



## SAI HOME AND COMMUNITY CARE 2019 SERVICE LIST

### Home Care

- Cooking
- Domestic cleaning
- Laundry and Ironing
- Gardens, pruning & lawns
- Home maintenance
- Safety improvements
- Spring cleaning
- Decluttering

### Personal Care

- Assistance with:
  - Dressing and grooming
  - Showering & continence management
  - Medication monitoring
  - Transfer assistance
  - Retiring to bed in the evening
- Podiatry
- Hairdressing & Beauty
- Massage

### Transport to

- Medical appointments
- GP Podiatrist
- Physiotherapy
- Scans
- Hydrotherapy
- Dentist
- Shopping
- Hairdresser
- Social Outings
- Swimming Pool
- Community Groups
- Counselling Exercise
- Classes Post Office
- Library

**Have a Home Care Package?**

**Want to find or switch providers?**

**Yes, It's easy**

### Lifestyle Support

- Assisting with cooking & shopping
- Social outing companion
- Assisting with appointments, correspondence and paperwork
- Accompanying to leisure activities and classes
- Holidays assistant/ companion
- Overnight support
- Respite care
- Agestrong wellbeing program at SAI Lifestyle and Wellbeing Centre

**Call us on (03) 8785 0999 to find out more!**

### Clinical Nursing Care

- Clinical assessments
- Wound, diabetes, pain, skin, oxygen management
- Medication management
- Post-acute care
- Transitional Care support programs
- Dementia Care and support
- Care planning
- Palliation at home

### Individual Support and Capacity Building

- Assistance with plan review meetings
- Support Co-ordination
- Community integration
- Teaching and empowering daily life skills
- Hobbies and goal planning

**Contact us for a complimentary care consultation. We are an approved provider of services for: Australian Govt. Home Care Packages, NDIS, TAC & Cabcharge**



**Email:** [admin@saihomecare.com.au](mailto:admin@saihomecare.com.au); **Phone:** (03) 8785 0999;

**Website:** [www.saihomecare.com.au](http://www.saihomecare.com.au);