

Home & Community Support

Cara's Home and Community Support (HCS) helps people with disability live independently, stay connected, and enjoy everyday life, at home and out in the community.

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



Personalised support to suit you

Cara's Home & Community Support (HCS) staff work one-on-one to support you when and where you need it.

Whether it's in your home, out in the community, volunteering or attending work, our staff work alongside you to support you in achieving your goals.

You might have a staff member join your family on holiday for **extra support**.

Our team are **qualified, caring, and enthusiastic** with specialist training in areas including:

- Supporting people with **Autism Spectrum Disorder (ASD)**
- High health needs
- Medication management.



Ideas for you

Ideally, you will tell Home & Community Support how **you'd like our assistance**. If you're looking for some ideas to get you started, here's some of the ways other Cara clients use Home & Community Support:

- Cooking and shopping
- Holidays and sports
- Organising and attending appointments with you
- Recreational, sporting and community activities
- Personal care
- In-home support
- Cleaning and laundry

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