

Our Popular Services

DAILY LIVING

- Light housekeeping
- Meal preparation or meal delivery services
- Personal care
- Personal hygiene and continence products

Shopping

- Shopping online or at your local store (accompanied or unaccompanied)

Transport

- Appointments, social or shopping

Minor Home & Garden Maintenance

- Gutter cleaning
- Weeding and pruning
- Spring clean or detailed clean
- Declutter and organisation
- Handyman repairs

CLINICAL SERVICES

Allied Health

- Physiotherapy
- Podiatry
- Occupational Therapy
- Speech Therapy
- Dietitian
- Home safety & modification assessments
- Mobility and dexterity equipment

Nursing Care

- Wounds
- Post Surgery
- Chronic Health Management Plan
- Help with medications
- Health assessment monitoring and review (continence, hydration/nutrition, weight, skin integrity, BSL, BP etc)

Remote Support

- Health Monitoring
- Nurse and Allied Health support

HEALTH AND WELLNESS

Group Programs (Mind + Move)

- Walking Groups
- Stepping On (Falls Prevention)
- Seated Exercise Program
- Resistance training
- Aqua Programs
- Social Outings
- Remain Active
- Online exercise programs (Yoga, Pilates, Tai Chi)

In-Home Programs

- Tailored exercise programs, Online programs

Hoarding & Squalor

- Buried in Treasures -Online Hoarding Support Group
- Online Declutter group
- Aged Cared Navigating Services
- Assistance with Care and Housing

Respite Services

- In-home Respite
- Respite and Wellness Centres
- Residential Village / Cottage short-term Respite
- Overnight Respite

CONNECTING WITH OTHERS

Connecting with Community

- Mind+Move - a diverse range of social and physical activities connecting like-minded people in one location
- Group Outings – accessible day trips
- Art Classes
- Online Music Concerts

Companionship

- Connection to activities, events, community groups
- Attend culturally diverse groups

SPIRITUAL WELLBEING

- Companionship Home visits and check-in calls Meditation, Mindfulness and Letting Go
- Formal Prayer
- Anxiety, Depression and Grief support
- Relationship and confidence building
- Connections – Local Community, Faith groups, Social groups
- Support for families and caregivers
- Preparing for loss and goodbyes
- Assistance with Religious or Spiritual needs

Find out more by calling Catholic Healthcare on 1800 225 474 or visit our website at catholichealthcare.com.au