



Catalyst
Foundation

MT GAMBIER

**DAL
EXPO**

**FREE
ENTRY**

2025

We support the

ndis



DAL

#LiveWellBeYou

DISABILITY, AGEING & LIFESTYLE EXPO

**FRIDAY
14TH MARCH**

WULANDA RECREATION AND CONVENTION CENTRE

10:30am - 3:30pm

**Engage with disability and
ageing service, product &
information providers.**

Sponsored By:

estara
because you matter.

DAL Expo Office

(08) 8168 8702

expo@catalystfoundation.com.au

www.dalexpo.com.au

DAL Expo Adelaide 17th - 18th October 2025

EXPO SCHEDULE

Friday 14th March

Expo Schedule

10:30am - Expo Opens

10:30am - A welcome from Rosetta Rosa
(CEO Catalyst Foundation)

10:35am - A word from our sponsor estara

3:30pm - Expo Close



Workshop Schedule

11:00am
11:45am | **Australian Red Cross**



FEEDBACK!

Give us your feedback

Please share your feedback on the Mt Gambier DAL Expo. Scan the QR code to share your feedback.

Visit <https://www.surveymonkey.com/r/JKGWD8W>
to vote or scan the QR code.
Survey closes 3pm on Friday 14th March 2025.

SCAN ME



estara supports you in living your potential.



because you matter.

Our Services

- In-Home & Community Support
- Supported Independent Living (SIL)
- Specialised Disability Support
- Spinal Cord Injury Nurses
- Occupational Therapy
- Driver Assessment
- Physiotherapy
- Support Coordination
- Peer Support

www.estara.com.au 

estara 

See us at booth # 35 & 36



Let us make the
NDIS pain-free.

Join Australia's #1 NDIS plan manager
www.myplanmanager.com.au | 1800 861 272

MY Plan Manager



EXHIBITORS

● Abilities Occupational Therapy 19	● Community Living Australia 14	● My Plan Manager 48
		● NDSP Plan Managers 1
● Aged Rights Advocacy Service 5	● Develop Abilities Occupational Therapy 15	● NovitaTech 31/40
		● ONCALL / SACARE 25
● Aidacare 57/58/59	● Enhanced Lifestyles Incorporated 37	● Perfect Circle Support Services 2
● Arboreta support 3		
● Are-Able 52	● ESG Inclusive Homes 4	● Plan Partners 32
Australian Government Department of Health and Aged Care 66	● estara 35/36	● Pro Active Health 51
	● Freedom Motors 29/42	● Resicare SA 22
Australian Health Practitioner Regulation Agency 38	● Heal at Home 39	● Resthaven Incorporated 43
● Australian Red Cross 21	● Independent Living Specialists 45/54/56	● SA Disability Co 64
		● Skylight Mental Health 34
● Bedford Group 65	● Kefi Supports 11/12	● Sleep Electric South Australia 61/62
● Beneficent 47	● LardnerSDA 63	
● Beyond Blindness 9	● Learning Simplified 6	● Start to Finish Mobility 50
● Brazier Mobility 28	● Medimart 67/68/69	● The Chooze Shop 10
● Cara 33	● Minda Inc 23	● Tibii 20
● Carers SA 24	● Mission Australia (NDIS PiTC) 17	● Uniting Communities 7
● Catalyst Foundation 70		● Viva Care Support 46

ENTRANCE

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Resthaven
Incorporated



Resthaven offers Support at Home throughout the Limestone Coast

To enquire about support at home in **Mt Gambier** phone **8726 9400**; **Naracoorte** phone **8762 4389** or **Millicent** phone **8733 3311**

NEW! Respite for carers at 'Hollyhock Limestone Cottage' – day and overnight community respite. Enquiries phone **8726 9400**

Fully-funded retreats for carers of someone with dementia. 3 days, 2 nights mini-break for both at no cost. Phone 8198 2088 or email: sahrsa@resthaven.asn.au to enquire.



Offering support at home for more than 30 years

Find out more: www.resthaven.asn.au/living-at-home/home-care-overview/



Perfect Circle
SUPPORT SERVICES

Support Coordination
Recovery Coaching
Social Groups
Support Workers

Referrals to NDIS and mainstream services
Assistance with NDIS reviews and reports

In-home consultations across the Limestone Coast, with immediate availability.

Our qualified and experienced team assist with connecting you with exceptional services, with dedicated guidance and support.

We understand the challenges of navigating NDIS processes, understanding NDIS plans and finding the very best services, without wait times.

Contact us today for a free and confidential chat

11 Caldwell st, Mount Gambier

Ph: 0472 767 379

E: admin@perfectcircle.net.au

Disability support the way it should be.

By you, for you.

our services

- Support in Your Home
- Support in Your Community
- Personal Care
- In-home Respite Care



1/15 Sturt Street, Mt Gambier, SA
08 8725 5402 | www.el.org.au



ESG Inclusive Homes

EXPERIENCE SOCIAL GROWTH

National NDIS SDA Provider



Contact: Sarah Thompson
Ph: 0416 172 724
www.experiencesocialgrowth.com



Heal At Home

In-Home Nursing Services

**Clinical Nursing Services
&
Staff Training**

City - Rural - Community
Paediatrics to Geriatrics



REGISTERED
NDIS
PROVIDER



CONTACT US :

www.healathome.com.au

1300 450 190

Cara's dedicated team supports you in achieving your goals and living a vibrant life full of joy, purpose, and a strong sense of belonging. With over 25 years' experience, we are proud to be one of South Australia's leading service providers, partnering with you to create a brighter future.

We specialise in:

- Supported Independent Living (SIL)
- Short Term Accommodation (STA)
- Home and Community Support
- Community Nursing Care



Let's chat!

08 8243 5000



contact@cara.org.au



cara.org.au



SLEEP ELECTRIC
Adjust your life

LUXURY SLEEP

Experience unparalleled
comfort & mobility with
Australia's leading NDIS
& Homecare provider
of Adjustable Beds

**BOOK A FREE HOME
TRIAL TODAY!**



Who We Are

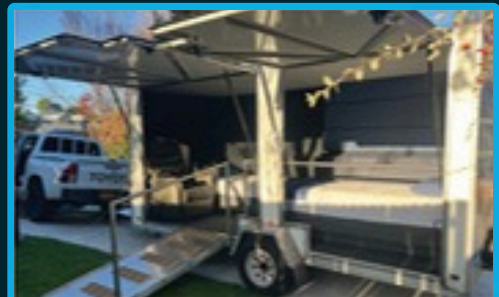
Sleep Electric is Australia's top provider of adjustable beds, recliners, and pressure care mattresses. Our extensive range has something for everyone, from lifestyle seekers craving comfort to those with complex care needs focused on pressure relief and mobility.

We Specialise In

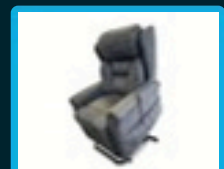
- ✓ Hi Lo Beds
- ✓ Adjustable Beds
- ✓ Pressure Care
- ✓ Recliner Chair
- ✓ Mattresses
- ✓ Companion Beds

Mobile Trials At Home

Our mobile showrooms offer a free, convenient, and safe way to try our products at home. We'll come to you at a time that works for you for a one-on-one assessment with a sleep specialist who can help you select the perfect sleep solution



Let Us Visit You At Home With
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2022 & 2024!

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☎ 1800 600 600
🌐 sleepelectric.com.au



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& price list

Catalyst Foundation is a not-for-profit charity organisation and a leading provider of information to individuals, communities and the care sector in South Australia. We empower the older person to make informed decisions about positive ageing, by providing information and connections with services and programs.

We can help you with:

Telephone Information Service

Our free telephone information service provides the community and sector with valuable information, and you'll be speaking directly with a real person.

Information Resources

Our website features a comprehensive collection of factsheets and directories, providing users with accurate and up-to-date information.

Training & Education

We offer seminars and workshops tailored to both the community and professionals, focusing on key topics in aged care.

Care Finder Program - Aged Care Navigator

Aged Care Navigators help vulnerable older people who need intensive assistance to access aged care, and other supports in the community.

DAL Expo

South Australia's largest Disability, Ageing and Lifestyle Expo.

The DAL is an iconic event held annually in Adelaide, with additional regional expos held across the state.



People
Helping
People



DAL Expo Testimonials

Liz

"Everyone was very friendly and helpful."

Hutchings

"Found lots of equipment I could recommend to clients."

Brenda

"This expo was fantastic!"

Jen

"Found it very informative and interesting."

Michelle

"Very interesting and well run."

Estelle

"Very helpful! Will recommend to anyone."

Geoff

"Well set out."



DAL

#LiveWellBeYou

DISABILITY, AGEING & LIFESTYLE EXPO

KADINA

COPPER COAST SPORT AND LEISURE CENTRE

FRIDAY 13TH JUNE 2025

ADELAIDE

ADELAIDE SHOWGROUNDS

FRIDAY 17TH & SATURDAY 18TH OCTOBER 2025



Catalyst
Foundation