

Adults' Short Term Accommodation

Take a break, socialise and enjoy life with Cara





Time for you

Cara's Short Term Accommodation is the perfect opportunity for adults with disability to take a break from everyday life, learn new skills and expand your social circle.

Cara has comfortable, family-style homes dotted across the Adelaide metropolitan area and in Port Pirie, Port Augusta, Port Lincoln, the Adelaide Hills and the South East.

You'll have your own bedroom and socialise with others in shared living spaces and outdoor entertaining areas. Stay for a couple of days or a few weeks at a time – the choice is yours.

Cara's qualified, caring and enthusiastic staff have specialist training in areas including supporting people with Autism Spectrum Disorder (ASD), high health needs and medication management. Our staff work alongside you to get the most out of your stay.

What shall we do?

Together with your fellow Short Term Accommodation customers and Cara staff, you could choose to experience loads of different things, like:

- Day trips to the country or nearby towns
- Playing or watching sport
- Going to the movies
- Attending festivals and community events
- Experiencing live music
- Visiting national parks and beaches
- Going out for meals
- Checking out the markets
- Cooking, gardening or relaxing around the home

Let's talk

The Cara Connect Team is here for you throughout your entire National Disability Insurance Scheme (NDIS) journey.

Phone **08 8347 4588** and speak to the Cara Connect Team or email contact@cara.org.au

For more information go to our website www.cara.org.au or let's get social!

 facebook.com/caraorgau

 twitter.com/caraorgau

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