

## Our Supports & Services

- Personal care
- Meal Preparation and Shopping
- Mobility support
- Respite Care
- Accommodation
- General Help Around the Home
- Light Housekeeping
- Medication Support at Home
- Holiday support
- School Holiday Program
- Therapeutic support
- Post-hospital care
- Community Engagement and Social Activities
- Academic support
- Overnight
- 24-hour support
- Palliative care

## Specialised Support Services

- Complex Care
- Improved living arrangements
- Support coordination

***"Our qualified and caring staff work in partnership with you and the important people in your life, whether it is in shared housing or in your home to bring you the support and care you need and deserve".***

## CONTACT US TODAY



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GET IN TOUCH WITH US.

WE WOULD LOVE TO HEAR  
FROM YOU.



People's First Choice Australia



**People's First Choice Australia**

Respect, Care and Protection

# Services

## Our Mission

The Mission of People's First Choice Australia is to provide care services based on the needs of the individual person through encouragement, empowerment, empathy and partnerships with clients, their families, carers and other service providers.

## Assistance with Daily Living

Whatever your needs are, our qualified and friendly staff can help you with a range of supports including:

- Cooking
- House cleaning including bathroom, cleaning floors, toilets, baths or showers
- Help in the kitchen with dishwashing, cleaning cabinets, microwaves, fridges, sinks and surfaces like benchtops floor and walls, organising utensils and food, and preparing meals and doing grocery shopping
- Gardening – if you need help raking up leaves, or mowing the lawn
- Laundry if you need help with ironing or clothes washing, hanging or organising clothes
- Transport
- Getting dressed and ready for your day
- Health and fitness
- Assistance with getting to and from appointments
- Assistance with shopping
- Participation in community, social and recreational activities
- Learning how to stay safe at home
- Accessing other services that meet your goals and needs.

***Our staff are friendly and respectful.  
We make sure that your NDIS plan is based on YOUR needs.  
We have a range of services customised to support people with disability.***

## Respite Care

People's First Choice Australia believe that a strong and safe therapeutic relationship with the you and your supports, is critical to achieving positive outcomes.

We have a diverse team of experienced practitioners that include:

psychologists, social workers, consultant family therapists, and specialist behaviour support practitioners. All of our therapists are required to have a minimum of 5 years of experience supporting clients with complex behavioural needs and high-risk behaviours.

We also provide 24-hour supported independent living services (SIL) to people who need it the most

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***“Our staff will make sure you are safe at all times.”***

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## Accommodation

We have a range of Supported Independent Living accommodation houses in metropolitan Victoria, which are carefully designed to suit the specific needs of people with disability who need accommodation.

Our accommodation options include a mix of community units, villas, group homes, transitional accommodation, and individual accommodation in self-contained flats. Most of our accommodation is located in suburban streets close to public transport, shops and community facilities.

## 24 Hour Support

This level of 24-hour support can meet low, medium or high-care needs and is often used when a primary carer is not available. The 24-hour support may include one staff member or two staff members depending on your needs and funding available.

Our tailored care and supports include:

- domestic help
- medication assistance
- personal care
- staying with you overnight to help you with early morning medical appointments
- helping you to gain greater independence by supporting your participation in daily activities.

## Life skills

We offer a range of life skills supports that are designed to help people with a disability live active, healthy and independent lives. Our programs are customised to your individual needs and interests.

Through our Life Skills program we support you to develop everyday life skills that increase independence and control in your daily home life. Our caring and experienced staff will work together with you to develop your confidence and independence that will empower you to get the most from life.

Depending on your goals and needs, we can develop a program to support you.

