



Disability services. Putting you first.

Keeping in touch with people who are important to you



It is written in an easy to understand way.

We use pictures to explain things.





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This is where



What is a personal network?



Starts



What is a personal network?



Anyone who is important to you.
It might include your friends, your family, your neighbours, your partner, people in the community, or your pets.



How does a personal network help you?



A personal network can help you to feel happy, keep you safe and healthy, help you make choices and make sure you are not treated badly.



What does Aruma think of personal networks?



Aruma wants to help you get in touch, and stay in touch, with the people who are important to you.

Aruma thinks this is important.



Who decides who is in your personal network?



You are the person who decides who you see, stay in touch with and how often.

People who work for HWNS will respect what you decide.



This is where



**How can Aruma help you
get in touch and stay in touch
with people who are
important to you?**



Starts



How can Aruma help you
get in touch and stay in touch with
people who are important to you?



We can help you remember
important dates, for example,
people's birthdays.

If you give your permission, we will
invite them to come to parties,
events and get-togethers held at
Aruma.



We can help you to have privacy with the people who are important to you.

For example, we will help you find ways to have visits without other people being around.

We can try to help you organise overnight visits if this is what you want.



**How can you meet more people
and get more involved in the
community, if this is what you want?**



We will research ways that you can
get involved and meet people,
so that you can choose from them.

Ways might include spending time
with a volunteer or going to local
groups or places.



What happens if someone doesn't want to stay in touch?



We understand it can be upsetting if someone doesn't want to stay in touch. We will make sure you have support if this happens.

This might include counselling and making sure you are safe.



Aruma wants to help you stay in touch with people who are important to you!



This is where



What services can help you



Starts



What services can help me?



Relationships Australia

They can give you help with your personal and family relationships. They can also give you counselling.



Phone: 1300 364 277

Web:

ACT: www.racr.relationships.org.au

New South Wales:

nsw.relationships.com.au

Queensland: www.raq.org.au



HWNS Employee Assistance Programme

Programme

They can help you with problems that stop you from working well.

This includes counselling for relationship problems.



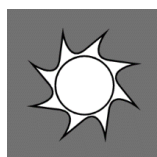
Phone 1300 135 600



Translating and Interpreting Service (TIS National)

They can help you anywhere in Australia if you have difficulty speaking in English.

They can give you this help over the phone, or they can come to where you are.



Phone **131 450** for help over the phone, every day, all day and all night.

Phone **1300 655 082** or go to



[www.tisnational.gov.au/Agencies/Forms-for-agencies/New-Job-](http://www.tisnational.gov.au/Agencies/Forms-for-agencies/New-Job-booking-form)

[booking-form](http://www.tisnational.gov.au/Agencies/Forms-for-agencies/New-Job-booking-form) to arrange a time for an interpreter to come to where you are.