



social and systems work by bessie

Trauma-informed | Neuroaffirming | Systems-informed
NDIS Capacity-Building Supports (Self-Managed and Plan-Managed)

I provide trauma-informed, neuroaffirming and systems-informed therapeutic and capacity-building supports under Capacity Building – Improved Daily Living. My work recognises that building capacity is not just about individual skills, but also about navigating environments, systems, and barriers that impact daily life.

Supports Focus On

- Building emotional, psychosocial and functional capacity
- Strengthening confidence, identity and self-advocacy
- Developing practical skills for daily living and independence
- Supporting regulation, executive functioning, and wellbeing
- Navigating complex systems (NDIS, housing, health, mental health, education)
- Supporting transitions and long-term stability

NDIS Billing

Supports are delivered under:
Capacity Building – Improved Daily Living
(Therapy Supports)

Supports may include both:

- direct sessions
- goal-aligned non-face-to-face work (communication, reports, planning, coordination)

All supports are linked to participant goals.

Who I Work With

- Neurodivergent and autistic people
- Psychosocial disability
- Trauma-affected participants
- LGBTQIA+ participants
- Participants navigating complex systems

Types of Support

Therapeutic Support

- Counselling
- Trauma-informed therapeutic work
- Emotional regulation support
- Identity and adjustment support

Capacity Building

- Executive functioning and planning
- Daily living skills and routines
- Communication and social skills
- Confidence building

Systems Navigation

- Advocacy with services
- Coordination and liaison
- Goal-based problem solving
- Support across systems



About Bessie

I am an AASW accredited social worker with lived experience of neurodivergence, trauma, and disability, and a background in

complex service systems.

I bring a relational, strengths-based approach that supports both emotional wellbeing and the practical realities of everyday life.

Referrals

E: socialworkbybessie@gmail.com

W: socialandsystemswork.com.au

I will respond within 1–2 business days

*ride the rise,
settle into safety*