



# SAI HOME AND COMMUNITY CARE SERVICE LIST



## Home Care

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

## 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

## Personal Care

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

## 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

## Transport to

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

## 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**

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