



Live with independence and connection.

NDIS Provider | Disability Support | Aged Care | Mental Health



Your Life. Your Goals. Your Choice.

Wellness Forever is a registered NDIS Provider in Adelaide, dedicated to enhancing the lives of people with disability and seniors needing aged care.



Person-Centred Care

Plans built around your life, not a template.



Registered Provider

Fully registered with the NDIS Commission.



Holistic Approach

Disability, aged care and mental health.



Culturally Diverse Team

Bilingual staff from Adelaide's communities.



Flexible Scheduling

Support on your terms, your timetable.



Local Adelaide Roots

We know the communities we serve.

Support That Builds Real Independence

Our daily living support gives you practical help at home and in your community – building confidence, not dependency.



Meal Preparation

Nutritious meals, your preferences.



Household Tasks

Cleaning, laundry, home management.



Personal Care

Hygiene support with dignity and respect.



Transport Assistance

To appointments, work, and activities.



Medication Reminders

Stay on track safely.



Routine Building

Structure that works for your life.

Skills We Help You Build

-  Cooking nutritious meals
-  Managing appointments independently
-  Budgeting and finances
-  Organising personal documents
-  Navigating public transport
-  Practising self-care routines
-  Digital and technology skills
-  Communication and social skills



Support That Builds Real Independence

Our daily living support gives you practical help at home and in your community – building confidence, not dependency.



Arts and Creativity

Classes, workshops and creative expression.



Education Support

Learning, literacy and skills development.



Social Events

Community outings and group activities.



Sport and Recreation

Group activities and fitness programs.



Volunteer Programs

Give back and build purpose.



Supported Employment

Find and keep meaningful work.



Care That Goes Beyond the Surface

Our mental health support is compassionate, stigma-free and focused on long-term resilience. We meet you where you are.



Psychosocial Coaching

Recovery-focused, strengths-based support.



Anxiety Management

Tools and strategies for daily calm.



Family Guidance

Support for carers and loved ones too.



Goal Setting

Practical plans to achieve what matters.



Crisis Planning

Safety strategies when it matters most.



Peer Support

Connection with others who understand.

81%

of participants report greater choice & control

751K+

NDIS participants nationally

8,027

SDA participants in NSW alone

The Right Home Changes Everything

From minor home modifications to fully supported accommodation – every housing solution is built around your independence and comfort.



Supported Independent Living

SIL – Daily support in shared or private homes.



Medium-Term Accommodation

MTA – Stable support during transitions.



Individualised Living Options

ILO – You choose the home and the support.



Specialist Disability Accommodation

SDA – Purpose-built for high-support needs.



Short-Term Accommodation

STA / Respite – Breaks for participants and carers.



24/7 Drop-In Support

From occasional visits to round-the-clock care.

Accessibility Features We Support

-  Ramps and handrails
-  Modified bathrooms
-  Wider doorways
-  Accessible kitchens

-  Mobility aids and equipment
-  Assistive technology
-  Emergency alert systems
-  Sensor and improved lighting

Getting Started

Your Journey Begins With One Call

Simple, friendly and no obligation. We guide you from first contact to full support in four easy steps.



wellnessforever.com.au