



**GIVE US**  
*a break*



## NDIS CAPACITY BUILDING AND CORE SUPPORTS THAT ALSO SUPPORT CARERS

### IMPROVE INDEPENDENCE AT HOME



- In home support to develop independent living skills
- Active overnight assistance at home with self-care
- Assistance with daily living
- Transport assistance

### PARTICIPATE IN SOCIAL ACTIVITIES



- Assistance with social and community participation
- Access to weekend recreation activity
- Access out of school hour programmes
- Assistance to develop independent relationships

### FIND OPPORTUNITIES FOR EDUCATION AND EMPLOYMENT



- Find employment (volunteering or paid)
- Job skills training
- Assistance to participate in education

**FOR MORE INFORMATION SEE OUR SERIES "GIVE US A BREAK" INFORMATION SHEETS**  
[www.carersvic.com.au/ndisrespite](http://www.carersvic.com.au/ndisrespite)