



Disability and Mental Health Support Services



NDIS Cleaning and Domestic Assistance

Let Assist Lifestyle take care of cleaning your home. We guarantee you will get your home looking just the way you like it. We assure you, that you will receive a great and reliable service.

Assistance with Daily Life

Our reliable support workers will assist you with daily life activities that will allow you to live as independently as possible. We provide support for daily life routines like personal hygiene, cooking meals, planning activities and structuring the day. Together we layout a plan of daily activities and help participants to be consistent with it.

Psychosocial Recovery Coaching

Our team of psychosocial recovery coaches are specialists in mental health support. Our roll is to assist people with disabilities arising from mental health conditions to live a full and contributing life. Together we outlay your goals, put a plan for the week together and make you accountable so that you will achieve it.

Let's Get in Touch

support@assistlifestyle.com.au

Ph: 07-5612-7045

assistlifestyle.com.au





Assistance with Social participation

The Assist Lifestyle Support team will help you to start your day in a meaningful way. Our Lifestyle mentor will introduce you to Golf, Mountain bike riding, bush walking, tennis or take you for a great gym session.

Visit Our Website:
assistlifestyle.com.au
07 5612 7045
0405720651

Scan Me!



Supported Gateways, Adventures and Respite

When have you had your last holiday? Our passion is to make your dreams reality. We organise individual Getaways and Respite for all age groups with fun outdoor activities that will help you to build independence, self-confidence and friendships.



Our Services

Support Coordination

Assist Lifestyle's Support Coordinators will help you to explore and connect to NDIS service providers. We will assist you to understand and implement the NDIS-funded supports.

