

Personalised Day Options

Port Lincoln

Building on your skills and expanding your horizons





Life is exciting

Cara's Personalised Day Options is for adults with disability who would like to build their confidence and skills.

Exclusive to Port Lincoln, you join other people and Cara's qualified support workers and work together on projects which are interesting, fun and which also help develop new skills.

It's about team work, fun, friendship. You'll grow in confidence and independence and be involved in your community, and show everyone just how talented you are!

What will we do?

When you participate in Personalised Day Options, you'll have the chance to take part in monthly excursions to places within the community and let your creativity really shine. With your talented peers, you'll be supported to create projects, explore the community, and learn new skills such as:

- Arts and Crafts, including macramé, sewing, mosaic and beading
- Sensory and adventure walks, including supporting marine research
- Woodwork
- Cooking, baking, and coffee making
- Gardening
- Healthy living, including exercise classes and general fitness

Let's talk

The Cara Intake Team is here for you!

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

For more information go to our website www.cara.org.au or scan the QR code!



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