



Do you need assistance with your daily tasks?

Do you need to know if you are eligible for NDIS funding?

Are you under the age of 65 years and need to know how to access NDIS services?

## abbaCare can help you.

At abbaCare we tailor make your support to suit your needs and requirements

### ASSISTING WITH PERSONAL CARE/ SUPPORT

- > Grooming activities
- > Showering and toileting
- > Transferring eg. from bed to shower or toilet
- > Post hospital care support
- > Overnight & 24 hours care support
- > Attending appointments eg Doctors, Physio/OT

### DEVELOPMENT AND TRAINING FOR DAILY ACTIVITIES

- > Travelling on public transport
- > Budgeting, planning skills
- > Shopping, banking , individual skills
- > Walking, gym, basketball, fishing, bowling
- > Help with cooking, BBQ as a group, men's shed
- > Community social activities
- > Help with recreational activities
- > Meeting and making new friends
- > Mentoring / coaching of young people

### EDUCATIONAL SUPPORT

- > Homework assistance, participate in educational opportunities
- > School holiday programs by accessing programmes in the community
- > School pick up / drop off
- > Exploring new experiences
- > Discovering your dreams

Call us today and talk to our friendly engagement team or email us for further information.

[abbacare.com.au](http://abbacare.com.au)



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*together we make it work*