



Bedford™
Changing Lives



Daily Life

Bedford will provide a range of supports to enhance your daily life.

We can assist with the development of skills to help you live as independently as possible. We can also help you learn day-to-day tasks such as budgeting, shopping, using public transport and personal care.

In partnership with Unity Housing, Bedford can provide support to access and live independently in community-based accommodation. Bedford can provide advice on the following accommodation supports:

- Find an independent living opportunity
- Access help with personal care
- Develop household skills
- Build life skills including budgeting and meal planning
- Learn how to use public transport
- Assist you with your responsibilities as a tenant by helping you to understand and follow your housing lease agreement

We offer group and individual counselling to build resilience, make independent decisions and use positive behaviour to participate in the community.

Bedford will help you make informed and safe decisions about your daily life, and assist you to get the most out of your day-to-day activities and relationships.

NDIS Support Categories to help with your **Daily Life** include:



Assistance with Daily Life (Core)



Improved Living Arrangements (Capacity Building)



Improved Relationships (Capacity Building)



Improved Daily Living Skills (Capacity Building)

Why Bedford?

At Bedford we strive to change the lives of people with disability by building capacity, independence and wellbeing.

We benefit from vast experience providing disability and employment services across regional South Australia and metro Adelaide and remain focused on tailoring our support offering to achieve your goals.

Bedford...
we're here to help!

Contact a Bedford NDIS Partner to talk about how we can assist you throughout the planning and coordination process.

A guide to the NDIS Support offering and how Bedford can help:

Support Purpose	Support Categories	How can Bedford support you?
<p>Core Supports enable you to complete activities of daily living and work towards goals and objectives.</p> <p> Funding for Core Supports is provided as a single nominated lump sum which can be used flexibly across each support category.</p>	 Assistance with Daily Life	Bedford can assist you to go about your day-to-day life. This includes assistance with personal care, household tasks and respite supports.
	 Assistance with Social and Community Participation	Bedford can assist you to participate in social and recreational activities in the community.
<p>Capacity Building Supports enable you to build independence and skills.</p>	 Coordination of Supports	Bedford can assist you to connect with mainstream supports and participate independently in the NDIS.
	 Improved Living Arrangements	Bedford can assist you to manage your accommodation and tenancy obligations.
	 Increased Social and Community Participation	Bedford can assist you with skill development, mentoring and counselling, either individually or as part of a group, in a way that assists you to achieve your goals.
	 Finding and Keeping a Job	Bedford can provide you with ongoing support to find and keep a job.
	 Improved Relationships	Bedford can provide a range of tailored supports which assist you to develop social skills.
	 Improved Health and Wellbeing	Bedford can assist you to improve your health and wellbeing, by delivering assistance with exercise, diet and personal training.
	 Improved Daily Living Skills	Bedford can assist you to develop your independence by providing a range of tailored training and therapy supports.
	 Improved Life Choices	Bedford can assist you to manage your NDIS supports.
<p>Capital Supports allow purchases such as assistive technologies, equipment and home or vehicle modifications and other capital costs such as Specialist Disability Accommodation.</p>	 Improved Learning	Bedford can assist with your learning goals, providing the skills and opportunities you need in life.
	<p>Home</p>	Bedford provides a range of existing residential services and supports. Our recommended Accommodation Support Partner is Unity Housing.

What next?

Contact a Bedford NDIS Partner for guidance on the next steps. We can come to you or you can visit us at one of our NDIS Planning Centres; Elizabeth, Gepps Cross, Lonsdale, Panorama or Torrensville.

Call **1300 BEDFORD** to arrange a meeting or chat to one of our NDIS Planners.