# **COMMUNITY ACCESS**

Attuned Care aims to foster meaningful connections between people through the pursuit of hobbies, new skills and engagement with the local community.

For those who love being out and about amongst nature, Attuned Care is uniquely situated to provide outdoor recreational activities in an array of locations, taking full advantage of the numerous nature reserves, parks and activity spots the region has to offer.

Additionally, Attuned Care's Hub facility is within a short drive of several nearby townships, such as Victor Harbor, Strathalbyn and McLaren Vale, giving ample opportunity for access to many locations.

#### **MORE INFORMATION:**

1300 974 994 | @ATTUNEDCARE\_ THE HUB - 59 MAWSON RD, MEADOWS ADMIN OFFICE - 17-19 STANLEY STREET, MORPHETT VALE

WWW.ATTUNEDCARE.COM.AU

# ATTUNED CARE

Southern Adelaide Support Services

## **ABOUT US**

Attuned Care is dedicated to supporting individuals to achieve their goals, connect with others and choose their own direction through life.

Through tailored, person-centred service delivery, we aim to help those we support achieve their full potential and live a life that is fulfilling.



#### **MEADOWS HUB**

Located in Meadows in the Adelaide Hills is our community based day options facility affectionately named 'The Hub' by our participants.

At The Hub, we individualise each day for every participant, providing activities in areas such as cooking, arts, life skills and community engagement. With our team, you'll be able to develop your skills and work towards your NDIS goals in a variety of ways.

Through the development of knowledge, skills, and social networks, learning and growth is facilitated in many different ways to foster independence and support individuals to cope with their dayto-day life.

### **FARM NETWORK**

At Attuned Care we discovered early on how important it is to be in the outdoors and decided to find a way to incorporate this in our approach for day options.

Activities provided through our farm network locations are centred around the day-to-day management of the farms, such as animal care, gardening and farm maintenance, with non-farm specific tasks such as sensory artwork and cooking interspersed between the farms and The Hub.

