



## Independent living

### Achieve your goals for independent living

ACES offers a range of support services to assist people to live in their own home.

The move to independent living is a big step for everyone. Learning to be safe, do things for yourself and work well with people outside your family circle, are all part of the process. Our *Independent Living Skills* training program helps you learn new skills and build the confidence you need – things like.

- ✓ getting on with housemates and neighbours
- ✓ food shopping and meal preparation
- ✓ personal care and presentation
- ✓ looking after your home
- ✓ local transport options



The program is ideal for people with low to moderate support needs, who want to transition from being solely supported by family.

**Whatever your independent living goals, we'll support your efforts to achieve them.**

For more information about *Independent Living Skills* phone Kathy on (02) 6581 2348.

