



NDIS **Assisted** **Daily Living**

Having support with everyday tasks such as getting ready for the day or cleaning the house allows you to live independently at home.

If you are an NDIS participant and have been approved for the support category 'Core Supports', you can access help with daily activities and household tasks.

Our community support team can help you with your:

- House cleaning
- Meal planning, preparation and cooking
- Minor home maintenance
- Showering, dressing and other personal tasks
- Washing and ironing
- Life skills such as budgeting and bill paying
- Transport to appointments or shopping

Other services provided by GLCH under the NDIS:

- Complete Therapies
- Paediatric Therapy Groups
- Plan Management
- Social Support Groups
- Support Coordination

Why **GLCH**

- ✓ We have more than 48 years of **local** health experience
- ✓ We provide high quality, accessible services that support people in our communities to **live well**
- ✓ We have staff with the expertise and knowledge to help you achieve your goals



contact
5155 8300



visit
glch.org.au



Registered NDIS Provider    