

MY CARE & COMMUNITY NETWORK DIRECTORY

Navigating multiple community systems (*housing, health, vocational support, or local council services*) can feel like a full-time job. Use this central directory to keep your essential system contacts organised.

Primary Care / Medical

(GPs, specialised clinicians, psychiatrists)

Organisation: _____

Contact Person: _____

Phone: _____

Email: _____

Notes:

Organisation: _____

Contact Person: _____

Phone: _____

Email: _____

Notes:

Organisation: _____

Contact Person: _____

Phone: _____

Email: _____

Notes:

Community & Systemic

(Advocates, case managers, community legal centers)

Organisation: _____

Contact Person: _____

Phone: _____

Email: _____

Notes:

Organisation: _____

Contact Person: _____

Phone: _____

Email: _____

Notes:

Organisation: _____

Contact Person: _____

Phone: _____

Email: _____

Notes:

Vocational & Educational

(Employment coaches, TAFE/University disability liaison officers, HR reps)

Organisation: _____

Phone: _____

Notes:

Contact Person: _____

Email: _____

Organisation: _____

Phone: _____

Notes:

Contact Person: _____

Email: _____

Organisation: _____

Phone: _____

Notes:

Contact Person: _____

Email: _____

SYSTEMIC GOALS & NEXT ACTION STEP

To prevent system fatigue, pick one task to focus on at a time.

My Current Main Goal

(e.g., submitting a Centrelink form, applying for a course concession, requesting an employment plan review)

◦ Goal: _____

The Immediate Next Step? What is the literal next thing I need to do?

(e.g., print the medical certificate, call the case manager on Tuesday morning)

◦ Action: _____

Other Important Notes/Information

◦ _____
