

**Suncare Community Services Inc.**  
aspires to strengthen an individual,  
family and communities capacity  
who experience adversity, to improve  
quality of life and remain living in and  
engaged within society

Additional information about the  
program can be  
obtained by contacting Roz at  
Suncare Community Services Inc.  
Phone 54 09 59 00

**You can also visit our  
website at  
[www.suncare.org.au](http://www.suncare.org.au)**



**suncare**  
community  
services inc.

ABN: 36 301 121 574

**Suncare Community Services Inc.**  
provides services to the community  
such as the network of Commonwealth  
Respite and Carelink Centre's  
Including:  
Carebus - our mobile information units  
Direct Respite Services  
Community Alternate Transport Service  
Meals on Wheels  
Maroochydore Day Respite Centre

**Grievances & Complaints**  
If you have a grievance or would  
like to make a complaint;

- Speak to the Program manager
- Speak to Suncare Community Services Inc
- Speak to the Queensland Aged & Disability Advocacy Inc. on 1800 818 338 or 36376000

# Independent Living Skills Program

**Our Mental Health program provides short to medium term support to people between the age of 18 –64 affected by mental illness to:**

- Build self reliance
- Regain independence
- Improve ability to self manage



**Support may include such things as:**

- Budgeting
- Education
- Time management
- Employment
- Organizational skills
- Social activities
- Community access

**The Independent Living Skills Program invites you to consider**

What do you *value*?

What *dreams* or *hopes* do you have for your future?

What is *important* to you?

What do you *want* out of your life and what's getting in the way?



**Our staff offer their skills and support while learning from and valuing individuals knowledge, who are experts by experience.**

**The aim of the program is to provide access to resources, information, networks and support to assist individuals in living their life to the fullest.**

## **Resilience Statement**

**Suncare is committed to supporting the resilience and self management of individuals and families by acknowledging, encouraging and supporting the right and capacity of each individual to make choices, decisions and to take responsibility for their lives, actions and direction.**

