

Supporting the best outcomes for adults

Our holistic approach allows us to deliver high-quality services and support in six key life areas:

-  Physical and health
-  Mind and spirit
-  Family, friends and fun
-  Access to your world
-  Skills for life
-  Contribution and study

Depending on your individual requirements you may choose to access our one-to-one services or participate in a variety of our leading group programs. Many of our clients opt for a combination of individual and group programs, providing them access to a full range of life skill and personal development opportunities.

Whichever option you choose you can rest assured that CPA will listen to you and work with you to understand your requirements. The team will then create a program which you will gain maximum benefit from.



Cerebral Palsy
ALLIANCE

MIND. BODY. BEST.

26+
yrs



Support from recognised experts

A recognised global leader in the clinical and wellbeing management of disability, CPA supports adults with lifelong and acquired neurological and physical disabilities including Parkinson's, Huntington's, Multiple Sclerosis, Autism, Stroke and Cerebral Palsy.

Mind Body Best is an approach informed by the Cerebral Palsy Alliance Research Institute and ensures that through the multidisciplinary approach of having a team of therapy experts and lifestyle support specialists, needs are addressed holistically.

The rest of your life starts now

Whatever your dream, whatever you want to achieve with your life, we are here to help make that happen.

All of the services CPA offer are grounded in innovation and best practice. We offer unrivalled access to a team of therapists, coaches, support workers and educators. From individual supports to group programs our services are many and varied.

You may be looking to improve your health and wellbeing, grow your social network, be working towards a long term personal goal or maybe you just want to be inspired to try something different.

Individual programs to build your potential

Whether you have had your disability from childhood, or acquired it later in life we will work with you to develop an individualised program. The goal is to ensure that everyone has the chance to maximise their potential with access to the right programs and unique opportunities.

With these new experiences, everyone can start to build the life they want.



Health and wellbeing

Stay fit and feel great, with expert advice and support from therapists, coaches and trainers who understand disability. Whether your goal is to build fitness for functional tasks, maintain physical independence, or change to a healthy lifestyle, there is a program for you:

- strength and fitness programs
- personal training and gym groups
 - diet and nutrition
 - sports and hydrotherapy
 - special interest, e.g. yoga

You can also access support to participate in your choice of sport or recreation activity in your community.

Community Access Services

Fill your days with fun and engaging activities at one of our Community Access Services. There are programs to suit everyone:

- Arts – visual, performing, sensory and movement
- Technology – computer skills, gaming, social media
- Entrepreneurship – social enterprises and small business
- Learning – certificate courses and online learning, personal development and independence skills.

Or, choose your own adventure with one of our fully trained staff. Available daytime, evening, weekend or holidays.

Assistive Technology and Home Modifications

Take advantage of the latest innovations to maximise your independence at home, work and socially.

Find the products that will help you lead the life you've always dreamed, with guidance from the best assistive technology experts. They can also advise on low-tech aids and equipment that will remove the stress from daily tasks through to adapting your home so you remain independent and comfortable.

Physical & Health

Movement

All therapy sites across NSW and the ACT
Individual and/or Group

26+yrs

NDIS plan: Improved daily living skills
Whether you need to stretch, strengthen, balance or reach, you'll maintain your movement skills and develop new ones. Discover the most effective ways to use your whole body to its best abilities.
Suitable for adults with cerebral palsy, autism and other neurological conditions.

Meal times

All therapy sites across NSW and the ACT
Individual

26+yrs

NDIS plan: Improved daily living skills
Enjoy meals at home or eat out with friends, with advice and assistance to eat and drink safely and comfortably.
Suitable for adults with cerebral palsy.

Communication

All therapy sites across NSW and the ACT

26+yrs

NDIS plan: Improved daily living skills
Everyone has something to say. You will find your voice with the newest and best ways to communicate with family and friends, face-to-face or through technology.
Suitable for adults with cerebral palsy and autism.

Sports

All therapy sites across NSW and the ACT
Individual and/or Group

26+yrs

NDIS plan: Improved health & wellbeing; Increased social & community participation
Come and try new sports, including boccia, soccer, netball, swimming, skiing and more. Or, do a different sport in your local community with the extra support you need.
Suitable for adults with cerebral palsy, autism and other neurological conditions.

Dental Clinic

Allambie Heights
Individual

All

NDIS plan: None (Free)
A free dental service for people with a disability.
Suitable for adults with cerebral palsy.

Fitness and hydrotherapy

NSW: Allambie Heights, Prairiewood & Ryde.
ACT: Scullin.
Individual and/or Group

26+yrs

NDIS plan: Improved health & wellbeing
Stay fit and well with expert advice and training. Build your health and fitness for functional tasks, as well as maintaining a healthy lifestyle. Come along to a gym program or hydrotherapy session. You'll even be able to use your local venue, with individualised support.
Suitable for adults with cerebral palsy, autism and other neurological conditions.

Mental fitness

NSW: Allambie Heights,
Croudace Bay, Ryde,
Penshurst, Prairiewood

Individual

26+yrs

NDIS plan: Improved daily living skills; Improved relationships

Achieve the best state of emotional health and resilience. Expert assistance is available to you and your support networks for a range of learning, emotional and behavioural needs.

Suitable for adults with cerebral palsy, autism and other neurological conditions.

Social and recreational activities

Sydney metropolitan
and Hunter

Group

26+yrs

NDIS plan: Assistance with social & community participation; Increased social & community participation

Enjoy good times and experiences to remember with a group of new friends. Or, we can link you up with someone who can support you to go out and choose your own adventure.

Suitable for adults with cerebral palsy, autism and other neurological conditions.

Special interest programs

Sydney metropolitan
and Hunter
Individual and/or Group

26+yrs

NDIS plan: Assistance with social & community participation; Increased social & community participation

Try a new hobby such as photography, arts, dance, film-making, music, personal styling, social media or gaming. Group programs are held throughout the year. Going it alone? Find the one-on-one support to follow your interests wherever they are.

Suitable for adults with cerebral palsy, autism and other neurological conditions.



Access Your World

Technology, aids and equipment

All therapy sites across NSW and the ACT

Individual

26+yrs

NDIS plan: Improved daily living skills; Assistive technology

Be more independent at home, work and socially, with expert advice on technologies and products for all activities of daily life.

Suitable for adults with cerebral palsy, autism and other neurological conditions.

Vehicle modifications

All therapy sites across NSW and the ACT

Individual

26+yrs

NDIS plan: Improved daily living skills

Travel safely and comfortably with our advice on vehicle modifications to suit your needs. If you want to learn to drive, we will help you find the services to make that happen.

Suitable for adults with cerebral palsy, autism and other neurological conditions.

Environmental modifications

All therapy sites across NSW and the ACT

Individual

26+yrs

NDIS plan: Improved daily living skills

Be part of every activity with friends and family. The right modifications will help you access your home, neighbourhood, work or even holiday destination.

Suitable for adults with cerebral palsy, autism and other neurological conditions.

Support coordination

All therapy sites across NSW and the ACT

Individual

26+yrs

NDIS plan: Coordination of support

We'll help you navigate through the service system and make the choices that best suit you. Get the best from your NDIS package with support from our experienced staff.

Suitable for adults with cerebral palsy, autism and other neurological conditions.

Mobility, seating and walking aids

All therapy sites across NSW and the ACT

Individual

26+yrs

NDIS plan: Improved daily living skills; Assistive technology

Move around in comfort and safety with advice on the best mobility options to suit your lifestyle. That may be a mix of manual or power wheelchairs, or aids to help you walk. Customised seating and accessories for wheelchairs and other equipment are also available.

Suitable for adults with cerebral palsy, autism and other neurological conditions.

Community Living

Sydney metropolitan and Hunter

Individual

26+yrs

NDIS plan: Home

A new place to call home with just the right amount of support you need. Choose from a range of home styles, including apartment living and share houses of two to five people. NOTE: Places limited.

Suitable for adults with cerebral palsy, autism and other neurological conditions.



Skills For Life

Living skills

Sydney metropolitan
and Hunter
Individual and/or Group

26+yrs

NDIS plan: Improved daily living skills; Assistance with social & community participation; Increased social & community participation

Learn, develop and practice the skills to help improve your independence at home and in the community. Join a group program or have one-on-one support.

Suitable for adults with cerebral palsy, autism and other neurological conditions.

Social skills

Sydney metropolitan
Individual and/or Group

26+yrs

NDIS plan: Improved daily living skills; Improved relationships; Assistance with social & community participation; Increased social & community participation

Learn and practice skills to extend your social circle and develop relationships. Choose from a group or individualised support.

Suitable for adults with cerebral palsy, autism and other neurological conditions.

Technology skills

Sydney metropolitan
and Hunter
Group

26+yrs

NDIS plan: Improved daily living skills; Assistance with social & community participation; Increased social & community participation

Whether you use technology for communication, social media or gaming, there is a program for you to learn or practice your tech skills. These include group programs within Community Access Services or one-to-one support.

Suitable for adults with cerebral palsy, autism and other neurological conditions.



Contribution & Study

Certificate courses

Sydney metropolitan
Group

16+yrs

NDIS plan: Free or fee for service for people with a disability

Gain a nationally recognised qualification (government funding available) or do a specialist course (fee for service) to support the achievement of your work or life goal. Find out more at Training Alliance, a Registered Training Organisation. trainingalliance.edu.au

Suitable for adults with cerebral palsy, autism and other neurological conditions.

Social entrepreneurship

Sydney metropolitan
Group

26+yrs

NDIS plan: Increased social & community participation

Realise your own potential to help build a social enterprise as part of a Community Access Service.

Suitable for adults with cerebral palsy, autism and other neurological conditions.

Packforce

Sydney metropolitan
Group

18+yrs

NDIS plan: Finding and keeping a job

Packforce is a packaging and assembly, mail house and fulfilment business that provides a supported workplace for people with a disability. Earn and learn new skills at one of two enterprises in Frenchs Forest or Wetherill Park. Packforce is a Supported Employment Enterprise. packforce.com.au

Suitable for adults with cerebral palsy, autism and other neurological conditions.

Call us today 1300 888 378

SYDNEY

Allambie Heights*	187 Allambie Rd, Allambie Heights, NSW 2100. (02) 9975 8000
Frenchs Forest	Packforce, Unit 4, 2 Aquatic Drive, Frenchs Forest, NSW 2086. (02) 9975 7555
Kingswood*	Western Sydney University, Building G, Second Ave, Kingswood, NSW 2751. (02) 4736 8722
Liverpool	Community Access Centre, 14A Mill Rd, Liverpool, NSW 2170. (02) 9601 2866
Marsfield	Community Access Centre, 74 Agincourt Rd, Marsfield, NSW 2122. (02) 9805 0625
Penshurst*	469 Forest Rd, Penshurst, NSW 2222. (02) 9586 1077
Prairiewood*	224-244 Restwell Rd, Prairiewood, NSW 2176. (02) 8777 1777
Ryde*	3A Smalls Rd, Ryde, NSW 2680. (02) 8878 3500
St Ives	Community Access Centre, 6 Stanley St, St Ives NSW 2075. (02) 9449 3048
Wetherill Park	Packforce, 22-24 Mcllwraith St, Wetherill Park, NSW 2164. (02) 9756 4666

Note: Therapy sites marked with *

NSW HUNTER & CENTRAL COAST

Croudice Bay	61 Parklea Ave, Croudice Bay, NSW 2280. (02) 4979 4333
East Maitland	18-20 Day St, East Maitland, NSW 2323. (02) 4939 4100
Tuggerah	6 Teamster Close, Tuggerah NSW 2259. (02) 4356 6300

NSW REGIONAL

Alstonville	96 Main St, Alstonville, NSW 2477. (02) 6628 5976
Armidale	124a O'Dell St, Armidale, NSW 2350. (02) 6772 0978
Dubbo	140 Gipps St, Dubbo, NSW 2830. (02) 6882 1077
Nowra	51 Plunkett St, Nowra, NSW 2541. (02) 4423 6244
Orange	95 Prince St, Orange, NSW 2800. (02) 6360 1455
Port Macquarie	77 Lake Rd, Port Macquarie, NSW 2444. (02) 5526 3800
Wagga Wagga	38 Murray St, Wagga Wagga, NSW 2650. (02) 6921 9743

ACT

Scullin (main site)	5 Ross Smith Crescent, Scullin, ACT 2614. (02) 6199 0600
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 1300 888 378

 cerebralpalsy.org.au

 ask@cerebralpalsy.org.au


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