

# Daily Living Supports

## Daily Living Supports

Daily living supports focus on the practical side of life — the routines, tasks, and activities that help people stay independent, connected, and comfortable in their day-to-day world.

Support is flexible and shaped around what *you* need, not a fixed checklist.

### **How this support may help:**

- Establishing or maintaining daily routines
- Community access and social participation
  - Attending appointments or outings
  - Skill-building for independence
  - Support at home with everyday tasks

### **How Social Supports SA provides this support:**

- One-to-one, person-centred support
  - Calm, respectful, and predictable
- Focused on building confidence over time
  - Adjusted as your needs change

Support is always delivered at a pace that feels safe and manageable.