



LIST OF SERVICES FOR YOU TO CHOOSE

Personal Care:

- Assistance with:
 - Showering
 - Dressing
 - Grooming
 - Toileting
 - Personal Hygiene Assistance
 - Foot and nail care
 - Medication Monitoring
 - Podiatry
 - Massage

Home Support:

- Cooking
- Basic Cleaning
- Laundry
- Paying Bills
- Gardening
- Lawn Mowing
- Maintenance
- Shopping
- Pantry cleaning
- Cupboard Tidying
- Decluttering
- Window Cleaning
- Making Beds

Individual Support:

- Learn to use public transport
- Learn to utilise community resources
- Learn to play board games and puzzles
- Learn to use an iPad
- Support to reach your individual goals

Social Support:

- Companionship
- Reading
- Social outing companion
- Travel Companion
- Letter writing
- Correspondence
- Booking of appointments
- Health and Wellbeing Centre
- Music Class
- Social Groups
- Art Class
- Cooking Class

Transportation to:

- Medical appointments
 - o GP
 - o Podiatrist
 - o Physio
 - o Scans
 - o Hydrotherapy
 - o Dentist
- Shopping
- Hairdresser
- Social Outings
- Swimming Pool
- Community Groups
- Counselling
- Exercise Classes
- Post Office
- Library
- Ambulance Transportation Companion

Nursing Care:

- Hospital Discharge Care
- After Surgery Care
- Post-Acute Care
- Transitional Program Support
- Wound Management
- Diabetes Management
- Pain management
- Dementia Care and Support
- Catheter Care
- Palliative Care
- Care Planning
- Oxygen Therapy Management
- Skin Integrity Care
- Medication Management
- Allied Health Assessments
- Multi-disciplinary Clinical Care
- Health Assessments
- New Mums and Baby support

Equipment Hire

Overnight Care

Respite Care

Disability Care

* Please note that our cleaning services are basic daily cleaning and not commercial cleaning.