



Community Connections

Social connections mean better quality of life

Community Connections supports people to increase their independence in the home and to build stronger social and community connections.

Strong social connections can improve quality of life and provide better health outcomes.

The Australian Institute of Health and Welfare estimates that around one in ten people experience social isolation, and that this has a negative effect on their mental and physical health, and their ability to participate in the community.

Who Community Connections is for

Community Connections is for South Australians aged 18 to 64, and 18 to 49 for Aboriginal peoples, who are not eligible for Federal Government programs such as the National Disability Insurance Scheme (NDIS) and My Aged Care.

Priority will be given to:

- Aboriginal peoples
- people from diverse cultures for whom English is not their first language
- unpaid carers
- people who are financially disadvantaged
- people living in disadvantaged locations and communities.

How Community Connections works

Community Connections Partners across South Australia provide short-term support for up to 12 weeks or connect you with longer-term support if needed.

This may include helping you to take part in local community activities, find new support groups or receive some extra help at home.

Contacting a Partner

Talk to a Community Connections Partner about how the program can help you reach your goals. The following lead organisations can support you to connect with the most appropriate Community Connections Partner:

Southern Adelaide, Northern Adelaide

Anglicare SA	North	0481 476 561
	South	0481 455 461

Western Adelaide, Limestone Coast, Murray and Mallee

Skylight Mental Health	8378 4100
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Eyre and Western, Far North, Yorke and Mid North

Centacare Catholic Country SA	1800 759 865
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Adelaide Hills, Barossa, Light and Lower North

Lutheran Community Care	8269 9300
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Eastern Adelaide

Uniting Communities	8202 5291
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Find out more at

dhs.sa.gov.au/community-connections



Government of South Australia

Department of Human Services