



Practical Supports



Lifestyle
Solutions

We're here to support you. We provide assistance with essential everyday living tasks and work alongside you to develop your capacity to care for yourself.

When choosing a support worker to provide your practical supports, we encourage you to identify the attributes and skills you require in your carer and help you with making a decision.

For those who require full assistance with daily living tasks or who just need some extra help, Practical Supports involve:

- = capacity building with house cleaning and other household activities
- = shopping for your groceries
- = planning and cooking meals
- = budgeting and managing your money
- = personal care such as showering, personal hygiene and dressing.

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 Practical Supports by asking your local area coordinator to include it your NDIS plan.



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

1800 634 748
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