

# Need help caring for someone with a disability?



Caring Choice

## Support for people with a disability.

Caring Choice offers a wide range of disability support services, all of which have been created with both the care recipient and carer in mind.

*"My wife and I have been able to continue living in our own home due to the care and support provided by Caring Choice. It has been a delight to be looked after by such capable, pleasant and well mannered people – nothing is too much trouble for them!" D. & J.*



Caring Choice is honoured to have been included in the provider panel of Disability SA. We pride ourselves on providing high quality and reliable support services to South Australians living with an intellectual and/or physical disability.

## Community Participation Program

Caring Choice provides quality support to people with a disability, their families and carers. This encourages participation in the development of individual goals and plans through the following programs

- Individual and community based activities around individual needs
- Small group and peer programs

## In-home care

### Personal Care

Do you need assistance with showering or other hygiene-related tasks? Would you like to “top up” the services you receive as part of a government funded care package? If the answer is “yes” to either of these questions, our qualified Caring Choice care workers can assist.

Personal care can include assistance with:

**Showering** We assist our clients into the shower and provide whatever support is required. This may include helping with “difficult to reach” areas of the body and drying. We can provide “stand-by” assistance that gives our clients the confidence to shower, in the knowledge that someone is there to assist in the event of a mishap.

**Dressing assistance** We can help with pressure stockings, shoes and socks – or anything that causes difficulty.

**Grooming** We can assist with brushing teeth, doing hair and even shaving.

## Dementia Care

Caring Choice have demonstrated expertise in the provision of dementia care. For more information, please refer to our Dementia Care brochure

## Check Visits

Prompting for meals, showering or medication based on a quick visit or simple reminder from a friendly face. Sometimes it’s all that clients need to live at home independently.

## Respite Care

Respite is a term that means “taking a break” and can be essential to the physical and mental well-being of a family carer. It’s important for you to enjoy some time out knowing that your loved one will be cared for by someone with the right experience. Respite can be arranged whenever it’s required, or on a regular basis.

## Meal Preparation

Assistance with preparing, cooking and making meals.

## Social Outings and Companionship

Regular visits can help alleviate loneliness and take pressure off busy families – or families that live interstate or overseas. Companionship visits can take place in the home of the client. Alternatively, we can include a visit to the local coffee shop, hotel, art gallery or sporting event. Ask us about our Caring Choice Lifestyle Program.

## Transport to Appointments

We provide a reliable, cost effective alternative to public transport and taxis. Clients are collected from their home by a qualified care worker, assisted to their appointment and returned home safely. Our care workers will pass on any relevant feedback.

## Shopping Assistance

Our service includes collection from home by a qualified care worker and shopping at the shops of your choice. We include returning home safely afterwards and assistance with putting the shopping away.

## Domestic Assistance

We can assist with cleaning, laundry and a range of other domestic services that will make things so much easier for you and your loved one.

## Caring Choice Babysitting Agency

Caring Choice Babysitting Agency, licenced through the Children’s Service Office, offers quality care for children under 18 by thoroughly screened support staff.

## Children’s Services

Our services include:

- Respite
- Small group school holiday activities
- Babysitting

## Useful contacts for other services

Interpreting and Translating Centre Ph: 8226 1990  
Disability SA Hotline Ph: 1300 786 117  
Commonwealth Carelink Ph: 1800 052 222

Booking a service with Caring Choice is very straightforward. We’ll happily answer all your questions and offer advice, based on our extensive experience and expertise.

Please don’t hesitate to contact us for an obligation-free discussion.

**Caring Choice Pty Ltd**

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