

Daily Living Supports

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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.