



Build skills. Grow confidence.

Practical, one-to-one support for adults 18 and over in Maroochydore, Cotton Tree and surrounding Sunshine Coast suburbs.



Work directly with Deb or Ian.

Support is available seven days a week.

We usually reply within **2-3 business days**.

Everyday skills, in real places

At home

Cooking and household routines

Out and about

Shopping and community activities

Your week

Planning and everyday organisation

AN OPTIONAL WAY TO BEGIN

Start with a stay

2-7 nights at Sundeck Gardens, Cotton Tree

Daily life-skills sessions to practise meal planning, shopping, cooking and public transport. Activities follow your goals.

sunshinelifeskills.com.au/start-with-a-stay/

Accommodation and support are booked and invoiced separately. Deb and Ian are involved in both businesses. A stay is optional; check suitability and funding before booking.



Sundeck Gardens apartments

Funding & limits

Unregistered NDIS provider. We support self-managed and plan-managed participants and cannot accept NDIA-managed funding. We don't provide personal care, medication support or clinical therapy. Discuss suitability and pricing before support begins.

Send an enquiry

sunshinelifeskills.com.au/enquire/

Interested in a stay? Tick the optional stay-information box.
There is no commitment to start support.



Scan to enquire