

Supported Independent Living

Cara's Supported Independent Living helps people with disability live bigger, fuller, more meaningful lives. With over 75+ years of experience, we create a home around you with what matters to you.

We're not a disability service; we're a possibility service.



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 **South Australian** leading, **trusted not-for-profit organisation**, putting every dollar back into our **client centric** model of supports.

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

Cara brings **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.

Locations

Across South Australia: Adelaide, Mount Barker, Murray Bridge, Mount Gambier, Kadina, Port Augusta, Port Pirie, Port Lincoln, and surrounding areas.

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 see our SIL Vacancies:



WHERE

DISABILITY

IS DIFFERENT