

Specialist Services

Working creatively with children and adults with disabilities, and their supporters, to build independence, confidence and skills





Working with you

Cara's Specialist Services Team is made up of experienced and highly-skilled Allied Health professionals. They are dedicated to working alongside children and adults with disabilities, their family members, support workers and key stakeholders to find personalised and creative ways to get more out of life.

The Specialist Services Team listens to your hopes, dreams and goals and provides you with the tools you need to achieve them by using a person-centred approach.

Specialist Services staff have qualifications in developmental education, training, disability and psychology.

How can we help?

The team can work with you at home or in the community. We can work with you to increase confidence and skills with:

- Independent living
- Getting involved in your community
- Shopping and food preparation
- Communication skills (including Key Word Signing)
- Time management and planning social skills
- Budgeting and financial skills
- Relationships and sexuality

- Positive behaviour support
- Information technology and media
- Transition Planning (such as starting school and leaving home)

The Specialist Services Team can provide individual training, coaching and mentoring for your support team and agency staff. The team can also create personalised resources for you to use with your family, friends and staff.

Using your NDIS funding

The National Disability Insurance Scheme (NDIS) recognises Specialist Services under Capacity Building support items including:

- Improved relationships
- Improved daily living skills

Find out more

For more information phone Cara on 08 8347 4588, email contact@cara.org.au or visit our website www.cara.org.au

 facebook.com/caraorgau

 twitter.com/caraorgau

 instagram.com/carainc

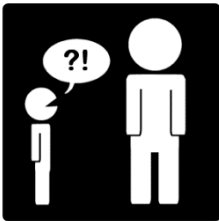




Specialist Services



Specialist Services is a team of people.



The team works with you.



They help you with things you want to do.

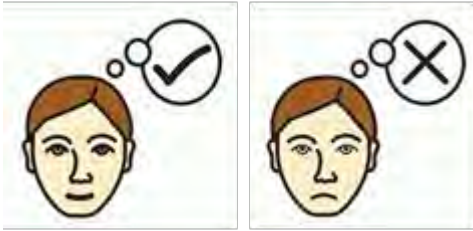


Things you want to do are called **goals**.

How can the team help you?



They will talk to you about your goals.



Together you will work out how to do the goals.



They will help your family or your staff to help you.

Some goals are:



Live by yourself



Do things in your community



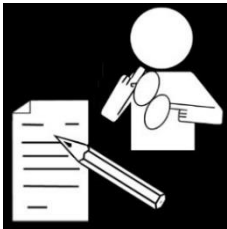
Go to the shops



Cook food



Talk with device



Talk

Write



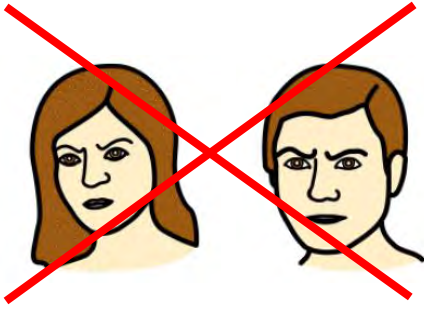
Use sign language



Save money



Have a boyfriend or girlfriend



Not get angry



Computers



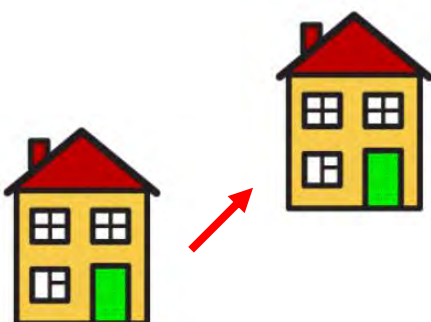
Use Facebook



Go to school



Start work



Move out of home



Who can get help?

- Children and adults with disability



- People who use Cara

- People with money from Disability SA



- People in the **National Disability Insurance Scheme**

We call it the **NDIS**

How do you get help?



- Ring Cara on 8347 4588
- You can get someone to ring Cara for you
- Ask for the **Specialist Services team**



- Someone from the team will come and see you

Cara's Marketing and Fundraising Department wrote the Easy English. October 2016. www.cara.org.au

To see the original document go to

www.cara.org.au/specialist_services

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