

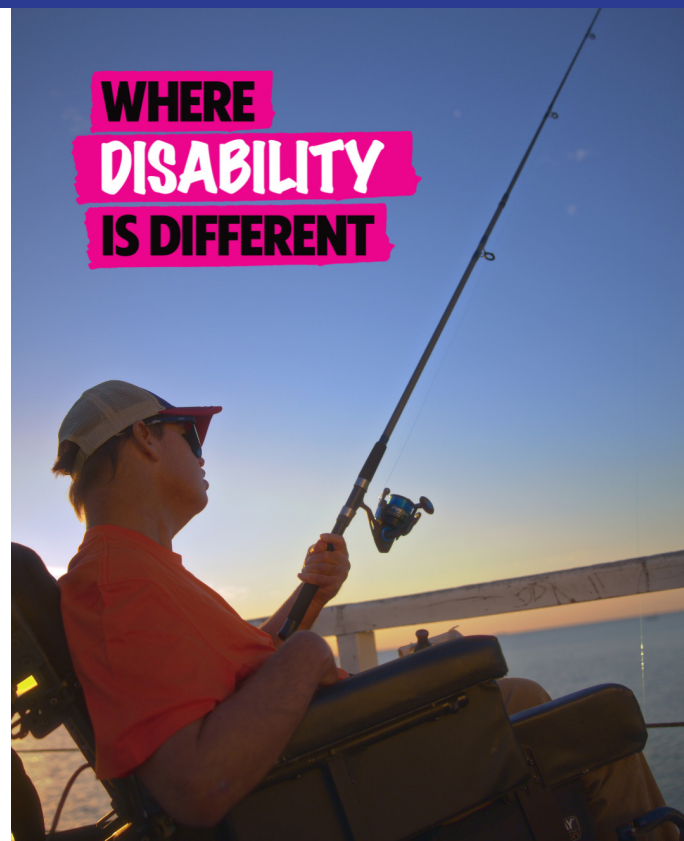
Short Term Accommodation Mount Barker



Come and stay

We **design** every activity **around your interests, goals, and aspirations**, so no two experiences are the same. You might choose to explore local attractions, enjoy outdoor adventures, or take part in creative sessions like art, music, or cooking. For those who love learning, we can focus on building **practical skills**, such as shopping, meal preparation, or using public transport, so you feel more confident and independent.

Social connection is a big part of respite, so there are plenty of opportunities to meet new people, share experiences, and have fun together. Whether you prefer quiet relaxation or active outings, we'll make sure your time with us is enjoyable, meaningful, and tailored to you.





A home away from home

Looking for a change of scenery? Nestled in the beautiful Adelaide Hills, our **Mount Barker STA** offers the perfect opportunity to relax, recharge and enjoy new experiences. Close to local cafés, shops, parks and community attractions Modern comforts, a welcoming atmosphere and plenty to explore nearby, it's more than just a place to stay, it's a place to create memories, build confidence and enjoy life your way.

- Three private bedrooms, each with private ensuites
- Accessible throughout, with spacious open-plan living areas
- Peaceful Adelaide Hills location surrounded by natural beauty.

Relax and enjoy

STA is staffed by Cara's caring, qualified and enthusiastic team who work with you so you get the break you deserve. They will get to know you, your needs and interests, what you enjoy doing for fun and what you don't, so you can have a great time while staying with Cara.

Staying in STA provides an opportunity for you to increase your independence, grow in confidence, enjoy new experiences and meet other like-minded people. STA can also provide a great stepping stone to **Supported Independent Living (SIL)**. Many of Cara's SIL clients started their journey with Cara in STA.

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

P: 8243 5000

E: welcome@cara.org.au

W: www.cara.org.au