Community Care Tailored Support

Empowering Potential, Inspiring Success

Independent Living

A practical, easy-to-use Community Care Tailored Support guide for the public.

Your life. Your goals. Your choices.

Free resource | Review date: October 2027

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1. Your routine, your choice

• Choose two or three realistic tasks for each day. Adjust plans when your energy or circumstances change.

• Use pictures, phone reminders, a calendar or support from a person you choose.

2. Daily and weekly home care

• Daily: put dishes away, wipe spills, manage rubbish and keep walking paths clear.

• Weekly: change bedding, clean bathroom surfaces, vacuum or mop as suitable, and check food dates.

• Do not climb ladders or lift heavy furniture if unsafe.

3. Laundry and hygiene

• Check clothing labels and detergent directions. Separate soiled laundry when needed.

• Wash hands after handling dirty laundry; dry clothes completely before storing.

4. Shopping and food

• Check pantry and fridge before shopping. Plan meals and take a written list.

• Refrigerate perishable foods promptly. Keep raw meat separate from ready-to-eat foods.

• Follow any personal allergy or swallowing plan.

5. Appointments and transport

• Record date, time, address, transport, accessibility needs and questions.

• Ask for an interpreter or support person if you want one.

6. Bills and budgeting

• Write down income, essential bills, groceries and transport. Set reminders for due dates.

• Compare unit prices and seek independent financial counselling if bills become difficult.

Printable worksheets

Daily checklist

■ Breakfast and drinks

■ Personal care as I choose

■ Check calendar or appointments

■ Clear walkways and wash dishes

■ Check doors and appliances before bed

Weekly checklist

■ Change bedding

■ Laundry

■ Clean bathroom and kitchen surfaces

■ Check fridge and pantry

■ Review shopping list and bills

My independence goals

_____ I would like to do myself

_____ I would like help with

_____ Who I want involved

Sources and important information

Food Standards Australia New Zealand: foodstandards.gov.au

Australian Government Moneysmart: moneysmart.gov.au

Healthdirect Australia: healthdirect.gov.au

This guide provides general education only. It does not replace individual care plans, professional advice, current NDIS rules or emergency instructions. Always check official sources for changes.

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