



# 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 are able to 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 over 40 years of **local** health experience
- ✓ We provide the latest high quality, accessible services that support people in our communities to **live well**
- ✓ We can offer you greater control and flexibility over your home and personal care needs



**enquires**  
**5155 8300**



**or visit**  
**[www.glch.org.au](http://www.glch.org.au)**