

## How can a Support Worker assist me?

The Disability Support Program offers NDIS participants support workers to assist with their daily life and to achieve their personal goals.



### Support workers can help you in the home with tasks such as:

- Getting dressed • Showering • Brushing your teeth
- Shaving • Preparing your meals • Help you eat your meals
- Help you with exercise or therapy programs

### Support workers can help you to go out into the community to do things like:

- Go to appointments • Go to cafes • Go shopping
- Go to the cinema • Go bowling • Go to your day program
- Visit family or friends



### Support workers can also offer domestic assistance with:

- Grocery shopping • Sweeping • Mopping • Dishes
- Stacking and unstacking of dishwasher • Dusting • Ironing
- Folding/hanging/put away laundry • Wiping surfaces
- Cleaning fridge • Cleaning pantry • Changing bed linen
- General tidying



If you want to discuss how the disability support program can support you, call one of our case managers Jiayu or Angie.



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