



Independent Living Skills



We can support you to improve your daily living skills.

This helps you be more independent and prepares you for the future.

We can help you to be more independent.

How Lifestyle Solutions can help



We make programs to match your interests.

We can support you to build skills in

- Cooking
- Being healthy
- Managing your money.



We can support you with

- Living skills like cleaning and washing clothes
- Taking care of yourself
- Going to appointments
- Social skills.



NDIS

Speak to your Local Area Coordinator or LAC.
Ask for Independent Living Skills in your NDIS plan.

For more information



1800 634 748



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www.lifestylesolutions.org.au

This factsheet is written in a way that is easy to read.