

Personal Care Services



Ensuring enough time so you are not rushed for your personal routine.

- Showering, bathing, grooming, skincare, dressing/undressing, hair washing, personal hygiene, getting ready for the day or for bed
- Assisting with toileting and continence management
- Support with hearing aids, glasses and health aids

Domestic and Home



- Assistance with General house cleaning
- Laundry - hanging up washing, ironing, folding and bed linen change
- Minor home maintenance, light globe replacement, minor repairs, smoke alarm battery replacement
- Light Gardening

Transport Service



Tailored to your needs for independence

- Grocery shopping, appointments, social, community and lifestyle activities
- Assistance from your support worker for all types of transport needs – support to get ready to go out for the day or assistance for the day while out and about

Your Social Support



- Small group activities or individual one-on-one support
- Enjoy a cup of coffee at the local café after shopping
- Spend time at home - chat over a cup of tea, board games, puzzles, cook, time in the garden, listen to music
- Social support during mealtimes or events
- Community, cultural, spiritual connections and lifestyle
- Support to visit a loved one in residential care or hospital

Exercise support



- Exercise, walking group, social exercise group
- Hydrotherapy and swimming
- Chair exercise
- Walking companion while you walk your dog

Personal Administration



Assistance with:

- Support for errands and appointments
- Assessment of specific technologies for personal and smart home technologies

Nutrition and Hydration



Support with:

- Active support for cooking and meal preparation
- Meal planning, shopping and eating/drinking assistance
- Discussion of available pre-prepared meal options
- Dietician and Nutrition Guidance

Support to live safely in your own home with independence.



In-home Registered Nurse Support



- Nursing to assist with a range of health, medical and well-being needs
- Assessments, reviews, case conferencing and counselling
- Wound Care and Dressing
- Pain Management
- Medication support and storing medications
- Oxygen therapy
- Catheter Care
- Continence management
- Stoma Care
- Dementia Care and Support

Home to Hospital Care and Support



- Return from a hospital stay, ongoing support for health diagnosis, nursing and recovery support
- Nurse-led Coordination and care support team
- Tailored Care Plan, one-to-one home nursing, meal preparation, housekeeping, personal care and transport services

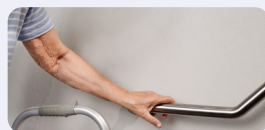
Physiotherapy and Allied Health



Services to remain Active and Independent

- Physiotherapy Support
- Occupational Therapist Support
- Functional movement and mobility assessment
- Rehabilitation, reablement and home exercise program
- In-home risk assessment and Home Safety Assessment
- Assistive aids, mobility aids, equipment, furniture
- Mobility Assessment and Mobility Scooter Assessment
- Podiatry – footcare and shoe advice

Assistive Equipment or Furniture



- Installing handrails and other modifications if required
- Assistive equipment for eating, cooking, mobility, transfer, sleeping, showering, personal care, vision, hearing and communication

Respite



- Personalised lifestyle, wellbeing, day therapy, social, and community support
- Family or carer respite support for rest, appointments, or maintaining social, cultural or community interests
- Personal Carer while in residential care respite

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Celebrating diversity