

Supported Independent Living

Are you looking to live as independently as possible?
Cara can provide you with 24/7 support





It's time for independence

At Cara, we are proud to deliver person-centred active support. This means we get to know you as an individual, your likes and dislikes, how you like to be supported and what your goals and dreams are, both big and small.

Cara can work with you in a range of supported accommodation options. We are committed to working with you to find the place that is right for you.

Accommodation can be provided by Housing SA, private landlords and a number of community housing associations.

It's your life

Cara is here to work alongside you and your choices. SIL support is tailored and flexible to what you need, dependent on your funding. Cara staff will work with you so you can stay active in all areas of your life.

We can support you in the following areas:

- Domestic household and daily living tasks, including cooking, cleaning and maintenance of clothing
- Community participation
- Encouraging family relationships and friendships
- Support with personal care
- Health, medication and mealtime support
- Independent living skills.



Why choose Cara?

- We specialise in providing disability services for people with **severe and multiple disabilities**.
- We have a team of professionals who are **experts in their field** and provide guidance on how we can best support you.
- We have robust **quality and safeguarding** systems, policies and procedures to ensure you receive the best support.
- **Cara Connect** is our unique personalised service for Cara clients, their decision-makers and support coordinators.

Let's talk

The Cara Connect Team is here for your throughout your entire NDIS journey.

Contact us by emailing contact@cara.org.au or phone **08 8347 4588**.

Find more information at www.cara.org.au or let's get social!



facebook.com/caraorgau



instagram.com/carainc/



linkedin.com/company/cara-inc/