

SUPPORTING YOU

CHANGING LIVES TOGETHER



Supporting
— You —



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Introduction

Supporting You is a specialised provider in the disability and psychosocial support sector, dedicated to providing high-quality care and empowering individuals to live with confidence and independence.

We tailor our services to each individual, recognising that everyone's needs are unique. Our diverse team ensures the right fit by matching you with a support worker who aligns with your goals and values, fostering strong connections.

While we specialise in personalised support, we are also expanding through online tools and community networks to enhance connection and growth.

Whether you need guidance, practical support, or a welcoming community, Supporting You is here to walk alongside you toward a brighter future.



Our Main Goals



Providing High-Quality Support

Deliver exceptional disability and psychosocial support services tailored to each person's unique needs.



Helping You Thrive, Not Just Survive

Enable clients to build confidence, develop skills, and achieve their personal and recovery goals.



Creating a Community That Feels Like Family

Create an inclusive and welcoming environment that builds trust and a sense of belonging.



Breaking Barriers to Accessibility & Inclusion

Our goal is to create a world where everyone has equal opportunities and supportive communities.



Promoting Holistic Well-Being

We support both physical and mental health, fostering mobility, resilience, and overall well-being.



Celebrating Every Step Forward

Whether it's a small step or a major milestone, we recognise and celebrate every achievement.



Why Choose Us?

At Supporting You, we don't believe in one-size-fits-all solutions. We understand that every person's journey is unique, and that's why we're committed to delivering tailored support that fits you. Whether you need a helping hand with daily tasks, guidance through mental health challenges, or resources to navigate the NDIS, we're here to walk alongside you every step of the way.

What sets us apart?

- We Put YOU at the Centre.
- A Community, Not Just a Service.
- Our Empowered & Passionate Team.
- Comprehensive, Holistic Support.
- Reliability You Can Trust.
- A Heart-Led Mission.

"You don't have to do it alone."

— Brené Brown



Our Support Work Services

Our Support Workers are the heart of Supporting You. We foster a nurturing environment for our team, so they can, in turn, create a supportive and empowering space for you. Each of our Support Workers is either fully qualified or brings valuable experience to ensure you receive the highest standard of care. Here's how our Support Workers can support you:

Daily Living Assistance

We make your daily life easier by offering help with:

-  Personal Care
-  Household Tasks
-  Meal Preparation
-  Cooking
-  Transport & Community Access
-  Health & Well-being Support
-  Routine & Schedule Management
-  Technology Support
-  Home & Garden Maintenance
-  Dog Walking



Social & Community Participation

Being involved in your community is vital! Our support workers help you:

-  Connect with Local Resources
-  Participate in Social Events
-  Build Meaningful Relationships
-  Explore Hobbies & Interests
-  Travel & Day Trips
-  Health & Wellness Activities
-  Lifelong Learning & Development

Flexibility & Adaptability



We understand that your needs may change. Our support workers are:

-  Flexible and ready to adjust as required
-  Available for short-term or ongoing support




Our Psychosocial Services

Psychosocial recovery is all about supporting your journey towards greater independence, resilience, and well-being. Our Psychosocial Recovery Coaches work alongside you to build the skills, confidence, and strategies needed to manage life's challenges and achieve your personal goals.

Skills Development & Empowerment

-  Budgeting
-  Time Management
-  Goal Setting & Decision Making
-  Building Life Skills & Independence
-  Coping Strategies & Stress Management
-  Social Connection & Community Involvement
-  Navigating Services & Resources

Mental Health & Emotional Well-being

-  A Compassionate Ear
-  A Supportive Presence
-  Encouragement & Motivation
-  Building Confidence & Self-Esteem
-  Stress Relief & Relaxation Techniques
-  Connection to Support Networks

Navigating the NDIS

-  Understand Your NDIS Plan
-  Connect with the Right Services
-  Set and Achieve Personal Goals
-  Maximise Your Supports
-  Ongoing Guidance & Support

Our Online Services

At Supporting You, we offer a range of online resources, programs, and blogs designed to empower and inform you on your journey. Join our online community to connect, learn, and grow with others who share similar experiences.

Access support anytime, anywhere with our wide range of online tools and connections:

Educational Resources & Guides

Helpful materials to navigate daily life, mental health, and the NDIS

Interactive Programs & Courses

Self-paced learning to build skills and boost independence

Informative Blogs & Articles

Stay updated with tips, stories, and the latest news in support services

Online Community & Peer Support

Connect with others, share experiences, and build supportive relationships

Access to Tools & Templates

Practical resources to help manage your goals, schedules, and well-being

Book Your Community Events

Easily register for upcoming events, group activities, and workshops in your area

24/7 Access to Support Materials

Resources available anytime to fit your schedule and needs

Meet Our Team



Christie

Psychosocial Recovery Coach/ Co-ordinator

Christie, the founder of Supporting You, holds a degree in Psychology (Hons) and brings extensive experience in capacity building, helping clients develop their skills, confidence, and independence.



Maya

Support Worker

Maya has completed her Nursing degree, which shines through in the care and dedication she brings to her work. She's full of sunshine, with a positive, can-do attitude that brightens every interaction.



Cilla

Support Worker

Cilla is a compassionate professional with a strong history of providing impactful peer support in diverse communities. She excels at building trust, creating safe spaces, and empowering individuals through active listening, empathy, and a person-centred approach.



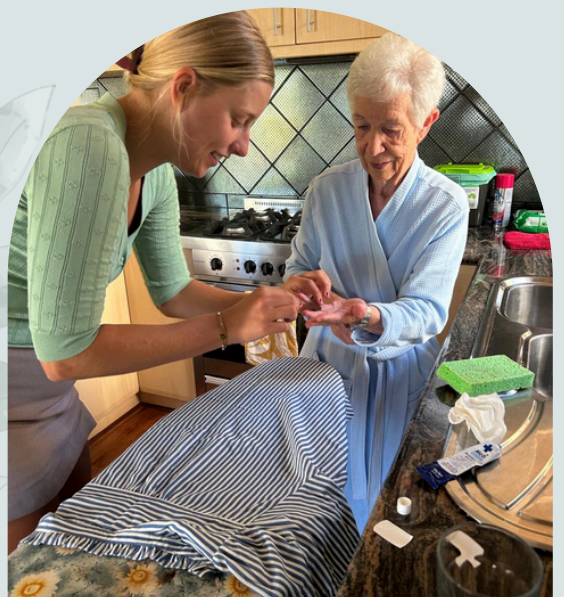
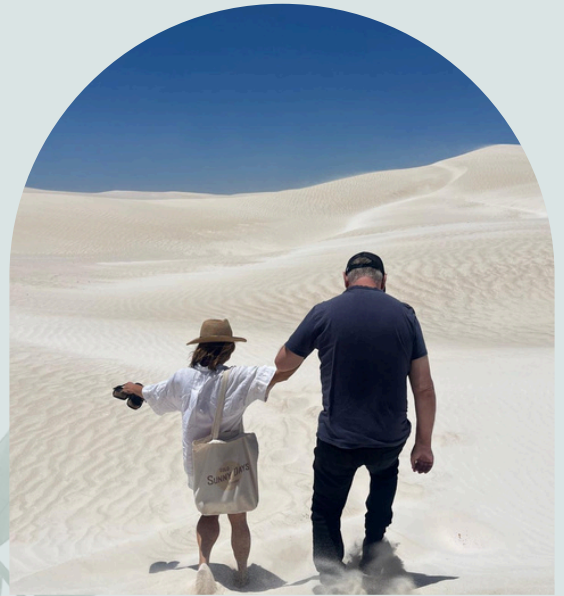
Amber

Support Worker

Amber has eleven years of healthcare experience across diverse settings, gaining valuable insights from peers and clients. She is compassionate, excels at building rapport, and empowers clients to take an active role in their care through evidence-based practice.

GALLERY





Contact Us



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