

# HammondCare home care services available to *you* on the Central Coast



## Domestic assistance

To provide assistance with keeping your home clean, tidy and safe. Our team will help with light domestic chores, such as making beds, helping with the washing and ironing, cleaning, vacuuming and dusting.

CHSP HCP PC

## Meal assistance

Meal services help keep you healthy. You could have help with meal preparations (including special diets for health, religious or cultural reasons). We can also help organise meal delivery (excluding the cost of the food).

HCP PC

## Transport services

Transport services help you to continue to get out and about and stay connected with your community. This may include arranging a driver, providing transport vouchers or subsidies or assistance with shopping, visiting a health practitioner or attending social activities.

CHSP HCP PC

## Personal care

Personal care services help you keep well and maintain your hygiene. These may include help with bathing, showering or toileting, help with dressing/undressing, assistance getting in and out of bed, help with washing and drying hair or shaving or reminders to take your medication.

CHSP HCP PC

## Aids/equipment

Equipment may help keep you safe and independent. These could include walking aids such as crutches, walkers and walking sticks, mechanical devices for lifting you in and out of bed, bed rails, and pressure relieving mattresses.

HCP PC

## Modifications to your home

Modifications to your home can help you live safely and independently. These may include easy access taps, grab rails in the toilet, bath or shower, installing ramps, and providing advice on areas of concern regarding the safety of your home.

HCP

## Maintenance to your home

We can assist with maintaining your home, so it is in a safe and liveable condition. Home maintenance focuses on minor repairs or maintenance of the home and garden to improve your safety, accessibility and independence within your home environment.

HCP

CHSP

## Commonwealth Home Support Programme

HCP

## Home Care Package

PC

## Private Care

To find out more about the home care services available to you, call the HammondCare Support Team on 1800 826 166.

## Allied health and therapy services

Allied health services can enhance your health and improve your well-being. Services such as podiatry, physiotherapy, speech pathology and occupational therapy can help to maintain or improve your strength, balance, flexibility and mobility and reduce the risk of falling over.

**HCP** **PC**

## Social support individual

To support you with participating in day-to-day community life, that meets your needs for social contact and company. We'll help to support your wellness and reablement goals.

**CHSP** **HCP** **PC**

## Support to take a break

If you normally receive care from a loved one, you may both benefit from taking some time out every once in a while. Respite services provide short-term care at one of our social clubs or overnight respite cottages, so carers can have a break, knowing the person they care for is being well looked after by someone they trust.

**CHSP** **HCP** **PC**

## In-home respite visits

A carer can visit you during the day or overnight at your home, in place of your regular family or friend caregiver. In-home respite assistance can include help with housework, personal care, social support and nursing services.

**CHSP** **HCP** **PC**

## Continence management

We can help you find the right continence aids and appliances that will make you more comfortable.

**HCP** **PC**

## Nursing care

Specialised nurses can help oversee your treatment and care. We can help you take medications and offer other clinical services such as skin health management, which includes wound care, dressings, and skin emollients.

**HCP** **PC**

## Positive ageing

Our positive ageing services aim to help you age comfortably and independently. Get the skills and knowledge to stay active and healthy, explore your creativity and maintain balance, strength and confidence to live at home.

**CHSP** **HCP** **PC**

## Care management

Our Care Managers make it easier for you to access the support you want and need. With a strong knowledge of government programs, local aged care services and care management best practices, your Care Manager will help you access all the support you're eligible for and maximise your home care budget to best fit your needs.

**HCP**

**CHSP**

## Commonwealth Home Support Programme

**HCP**

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Scan the QR code to learn more about home care