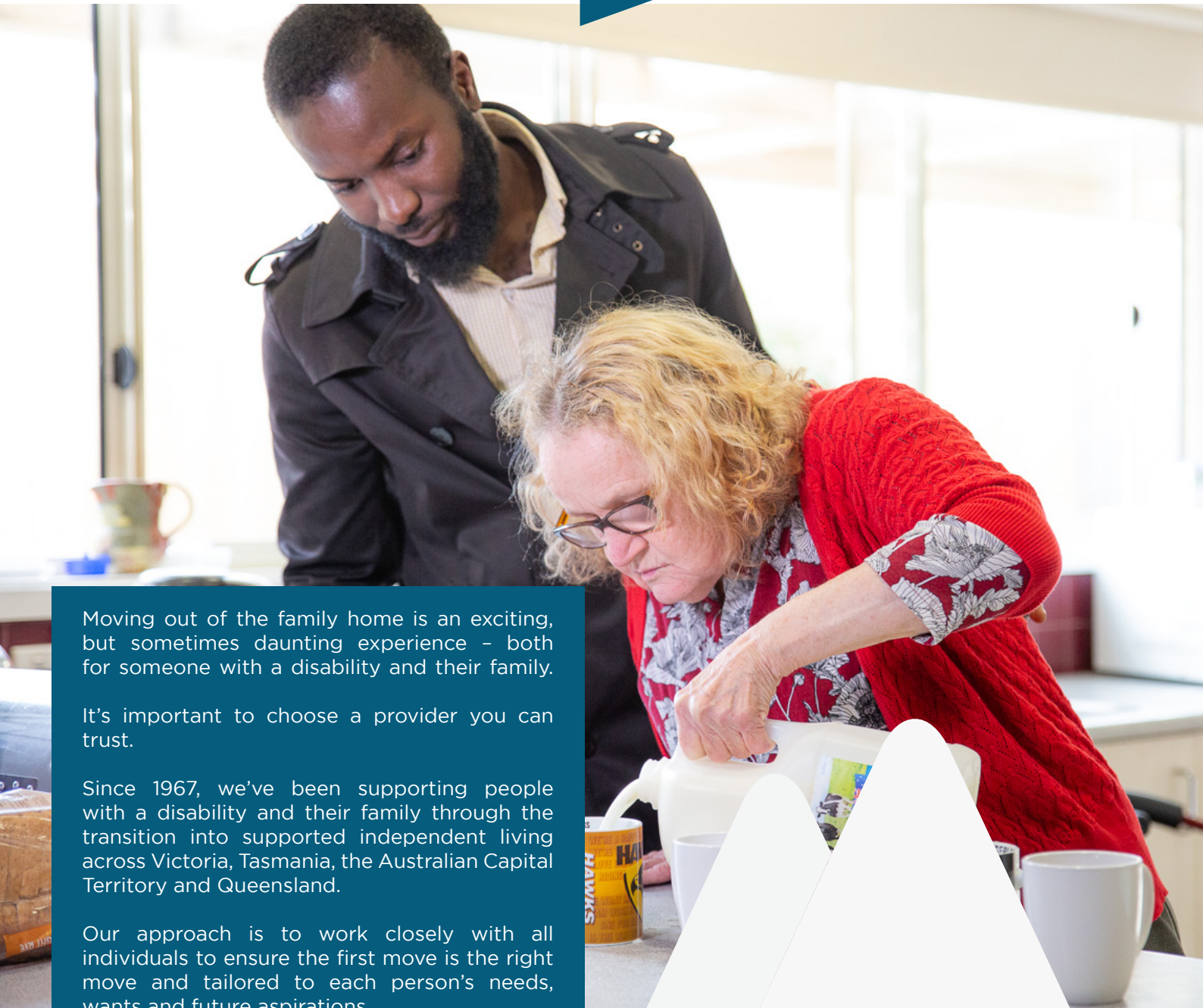


# SUPPORTED INDEPENDENT LIVING



Moving out of the family home is an exciting, but sometimes daunting experience – both for someone with a disability and their family.

It's important to choose a provider you can trust.

Since 1967, we've been supporting people with a disability and their family through the transition into supported independent living across Victoria, Tasmania, the Australian Capital Territory and Queensland.

Our approach is to work closely with all individuals to ensure the first move is the right move and tailored to each person's needs, wants and future aspirations.

## WHAT WE DO

We offer a full suite of services – from supported living options and outreach services, through to in-home support programs and community engagement activities.

We assist every individual to live as independently as possible by getting to know and understand their interests, likes/dislikes and goals for the future.

Armed with that knowledge, we can map out and source the best possible solution.

Our flexible, highly skilled staff create a nurturing living space for all residents to ensure every person has the opportunity to develop their full potential and enjoy a fulfilling social and community life. This may even include support to pursue study or vocational options.

Our staff are highly experienced in assisting clients with complex needs and can assist with:

- Developing individual program plans that outline goals, aspirations and desires for independent living
- Developing and maintaining friendships and community connections
- Accessing social and recreational activities
- Managing and attending appointments
- Written communication and completing forms
- Hands-on help to maintain a household and independence
- Accommodation and tenancy obligations.

We support participants to transition towards increased independence through skills development such as:

- Financial and money management
- Shopping and household tasks, including cooking and domestic duties
- Social skills
- Using public transport.



## CATHERINE'S JOURNEY WITH ABLE AUSTRALIA

Catherine is 28 years old and was born with an intellectual disability. After registering with the NDIS, Catherine's family was referred to Able Australia for assistance with transitioning out of her family home and into a supported living environment.

This is her story...

"Since moving into her new home, the changes in Catherine have been remarkable. She is much more confident and outgoing and certainly a lot more independent.

At first, Catherine lived in a four-person house for around two months. In April 2014, Able Australia identified that she and another household member were capable of living more independently and she now lives happily in the new home and works at a laundry.

We have been extremely happy with the service provided by Able Australia. There was lots of communication and we were very involved from the outset - visiting the house, meeting the new housemates etc.

There was a lot of attention paid to ensuring Catherine and her father and I were satisfied with the outcome.

They encouraged Catherine to choose the paint for her room and involved her in as many decisions as possible, helping to develop and nurture her independence every step of the way.

Nowadays, Catherine says, 'Mum, this is my home and I live here'. She never wants to come home to me anymore! She's always doing things - going to the movies or out to dinner. She sees her boyfriend every second weekend.

At the same time, I know that I can call the staff at Able Australia at any time and talk to them about anything.

They have been proactive in identifying solutions and highly communicative throughout the whole transition - we are very pleased."

- Carol Purton

We'd love to chat to you about how we can work with you to achieve your goals.

For further information and/or arrange a consultation, call us on **1300 225 369** or email us at [info@ableaustralia.org.au](mailto:info@ableaustralia.org.au).

 **Able**  
AUSTRALIA  
Together we are able



**1300 225 369**  
[www.ableaustralia.org.au](http://www.ableaustralia.org.au)