

Home Care for Young Adults

Independence
Begins at Home



Supporting
Independence
Empowering
Possibilities



1:2 SUPPORT AND
TAILORED AS NEEDED
FOR EACH INDIVIDUAL

Home-Based | Person-Centred | Community-Based

Personalized support for young adults. Confidence for everyday life.

Every young adult deserves the opportunity to develop skills, make choices, pursue personal goals, and participate in the community. The shifaa Home Care Program is designed to support young adults in building independence while receiving assistance suited to their individual needs.

Whether a young adult is learning to manage daily routines, preparing meals, maintaining a home, or navigating community activities, the right support can help make everyday life more manageable and rewarding.



Supporting Young Adults in Their Everyday Lives

Moving toward adulthood often brings new responsibilities. Young adults may want greater independence while still needing help with certain daily tasks, routines, or decisions.

shifaa's approach is focused on understanding each person's strengths, preferences, goals, and support needs. The objective is not simply to provide assistance, but to help each individual participate more confidently in their own life.

How Home Care Can Help



PERSONALIZED ROUTINES

Support with meal preparation



RESPECT

Household routines,
Laundry,
Organization



STRENGTHS-BASED SUPPORT

Everyday tasks,
based on individual
needs

A More Independent Life, One Step at a Time

Independence looks different for every person. For one young adult, it might mean preparing breakfast independently. For another, it might mean following a daily schedule, managing household tasks, or confidently participating in a community activity.

Progress does not have to happen all at once. Consistent support and opportunities to practice everyday skills can help individuals work toward greater autonomy while respecting their right to make choices.

Routines and Personal Goals

Develop practical routines, learn time management, practice decision-making, and work toward personal milestones at an appropriate pace.

Community Participation

Including in the service plan, support can help individuals practice shopping, attend appointments, access local activities, and build confidence outside the home.

Practical Independence

Build skills related to organizing belongings, managing everyday responsibilities, communication preferences, and making informed choices.

Individualized Support

Support plans should reflect each person's abilities, communication style, daily schedule, personal preferences, and goals.

Who Can Benefit From Home Care?

This program is suitable for young adults who:

- Are transitioning from school-based services into adult life.
- Want to develop practical independent living skills.
- Need assistance with selected everyday tasks or routines.
- Are working toward greater participation in their community.
- Would benefit from individualized support at home.



Discuss your requirements to create a personalized program.

INDEPENDENT LIVING COMMUNITY BASED PERSONALIZED

Helping Every Young Adult
Build a Life of Their Own



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TAILORED AS NEEDED
FOR EACH INDIVIDUAL

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