

My Home Team

Help in your home and in your community

Gathering a team of people who can assist you at home is important.

You want people who understand where you're coming from and what's meaningful to you.

That's why we make sure our Home Team ask the right questions to fit in with what you need and where you need us, so you can live your life, your way.

Help at home

Our team can help with activities in your home including:

- Personal care such as taking a shower, dressing and taking medicine
- Overnight support
- Meal preparation
- Cleaning and household chores
- Assisting with social skills and spending time with family and friends.

Help in your community

Our team can also help with activities in your community including:

- Going shopping
- Attending recreational activities
- Appointments
- Other meetings
- Skills development such as travelling on public transport, budgeting, gardening and exercise.

NDIS ready

You can ask for at-home supports in your NDIS plan, which are aligned with your goals and objectives, from the categories; **Assistance with Daily Life, Increased Social and Community Participation** and **Improved Daily Living**.



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