

Supported Independent Living

Are you looking to live as independently as possible?
Cara can provide you with 24/7 support





It's time for independence

Cara can work with you in a range of supported accommodation options. We are committed to working with you to find the place that is right for you.

Accommodation can be provided by Housing SA, private landlords and a number of community housing associations, including Access 2 Place, Unity Housing and Julia Farr Housing.

It's your life

Cara is here to work alongside you and your choices.

We can support you in the following areas:

- Household domestic tasks, including cooking, cleaning and maintenance of clothing
- Community participation
- Encouraging family relationships and friendships
- Support with personal tasks
- Health, medication and mealtime support
- Independent living skills




Cara staff will work with you so you can stay active in all areas of your life.

Let's talk

The Cara Connect Team is here for you throughout your entire NDIS journey.

Contact us by emailing contact@cara.org.au or phone **08 8347 4588**.

Find more information at www.cara.org.au or let's get social!

-  facebook.com/caraorgau
-  twitter.com/caraorgau
-  instagram.com/carainc



Registered NDIS Provider

