

Volunteers make a difference

With Interchange everyone benefits...

Interchange relies on the support of Volunteers to provide the range and high level of support available in programs.

Volunteers come with varying experiences and backgrounds and may be single, couples, families, grandparents, all contribute in their own unique way.

All come with a commitment to get involved and make a difference. Together we learn and develop and along the way have fun and share some very special moments.



Plan your options

Interchange staff work directly with individuals, their families/carers and supports to build strong community connections and options.

Register now, contact your local Interchange office and start planning your own individual plan...



office locations

Wodonga Services

76 Nordsvan Drive,
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Wangaratta Services

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Australian Government

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Supporting Local Families
for over 30 years



interchange

**creating opportunities for
young people with a disability**

caring • nurturing • strengthening





Interchange is a registered disability service provided through Upper Murray Family Care.

The program supports children and young people with a disability and their families through the provision of a range of respite, social and recreational opportunities.

Programs and supports are available for individuals from birth to 25 years of age.

Individual support options can be designed through a range of service choices including well established volunteer based programs and the opportunity to purchase individualised support with skilled and experienced staff.

Host Program: Matching children who have a disability with a volunteer host carer or host family for regular planned day and overnight visits.

Peer Support (Big Buddy): Volunteers support teenagers to enjoy a range of opportunities and experiences in their community.

upper murray family care



Youth Group: A monthly outing/event for young people aged between 12-17 years.

Children's Respite Weekend: Children under 12 years of age enjoy day or weekend stays at a local care facility in Wodonga. Priority is given to children with complex/high care needs.

After School Group Activities: A range of activity options run from Wangaratta and Wodonga Monday to Thursday for children aged 12—17 years.

Young Adults Program: Opportunity for young adults to maintain social connections through:

- Monthly activity nights; and
- Individual and peer group social outings.



School Holiday Group Activities (for school aged children).

- Activity days with options for varied activities within the community as well as centre based activity sessions to cater for varying requirements of participants.
- Camps with options for local and statewide holiday experiences of 3–4 days duration.

Group activities are lead by qualified staff and supported by dedicated volunteers to provide in most cases 1-1 support.

Fee schedule available on application.