



# PERSONAL SUPPORT

Our Personal Support Workers assist people with spinal cord damage and other physical disabilities to live independently by offering practical help and support with your daily living needs.

## How we can help you

We are all about choice and providing you with the support you want, when you want it. Whether in your own home, or with activities outside your home, our Personal Support Workers will be there to assist you.

There are a wide range of situations or social occasions that a Personal Support Worker can assist you with:

- **Personal care**  
Showering, dressing, getting you in and out of bed, dental hygiene, skin checks, bowel and bladder care.
- **Housework and domestic duties**  
Cleaning and tidying, laundry, meal preparation and meal assistance.
- **Getting out and about**  
Supporting you when getting out into your community whether that's sporting, community events, shopping or travel.



## Experience the Spinal Life difference

By choosing a Spinal Life Australia Personal Support Worker, you'll be in safe hands. Our staff undergo comprehensive training with a focus on spinal cord damage and are carefully selected to align with our mission *'to enable people to live an accessible, equitable and empowered life.'*

In addition to core training, we offer extended competencies where our Personal Support Workers learn specialist skills from Spinal Life's nursing team, including catheter flushing, stoma support, PEG feeding and bowel irrigation. We also have highly-trained Personal Support Workers who can support you if you are on ventilation or if you have epilepsy.

### Where do we offer Personal Support?

We provide services in Queensland and Perth to people with spinal cord damage or other physical disabilities, including neurological conditions such as cerebral palsy, motor neurone disease and multiple sclerosis.

23/09/2024

**Take life back!**

[spinal.com.au](http://spinal.com.au) | 1300 774 625



 **Spinal Life**  
AUSTRALIA