



NDIS CORE SUPPORT · ASSISTANCE WITH SELF-CARE

DAILY LIFE, DELIVERED DIFFERENTLY

How Assistance With Self-Care Activities is delivered at Esports Collective — in the same venue that motivates people to be here in the first place.



ESPORTS COLLECTIVE
GIPPSLAND CARE COLLECTIVE

58 MACLEOD STREET
BAIRNSDALE, EAST GIPPSLAND VIC

SAME VENUE, DIFFERENT FOCUS

Assistance With Self-Care Activities is Core Support funding for hands-on, prompted, or supervised help with the personal, daily-living parts of being out in the world — eating, drinking, hygiene, toileting, regulation, transitions, communication, and the routines that hold a day together. This brochure is about how that support is delivered at ESports Collective by Gippsland Care Collective.

ONE VENUE, SEVERAL WAYS IN

Most of our programs can be funded in more than one way. The activity in the room can look similar from the outside — what changes is the support worker's focus and the structure of the session. The funding follows the goal, not the venue.

SUPPORT CATEGORY	WHAT IT FUNDS	WHAT THE WORKER IS FOCUSED ON
Assistance With Daily Life CORE SUPPORT · THIS BROCHURE	A support worker assisting or supervising personal, daily-living tasks.	Eating, hygiene, toileting, regulation, transitions, communication, and the personal routines of being out of the house.
Social & Community Participation CORE SUPPORT	A support worker enabling access to community, social, and recreational life.	Getting the participant into the room, helping them take part socially and recreationally.
Capacity Building IMPROVED DAILY LIVING · RELATIONSHIPS · EMPLOYMENT · S&C PARTICIPATION	Skill-building supports delivered by a worker or therapist.	Building communication, regulation, planning, and everyday skills so the participant can do more independently over time.

This brochure is about what it looks like when Assistance With Self-Care Activities is the funding in play. The worker is focused on the participant's personal, daily-living needs across the session. The activity in the room — gaming, tabletop, hanging out — is the setting, not the goal.

THE VENUE IS THE MOTIVATION

WHY THIS WORKS AT THE HUB

Self-care support fails when the participant does not want to be there. At ESports Collective, they come because they want to. That motivation is what makes the support workable — and what often falls apart at home or in a clinic.

WHAT A SESSION LOOKS LIKE

The things around the gaming — the routines, transitions, and personal support woven through every session — are what make this work.

A self-care session at the hub is a single, continuous block of 1:1 support — the same worker, the same participant, the same room. The gaming, tabletop, or social activity is the hook that gets the participant through the door. What the worker actually does, woven through the whole session, is the support.

ACROSS ONE SESSION, THE WORKER MIGHT:

» TRANSPORT & ARRIVAL

Support the trip to and from the venue where funded, meet the participant at the door, and help them through the threshold from outside to inside.

» TRANSITIONS

Prompt and support each shift from one activity to the next — settling in, moving to the table, the mealtime break, and the pack-up at the end.

» REGULATION

Watch for the participant's early signals, offer their go-to strategy, and co-regulate alongside them until they are ready to come back to the session.

» COMMUNICATION

Help the participant ask for what they need — the bathroom, a break, food — and navigate the social moments at the table without the worker speaking for them.

» MEALTIME & HYGIENE

Prompt eating, drinking, handwashing, and toileting in private, discreetly, with a worker the participant knows, following any plan in place.

» DAILY ROUTINES

Prompt the small habits that build independence — managing belongings, time and planning, multi-step tasks, checking in with their own needs.

ALL OF IT, IN ONE SESSION

ONE WORKER, ONE LINE ITEM

A single session almost always touches several of these — regulation, food, bathroom, transitions, pack-up. That is one worker, one line item, one session, not six things billed separately. The activity is why they are there. Everything around it is the work.

DAILY LIVING, WHERE IT HAPPENS

Self-care support delivered in a community setting works because the setting is real, the worker is consistent, the venue motivates, and the support stays discreet.

REAL SETTING, REAL CARRYOVER

Home is where a lot of skills get built, and we are not arguing against that. For some young neurodivergent participants, though, home is the hardest place to engage with self-care support — too familiar, too easy to opt out of. The hub gives those participants somewhere else to practise, closer to where the skill has to work in the end.

CONSISTENT WORKER, CONSISTENT SPACE

Personal support — toileting, hygiene, mealtime, communication — only works when the participant knows and trusts the worker. We roster the same support worker to the same participant where possible. Same room, same arrival routine, same pack-up. That consistency is what turns weekly prompts into independent habits over time.

THE VENUE IS THE MOTIVATION

The hardest part of self-care support is getting the participant to engage with it at all. At the hub, they come because they want to. The motivation comes from the venue, not from the support, which means the support can do its actual job: building independence in the personal layer underneath.

DISCREET BY DESIGN

Hygiene and toileting prompts happen in private. Mealtime support looks like sitting alongside someone, not supervising them. Regulation breaks happen quietly. The participant gets the support they need without it being on display — which is often the difference between accepting the support and refusing it.

NINE MONTHS IN

THE RETURNING REGULARS

Nine months of trading tells us this much: the young adults we see come back. We don't yet have years of self-care outcomes to point to. What we do have is the foundation — participants who want to be here — which is the part nothing else replaces.

WHICH CODE, WHEN WE USE IT

Assistance With Self-Care Activities at the hub is delivered under one line item. The work in the room stays the same week to week. The code is the paperwork.

When a participant uses their Assistance With Daily Life funding at ESports Collective for self-care support, the invoice will show this line item. Most sessions run during standard weekday daytime hours and use the code below. If a participant books an evening or Saturday session, a different code applies — we confirm the right one with the participant or their plan manager before the session runs.

LINE ITEM	CODE	WHEN WE USE IT
Assistance With Self-Care Activities CORE · 1:1 SUPPORT	01_011_0107_1_1	1:1 personal support during a session at the hub. A different code may apply for evenings or Saturdays — we confirm the right one before booking.

Codes shown apply to participants aged 7+ — different codes apply for early childhood. Provider travel, reports, and short-notice cancellations may also be claimable in line with the NDIS Pricing Arrangements and Price Limits. Talk to us about what suits your plan.

PLAN-MANAGED OR SELF-MANAGED

TALK TO US BEFORE BOOKING

Every plan reads a bit differently. Before a participant starts, we walk through what is funded, what the session looks like, and what the invoice will show. Support coordinators welcome to sit in. The codes matter for paperwork. The room is what matters for the participant.

INSIDE THE SPACE

The room participants come to. A purpose-built community hub in the centre of Bairnsdale.

PHOTO PLACEHOLDER
THE HUB FRONT

PHOTO PLACEHOLDER
A SESSION IN PLAY

PHOTO PLACEHOLDER
THE TABLETOP ROOM

PHOTO PLACEHOLDER
MEALTIME SETUP

PHOTO PLACEHOLDER
GAMING STATIONS

PHOTO PLACEHOLDER
THE QUIET CORNER

LET'S TALK ABOUT WHAT MIGHT FIT

We're happy to talk with participants, families, support coordinators, and Local Area Coordinators about whether Assistance With Self-Care Activities at ESports Collective might suit. A phone call or email is the best first step — from there, we can arrange a visit to the hub, meet the participant in a way that works for them, and talk through what a session would actually look like.

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