

# Building Social and Community Connections

## Why Social and Community Connections Matter

Being part of a community helps people feel valued, supported, and connected. For people with disability, having opportunities to meet others, join activities, and build relationships is an important step towards independence and wellbeing.

The **NDIS** can provide funding to help participants access social and community activities, making it easier to:

- Build friendships and support networks.
- Gain confidence and new skills.
- Take part in hobbies, sports, or creative programs.
- Connect with local services and community groups.



### Quick Fact:

NDIS participants can use their funding for both individual and group activities that build social and community connections – it's not limited to formal programs.



## How the NDIS Can Support You

The NDIS includes funding categories that can be used to support social and community participation. These may include:

- Core Supports – to assist with transport and support worker costs so you can attend activities.
- Capacity Building Supports – to build social skills, confidence, and independence.
- Community Participation Programs – group or individual supports designed to help you connect with your community.

*With the right support, your NDIS funding can open the door to new friendships, skills, and opportunities in your community.*

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## Examples of Social and Community Activities

- Joining a sports team, fitness class, or recreation program.
- Attending art, music, or drama classes.
- Visiting local events, markets, or cultural festivals.
- Volunteering in an area of interest.
- Learning everyday life skills such as cooking, shopping, or using public transport.
- Joining support groups or social outings with peers.



## The Role of Support Workers

Support workers can play an important role in helping you:

- Try new activities in a safe and supported way.
- Build routines around regular community involvement.
- Encourage independence while providing assistance where needed.
- Develop the confidence to attend events and activities on your own.

## Metrocare Services Approach

At Metrocare Services, we believe that community is at the heart of wellbeing. We work with participants to:

- Identify activities that match their interests and goals.
- Provide respectful and consistent support for community access.
- Encourage meaningful social participation, not just attendance.
- Build independence and confidence through real-world experiences.

## Tips for Getting Started

- Think about what you enjoy or have always wanted to try.
- Talk with your Support Coordinator (if you have one) about what's possible.
- Use your NDIS planning meeting to highlight community and social goals.
- Start small – even one regular activity can create meaningful change.

*Regular community participation is linked to better mental health, stronger independence, and increased confidence for people with disability.*

### Contact Us

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# Metrocare Services

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