



 **Access4u.**

Registered NDIS Provider

**Improved
Daily Living**

Easy Read Brochure

Improved Daily Living is a NDIS Support. It is available under *Improved Daily Living (Capacity Building) Supports* in your NDIS plan.

Improved Daily Living helps you to improve your skills and reach your goals.

Examples of supports include:



Independent Living Skills

– cooking, housekeeping, transport, and budgeting



Resilience and Wellbeing

– including improving your ability to cope with difficult situations



Relationships, Dating and Sexuality

– friendships and social cues



Cooperative Skills

– like team building activities



Daily Personal Activities – such as personal hygiene.

Talk to us today!



Call 1800 022 237



Email info@access4u.org.au



Visit www.access4u.org.au