

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

Our Complimentary Services include Aged Care Services advocacy and navigation