

Personalised Day Options

Cara's Day Options spark creativity, build friendships and grow confidence. From art to outings, we help people live life to the fullest. We're not a disability service; we're a possibility service.



Personalised support to suit you

Cara's **Personalised Day Options** program is designed for people living with disability aged 18 and over.

Our service provides a **welcoming and inclusive space** where you can **connect with others**, **discover new interests**, and **develop skills** that **support independence and confidence**.

From creative activities and social experiences to practical skill-building and community outings, we **tailor each day** to your goals and aspirations.

At Cara, we believe every day should be an opportunity to **learn, grow, and have fun**, because life is about more than routines, it's about **meaningful experiences**.

Find a program that's built for you

Whether you're creating, exploring, learning or connecting, Cara's Day Options offer meaningful experiences tailored to your goals and interests.

From arts, crafts and community excursions in **Port Lincoln**, to social connection and skill development in **Mount Gambier**, and adventure, fitness and community participation in **Port Augusta**, every program is designed to help you grow in confidence, build friendships and stay connected to the things that matter most.

With the support of Cara's experienced team, every day is an opportunity to discover new possibilities, develop life skills and enjoy a genuine sense of belonging.

Let's Talk!

Contact our Intake Team
P: 8243 5000
E: welcome@cara.org.au
W: www.cara.org.au

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**.

Scan the QR to learn more



WHERE

DISABILITY

IS DIFFERENT