



Independent Living

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

Your life. Your goals. Your choices.

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0455 605 331 | info@cctsupport.com.au | cctsupport.com.au

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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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