



Rural Lifestyle Options Australia  
Community Service Provider

## Daily Activities



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Learn more at [www.rloa.org.au](http://www.rloa.org.au)



1300 032 175

# Daily Activities

We enable you to meet your NDIS goals by supporting you to live independently in your home or shared living arrangement.

**Our tailored Daily Activities service is designed to support you to reach your daily living goals under your NDIS plan.**

Our friendly Lifestyle Support Workers can support you with activities such as getting ready for your day, personal care, cleaning your home, maintaining your garden, attending appointments and more. We believe that everyday tasks, both big or small, shouldn't be a barrier to maintaining your independence! These supports are provided one on one and have been designed to assist you to live as independently as possible. This service can be delivered by a Lifestyle Support Worker in a range of settings, including your own home.

**Our friendly Lifestyle Support Workers can assist you with personal tasks including:**

- Dressing;
- Personal hygiene;
- Showering and grooming;
- Going to the bathroom and;
- Moving around your house.

**Our friendly Lifestyle Support Workers can assist you with household tasks including:**

- Cleaning;
- Dishwashing;
- Washing your clothes and;
- Preparation and delivery of meals.

Through our Daily Activities service, our goal is to enable you during the course of your NDIS plan to learn how to complete some or even all of these tasks on your own!

**You can request a callback to discuss this service, by scanning the QR code on the front of this brochure.**

**Our service is available to you if your NDIS plan includes "CORE Supports".**

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