

Accommodation

We have an extensive list of accommodation that provides accessible amenities on the Sunshine Coast including:

- Windward Passage, Caloundra
- Silver Sea on Sixth, Maroochydore
- Anchor Motel Noosa

We also provide

- personal care
- sleepovers
- domestic assistance
- meal preparation
- community participation
- transport
- social activities
- aged care
- fee for service support
- your life your choice



***Come up and visit the glorious
Sunshine Coast and let us
make your stay here a dream....***

For your next holiday contact us

Office: 2/33 Sixth Ave, Cotton Tree Qld 4558

Mail: PO Box 368, Cotton Tree Qld 4558

Phone: 07 5443 9777

Fax: 07 5443 4141

Email: contact@121care.org.au

Web: www.121care.org.au

Facebook: www.facebook.com/121careinc

Twitter: <https://twitter.com/121careorgau>



Holiday or Respite Care

For family members and people with disability

Holidaying on the Sunshine Coast?

Need personal care support?

Want a wheelchair accessible vehicle?

Call 121 Care on 07 5443 9777



For a stress free holiday for you and your family, we can offer you:

- *experienced & trained support carers*
- *sleepovers*
- *accessible van with 4 seats*
- *equipment: shower chairs, portable hoists and wheelchairs*
- *meal preparation*
- *local tourist attraction information*

Our staff

We have a dedicated team of caring and experienced personal support staff. Each has the following qualifications:

- *current criminal history check*
- *first aid and CPR*
- *manual handling training*
- *medication training*
- *workplace, health & safety training*

Our services

121 Care has been providing personalised in-home support services to clients across South East Queensland for over 23 years.

We support people with a wide range of **physical and intellectual** disabilities including:

- Recent or long term injuries
- Spinal injuries
- Cerebral palsy
- Muscular dystrophy
- Multiple sclerosis
- Acquired brain injuries
- Syringomyelia
- Rett syndrome
- Spina Bifida
- Stroke
- Intellectual disabilities
- And other conditions (on assessment)

www.121care.org.au

Attractions

Stunning accessible coastal **beaches** at Caloundra, Mooloolaba, Maroochydore, Coolum, Peregian and Noosa.

Scenic hinterland village with beautiful handcrafts, markets and cafes at Maleny, Montville, Mapleton, Eumundi, Cooroy & Kenilworth.



World class restaurants

Local festivals –

- Gympie country music muster
- Noosa jazz festival
- Caloundra music & fringe festivals
- Woodford folk festival

Markets – world famous Eumundi market, Caloundra market, Noosa farmers market, Kawana farmers markets and Cotton Tree markets.

Sports activities for people with disabilities – sailing, horse riding, motor biking, parachuting, ten pin bowling, pistol shooting and much more!!

Accessible vehicle

121 Care has its own accessible vehicle for clients to use with their family or carers.

The van can be used to attend social activities, shopping, appointments, sight-seeing and for weekend breaks.



Equipment

To make your holiday easier and more convenient we can arrange any portable equipment you may require for your stay:

- Beach wheelchairs
- Shower chairs
- Portable hoists
- Wheelchairs