



Where can I access the service?

You can choose to access services at one of our centres located in Southern Adelaide, at home or at a convenient location for you in the community.

Sonder Marion

Kaurna Country
233 Sturt Road, Marion SA 5043

Sonder Onkaparinga

Kaurna Country
5/50 Esplanade, Christies Beach SA 5165

Are you ready to get started? It's easy!

To get started with NDIS Plus services at Sonder, you can:



Fill out our easy online referral form

sonder.net.au/recovery-coaching



Talk to someone over the phone


1800 717 676



Email us

ndisenquiry@sonder.net.au

Contact us

 PO Box 421, Elizabeth SA 5112

 1800 717 676

 info@sonder.net.au  sonder.net.au

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Sonder acknowledges the Aboriginal and Torres Strait Islander peoples as the First Peoples of Australia. We recognise the cultural, spiritual, physical and emotional connection to their land. We pay respect to the Elders past, present and emerging.



NDIS Plus

Psychosocial Recovery Coaching

Supporting people living with a psychosocial disability to achieve their own unique goals and live their best life.



Choose Sonder as your disability provider and get more out of your NDIS plan.

We support young people and adults with a disability to:

- Improve their wellbeing.
- Live active and healthy lives.
- Overcome personal barriers.
- Access personalised and culturally relevant services that meet their needs.
- Access meaningful employment.

Our multi-disciplinary team take time to understand your unique health and wellbeing needs.

Working closely with your family and carers, we'll support you to access the services that best meet your needs, so you can develop skills and live your best life.

Psychosocial Recovery coaching

Working with your Recovery Coach, you will create a plan which is tailored to you and supports your personal goals and recovery journey.

Your Coach will work with you and others that you choose to ensure you are getting the support you need to build the life you want.

Some of the ways we can help include:

- Spending time to understand your needs and working with you to create and action a plan that supports your independence.
- Providing coaching that builds on your strengths, and increases your motivation, resilience and ability to make decisions.
- Connecting you with other supports to help you with your overall health, wellbeing and daily living.

What to expect

1. Understanding your needs

At your first appointment, you will get to know your Recovery Coach, share information and discuss your needs.

2. Developing your recovery plan

Together with your Recovery Coach, you will put together a plan to help you achieve your goals.

3. Putting your plan into action

Your Recovery Coach will connect you with relevant supports that you both agree on. You will meet regularly to check your progress and whether the supports are working for you. Your Recovery Coach will also help you to prepare for your NDIS review, outlining your achievements and any new supports that may be needed.



Why choose us?



Guided by you

We will support you to access all the health & wellbeing services you need to live your best life.



Goals-focused

Our services are focused on empowering you to achieve your goals.



Safe & friendly environment

Our centres are warm and inviting. Our friendly workers provide respectful and inclusive services.



Wrap-around support

Our multi-disciplinary and experienced team work together to support your care.