

Supported Independent Living

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





We support people to find their possible

At Cara, we're all about **fun, friendship, learning and independence**. Our mission is to bring **joy, purpose and belonging** to the lives of people we support.

We specialise in disability services for **adults with severe and multiple disabilities**. As a registered **NDIS provider**, we're experts in supporting people with **complex needs**, for over 76 years.

Cara is a **not-for-profit organisation**, or as we say, **profit-for-purpose**, because every dollar goes back into supporting people with disability.

We deliver **person-centred active support**, getting to know your likes, dislikes, and goals, big or small, so you can live life your way.

As one of South Australia's **leading disability service providers**, we bring **unmatched expertise and experience** to every person we support. Our team of professionals are **experts in their fields**, offering guidance to ensure you receive the best possible support. We back this with **robust quality and safeguarding systems**, so you can feel confident and secure.

It's 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?

Once you've transitioned to our service, our **dedicated teams** will:

- **Regularly check in** with you and your circle of support to hear your feedback on our service.
- Help you to **access supports** within your budget.
- Assist you or your Support Coordinator to have your **plan reassessed**.
- **Schedule** your services.
- Dedicate a **single point of contact** at Cara for you and your support network.
- Stay up-to-date with the **latest NDIS changes**.

Let's talk

Contact our Intake Team by emailing welcome@cara.org.au or phone 08 8347 4588.

Find more information at www.cara.org.au or scan the QR code!

