

# Our Popular Services

## DAY-TO-DAY LIVING

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

### Shopping

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

### Transport

- Appointments, social or shopping

### Minor home and garden maintenance

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

### Seasonal activities

- Festive preparations
- Wardrobe/bedding
- Seasonal gardening
- Seasonal food preparation

## CLINICAL SERVICES

### Allied health

- Physiotherapy
- Podiatry
- Occupational therapy
- Speech therapy
- Dietitian
- Home modifications assessment/recommendations
- 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 and coaching
- Health and safety monitoring and alarms

## HEALTH AND WELLNESS

### Group programs

- Walking groups
- Stepping On
- Seated exercise program
- Resistance training
- Aqua programs
- Social outings
- Remain active
- Various exercise groups online or in person (e.g. yoga, Pilates, tai chi)

### In-home programs

- Tailored exercise programs, online programs

### Carer's wellbeing

- In-home respite
- Respite and Wellness Centres
- Residential village short-term respite
- Overnight Respite Cottage - check for locations

## CONNECTING WITH OTHERS

### Connecting with community

- Try new things
- Reconnect with favourite hobbies (Men's shed, support groups, seniors groups supported or unsupported)
- Smart Tech' course - how to use devices, apps and connect with others
- mind-move hubs - a diverse range of activities and connection to like-minded people in the one location.
- Men's groups - e.g. exercise, cooking, workshops.
- Group outings - accessible day trips
- Art classes
- Music concerts

### Companionship

- Connection to activities, events, community groups
- Support to access and enjoy community spaces - local parks, beaches, fishing spots, botanical gardens.
- Engage in your favourite hobbies or discover new ones.
- Attend culturally diverse groups

### Volunteers

- Home visits
- Check-in phone calls

## SPIRITUAL WELLBEING

- Companionship and visits
- Active listening
- Anxiety, depression and grief support
- Relationship and confidence building
- Connections - local community, faith groups, social groups and more
- Support for families and caregivers
- Spiritual development, meaning and purpose
- 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](http://catholichealthcare.com.au)