



Independent Living Skills


Lifestyle Solutions

Building the skills you need to be independent.

We provide support to people with disability to help them improve their daily living skills. Building daily living skills allows our customers to experience greater independence, putting their long-term wellbeing first and allowing them to live the most self-managed life possible.

We tailor our programs to the interests and abilities of each customer covering activities such as:

- = meal planning, cooking and nutrition
- = money management
- = domestic skills such as laundry and cleaning
- = personal care and hygiene
- = organising and attending appointments
- = general social skills.

What our customers can expect?

We're committed to our customers. As part of our service delivery, our customers can expect reliable, responsive, flexible, friendly, empathetic and caring service.

Talk to us

Contact one of our friendly staff at Lifestyle Solutions on 1800 634 748 for more information.

You can access Independent Living Skills by asking your Local Area Coordinator to include it in your NDIS plan.

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lifestylesolutions.org.au





For more
information on
how we can help
you, or someone
in your care,
contact us.

1800 634 748
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