



In-home and Community Support



Assistance with Daily Living, Social & Community Access

If you need one-on-one support at home or assistance getting out and about in the community our team are here to help.

NDIS participants can access a range of daily living and social support services, including personal care and opportunities for community engagement.

- **Morning Routine:** Start your day smoothly with help in getting dressed, making breakfast, and managing other morning activities.
- **Attending Appointments and Shopping:** Get support for essential tasks like planning a daily budget, shopping for groceries or attending medical appointments.
- **Cooking and Cleaning:** Learn valuable skills such as meal preparation and keeping your home organised.
- **Social Outings:** Whether it's catching public transport, meeting new people, or joining in community events, support is available to help you feel comfortable and engaged.
- **Using Transport:** Need assistance navigating your hometown? A support worker can accompany you on public transport to help improve accessibility on your journey.

Our dedicated support workers are trained in helping people with disability from diverse backgrounds with different needs and interests.

Gain confidence and build on your life skills. Connect with us today.

abilityoptions.org.au/disability-services/support-at-home-and-in-the-community

info@abilityoptions.org.au

1300 422 454

