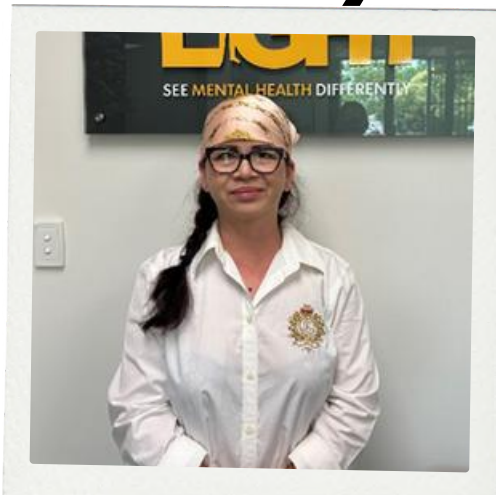
Why do you enjoy being a support worker?

I enjoy being a support worker because it allows me to positively impact lives, helping individuals achieve their goals and maintain independence. Building genuine connections and fostering inclusivity motivates me, aligning with my passion for helping others and promoting well-being.

What can you bring to support?

I bring a combination of skills, experience, and a passion for helping others to my role. I offer empathy and compassion, connecting personally to ensure individuals feel valued and supported. My soccer background has honed my teamwork and communication, essential for achieving shared goals.

Naidelyn



Region:

Metro Adelaide, Southern Adelaide

What are your Hobbies/interests?

Arts, Painting, Music, Singing, Sound, Salsa, Cooking, Poetry, Furniture Upcycling, Thrifting, Camping, Fishing, Movies (True Crime, Documentary)

Why do you enjoy being a support worker?

Being able to make a difference, community connection and no two support work is ever the same.

What can you bring to support?

Lived experience. Empathy. Resilience. Good listener and creativity. 'Can Do Attitude'.

Support Worker Profiles

A short selection of just some of our Support Workers and their profiles

Jenni



Region:

Metro Adelaide, Northern Adelaide

What are your Hobbies/interests?

Jogging/walking, yoga, meditation, gardening, cooking. Caring for the natural environment. Looking after my two dogs.

Why do you enjoy being a support worker?

I find it enriching. I enjoy working as a team with those I support, to collaboratively assist them to achieve their needs, hopes and dreams. It is a privilege to stand alongside and be a practical support to others through life's ups and downs.

What can you bring to support?

I bring a genuine, calming presence that takes a sincere interest in others. A practical approach to daily challenge that breaks problems down to smaller, easier, achievable steps.

Group NDIS Programs

MUSIC GROUP

Join the Jam

Whether you're a beginner or an experienced player, our Music Group is here to get you playing, laughing, and connecting with others who share your love for music.



Group NDIS Programs

COOKING FOR ONE

Master Your Skills

Learn the art of preparing healthy, low-cost meals while you make friends in a fun environment!



To discover more about our services, fill out an expression of interest by visiting our website skylight.org.au or phone us on (08) 8378 4100.

Skylight NDIS Services



Discover Skylight Mental Health

Are you seeking support, connection, or ways to enhance your wellbeing? Skylight Mental Health provides a comprehensive range of NDIS services designed to promote mental health and wellbeing.

With experienced NDIS Support Workers delivering personalised services across metropolitan and regional South Australia, Skylight tailors its support to align with each individual's unique goals and aspirations. From Plan Management and Creative Therapies to Group Activities a Counselling, Skylight supports you build connections and achieve your goals.

Plan Management

Skylight Mental Health offers a high-quality Plan Management service, which supports you to manage the funds in your NDIS plan. Skylight Plan Management takes the administrative hassle out of your NDIS plan, allowing you to make the most of your funding. Our Plan Managers aim to meet your needs through the latest technology and tools, giving you greater choice and control.

Skylight Mental Health Plan Management includes:

- Processing invoices on your behalf, saving you time and hassle
- Detailed monthly statements that outline how you utilise your plan
- Monitoring your budgets to help you use your NDIS plan sustainably
- Access to non-NDIS registered providers, giving you additional choice and control
- Access to your plan information through our Participant Portal
- Assistance from our Plan Management staff by utilising their NDIS expertise



Skylight Plan Management is great for anyone who would like assistance with the administration of their NDIS plan.

To discover more about our services, fill out an expression of interest by visiting our website [skylight.org.au](https://www.skylight.org.au) or phone us on (08) 8378 4100.

Skylight NDIS Services

Psychosocial Recovery Coaching

Our Psychosocial Recovery Coaches offer lived and learnt experience of mental health, and will work alongside you to navigate the NDIS to help you get the most out of your plan. This involves you being in the driver's seat and making the important decisions.

Skylight Psychosocial Recovery Coaches will support you to understand your Plan from the start and help you build your capacity going into the future.

Skylight Psychosocial Recovery Coaches take the time and effort to understand:

- what a meaningful life looks like to you
- how you have been travelling up to this point, and
- where you want to go next

Remember, this is your plan for reaching your goals. Our Psychosocial Recovery Coaches take the time to listen.



Skylight Activity Groups

Our Activity Groups are a way for you to socialise, develop new friendships and explore a range of activities in your local community. We offer a broad range of programs such as art, music, cooking, movies, bushwalking, and more.

These are all held in an inclusive and supporting environment and are designed to energise and engage your creativity.

Skylight Activity Groups are available to access with or without an NDIS Plan.

To discover more about our services, fill out an expression of interest by visiting our website [skylight.org.au](https://www.skylight.org.au) or phone us on (08) 8378 4100.

Skylight NDIS Services

Therapeutic Groups

Skylight Therapeutic Groups bring together individuals experiencing similar mental health challenges. Led by psychotherapeutic practitioners, these groups focus on a variety of themes and styles, allowing participants to share experiences, learn strategies, and acquire tools beneficial for mental wellness.

Sharing your experiences and hearing others' stories provides numerous opportunities for growth and healing.

Some of the many benefits of participating in Skylight Therapeutic Groups include:

- Knowing you're not alone
- Learning skills and strategies
- Being able to help yourself as well as others
- Building a sense of belonging and connection
- Improving social skills



Support Coordination

The National Disability Insurance Scheme (NDIS) provides greater choice and control for people who require disability support than ever before. However, it can be difficult to know where to start when you receive your first NDIS plan and the process of connecting with suitable providers can be confusing.

If your plan includes Support Coordination, Psychosocial Recovery Coaching, or Specialist Support Coordination, the person you choose to provide this service will play a significant role in how well your supports meet your needs.

To discover more about our services, fill out an expression of interest by visiting our website [skylight.org.au](https://www.skylight.org.au) or phone us on (08) 8378 4100.

Skylight NDIS Services

Counselling & Therapy

Counselling is a safe and confidential collaboration between qualified counsellors and participants to promote mental health and wellbeing, enhance self-understanding, and resolve identified concerns. Clients are active participants in the counselling process at every stage.

Changes facilitated by counselling include: change in perspective, new insight, new ways of thinking about situations, a new awareness of feelings, enhanced capacity to regulate feelings, new actions or behaviors, and new decisions about life.

The team at Skylight Mental Health include counsellors and therapists with training and experience in a wide range of concerns, including support for people who hear voices; experiences of trauma; anxiety and depression; and the experience of being a carer.



Ready to Simplify Your NDIS Journey?

Get in touch with us today to find out how we can make your NDIS journey work for you!

Our friendly team is here to answer your questions, discuss your needs, and provide guidance on accessing Skylight support through the NDIS.

Call us at 08 8378 4100 or **enquire today** to learn more.



Skylight Plan Management

**Your Plan,
Your Control,
Our Expertise.**

To discover more about our services, fill out an expression of interest by visiting our website skylight.org.au or phone us on (08) 8378 4100.

“

I Found My Strengths – You Can Too!

After working with Skylight, I decided to take on a challenge: shopping independently for the first time in ages. I was nervous, but with their support, I made it happen.

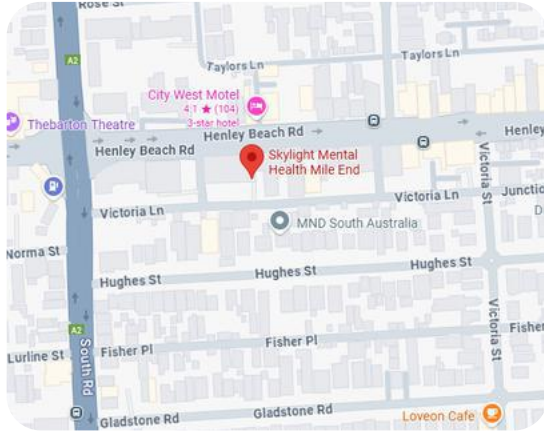
That one step changed how I see myself. You might be surprised by what you can do when you take that first step. Skylight is here to support you every step of the way.

”

Our Locations

Central Metro

173 Henley Beach Road
Mile End



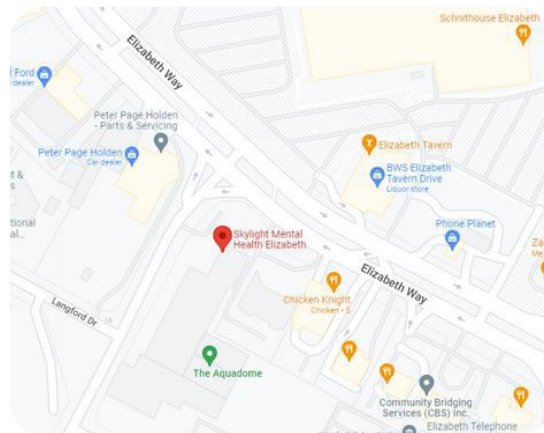
Southern Metro

64 Elgin Ave
Christies Beach



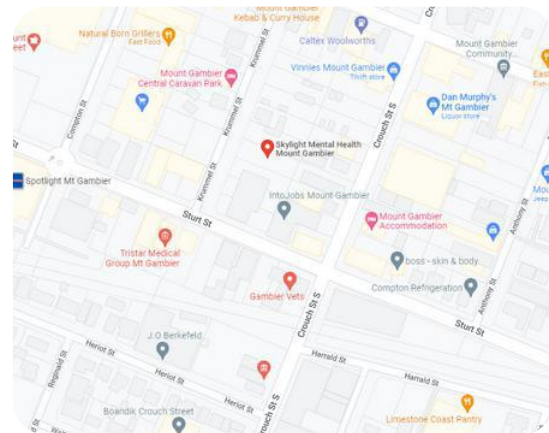
Northern Metro

15 Elizabeth Way
Elizabeth



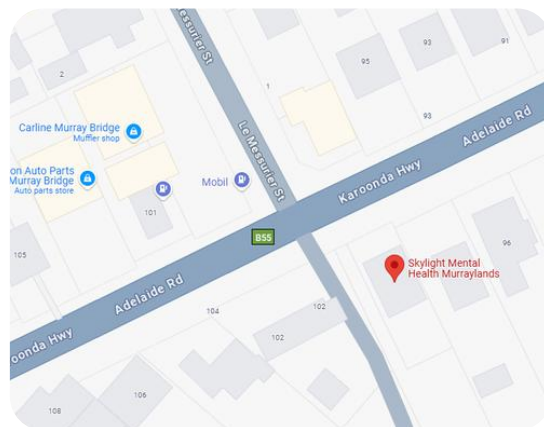
Limestone Coast

12 Crouch St South
Mount Gambier



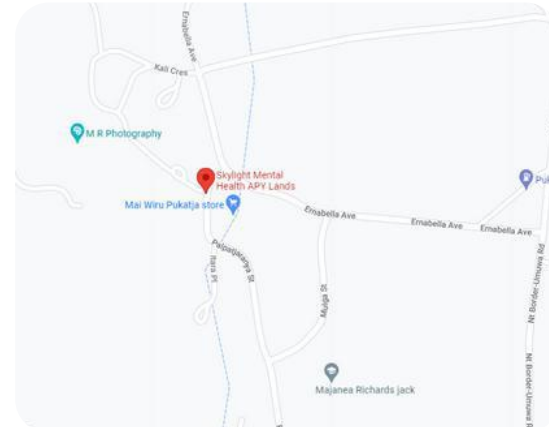
Murraylands

100 Adelaide Rd
Murray Bridge

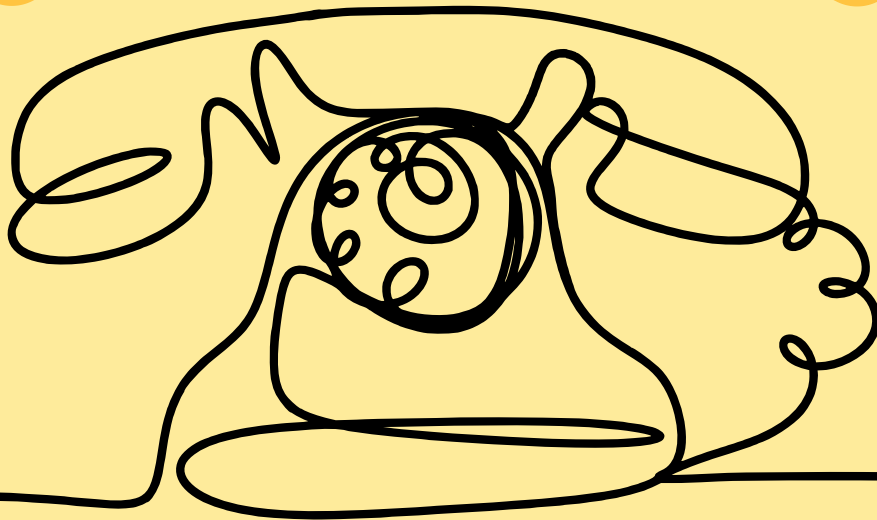


APY Lands

Pukatja SA



LETSS TALK.



**Mental Health Support
Every Evening.**

365 days a year | 5pm – 11:30pm

The Lived Experience Telephone Support Service, or LETSS, is a South Australian resource offering free afterhours phone and web chat support, available every day from 5 PM to 11:30 PM, including holidays.

Whether you're seeking information, guidance on navigating mental health services, or just someone to talk to, our team is here for you.

At LETSS, we provide follow-up support such as scheduled callbacks, wellbeing calls, and help connecting with other services.

Free Call

1800 013 755

Online Chat

letss.org.au

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