

## Daily Living and Life Skills



Development of daily living and life skills focuses on training and development activities undertaken by the participant or their carer to increase their ability to live as autonomously as possible, including supports that will enhance the ability of the participant to travel and use public transport independently.

Blue Heart Community care provides supports to people with disability to help improve their everyday life. Building daily living skills allows our participants to grow their independence and well-being and helps them to live their best life. Blue Heart Community Care can assist with a range of tasks including:

- ✚ Cooking
- ✚ Budgeting and money
- ✚ Time management
- ✚ Travel`
- ✚ Living independently
- ✚ Healthy eating
- ✚ Lawn care and maintenance
- ✚ Personal care and hygiene
- ✚ Social skills
- ✚ Daily routines

At Blue Heart Community care, we can offer individualised supports tailored to your needs. We work with our participants to understand the skills they want to learn or develop and help you to reach your goals.

At Blue Heart Community care will work together to support you to make a connection with your local community, boost your confidence and transition into the workplace.