

# About Us

Extended Families Australia is a not-for-profit incorporated organisation that facilitates positive connections between children and young people with disabilities, their families and the community.

# Extended Families

**'Friendship, Fun and Community Access'**

VƯỜN CAO (VC) offers monthly small group peer support for **teens of Vietnamese and other cultural backgrounds** who support a sibling with a disability.

## Contact



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**VƯỜN CAO SIBLING  
CARER SUPPORT  
PROGRAM  
WESTERN REGION**

## ●●● ABOUT VC

VC is a program offered by Extended Families Australia that is funded through the Support for Carers Program.

VC offers monthly community-based meet ups of 3-4 hours duration on a Saturday afternoon for young people of Vietnamese and other cultural backgrounds who are involved in caring for a sibling who has a disability.

**You don't need to be Vietnamese or speak Vietnamese to take part!  
Meetings are in English!**

VC is all about helping people to connect with others, have fun, take a break from their caring role, build confidence, and participate in the community!

## ● PROGRAM ELIGIBILITY

Young people aged 13- 18 years of age of diverse backgrounds living in the western metro region involved in helping to care for a brother, sister or parent with a disability are welcome to contact us about participating in VC!

## ● COST OF PARTICIPATION

**There is no cost to participate!**

Participants only pay for their meals on excursions and public transportation costs. The program covers activity costs.

## ● HOW VC WORKS

All VC activities are aimed at taking some time out from caring responsibilities, trying new experiences and building skills that make us more resilient and connected to each other and the wider community.

Monthly 10-12 participants meet up with their group facilitators at a local meeting point to go on fun excursions using public transport. Excursions are generally in the west or in the CBD. Facilitators plan activities with participants by considering each person's interests, abilities, support needs and participation goals.

A male and female facilitator supports the Group. Both are employed by Extended Families Australia.

## ● VC ACTIVITIES AND EXCURSIONS

Excursion activities are co-designed by the participants and facilitators together! Some of the activities we have undertaken so far have included horse riding, movies, golfing, city exploring, Lume, Moomba, rock climbing, archery, painting and much more!

## ● FACILITATORS

All sessions have the same male and female Facilitators attending who:

- have extensive community inclusion experience,
- are employed by Extended Families Australia and
- who have passed NDIS worker screening.

At least one facilitator speaks Vietnamese.