

Centacare has been providing disability support to the community for more than 30 years.

Our active support model and 'do with' framework encourages individuals to make their own positive, meaningful choices in their lives, ensuring a sense of empowerment.

Our compassionate, committed and responsive staff will work with you to design and deliver support to best suit your individual needs.

Our aim is for you to make connections, increase opportunities, achieve goals and maximise your independence.

✓ **Registered NDIS Provider**

✓ **Child Safe Organisation**

✓ **Quality Assured**



FAMILIES, CHILDREN AND YOUNG PEOPLE
CARER SUPPORT, DISABILITY, AND AGED CARE
DOMESTIC VIOLENCE AND HOMELESSNESS
EDUCATION, TRAINING, HEALTH AND WELLBEING

Disability Services

8215 6818 | disability@centacare.org.au

www.centacare.org.au/disability

A Child Safe Organisation
Centacare has an ongoing commitment to building and maintaining a Child Safe Organisation.



Centacare welcomes people who are intersex, gender diverse and of all sexualities.



Statement regarding the traditional owners of the land

For thousands of years Aboriginal people have walked on this land, in their country. Their relationship with the land is at the centre of their lives. We acknowledge the Aboriginal people and their stewardship and spiritual connection with their lands.



Centacare is nationally accredited against the Quality Improvement Council (QIC), Australian Health and Community Services Standards.



Care and Support Services

DISABILITY SERVICES

NDIS SUPPORTS



Day Options

Clients engage in both centre-based and community activities and are encouraged to contribute to weekly activity planning.

Our Day Options facilitate practical learning opportunities for life skill development and support clients to explore their personal interests.

WHERE

Plympton

WHEN

Monday to Friday

WHAT

Life skills development – grocery shopping, cooking, personal care, gardening, household tasks

Improved health and wellbeing – health and wellbeing awareness and education, group fitness activities, walks, swimming, yoga

Literacy and numeracy – tailored programs to suit learning ability, money handling, budgeting, reading and writing skills

Recreational – ten pin bowling, music, dancing, picnics, arts and crafts

Community access – library, music, museum, community events, shopping, art gallery, volunteer groups

In Home Support

Centacare provides one-to-one in-home assistance to adults in Whyalla who live independently in their choice of accommodation. Staff provide tailored assistance for participants to develop skills and maximise their independence to maintain their home.

WHERE

Your own home (Whyalla)

WHEN

7 days a week

WHAT

Meal time support – menu planning, meal preparation, cooking

Daily living tasks – grocery shopping, banking, paying bills

Home maintenance – garden support, cleaning and domestic tasks

Health and wellbeing – personal hygiene, physical wellbeing, exercise, dressing

Safety awareness – road safety, home safety

Community access – public transport, training and education

Social networks – support to link and maintain social networks and social skills

Supported Accommodation

Centacare staff support a number of individuals in their long-term homes. Staff provide consistent support to individuals with daily living and personal care, ensuring all individuals' needs are met.

Staff are respectful of individuals' homes, ensuring duty-of-care and dignity is maintained for all.

WHERE

Your own home

WHEN

7 days a week

WHAT

Personal care support – showering, dressing, toileting, hygiene

Health and wellbeing – health care management, coordinating access to medical and health care appointments

Daily living tasks – meal time management, laundry, cleaning, shopping, finances and budgeting, home and garden maintenance

Social development – maintaining contact and relationships with friends and family

Community support – support to access the community