



Our Services

my  Homecare
YOUR PARTNER IN CARE

Call 1300 20 90 20 OR visit myhomecare.com.au

Our services

Through conversations with you and your family, our team will work to understand you and your individual care needs, your goals and aspirations.

We will develop a plan to deliver a range of flexible services that support you living the life you choose, including:



Clinical Nursing

All of our nursing staff are directly employed by our providers and attend ongoing training to ensure professional, experienced nursing expertise.



Personal Care

Our professionally trained care teams are dedicated to respecting your needs with privacy and dignity.



Allied Health

Need rehabilitation support, or extra in-home treatments to maintain your health and wellbeing, our specialist allied health team will keep you going strong.



Flexible Respite

If you or your family/ Care staff need some time out.



Social Support

To keep you socially connected in and with your community.



Domestic Assistance

As much or as little assistance as you need to stay in your own home independently for as long as you like.



Home and Garden

From cleaning gutters to all basic repairs, your home will have all the tender loving care it deserves.



There are many other care options we offer. Our clients receive a wide range of services based on their individual needs that are personalised for them.

Discover ways to get help at home



Personal Care

When choosing a provider to provide personal care you want the confidence of knowing that you will receive consistent and reliable services from trusted people.

Our team can help you with your everyday personal care needs to maintain your routine, focusing on hygiene, accessibility, personal grooming and other personal services dependant on your needs. We can support you as much or as little as you like; always focused on your needs and preferences. From occasionally trimming your nails to daily showering, menu planning to cooking with you – even the simplest of help can make all the difference.

- ✓ Showering and bathing
- ✓ Personal hygiene
- ✓ Personal grooming
- ✓ Dental and eye care
- ✓ Maintaining healthy skin
- ✓ Dressing
- ✓ Transferring in and out of bed
- ✓ Medication management
- ✓ Meal planning and shopping
- ✓ Meal preparation
- ✓ Toileting and continence aids

Clinical Nursing

myHomecare providers employ registered nurses who are trained to provide in-home care for a range of treatments including management of ongoing conditions or recovery after an injury or medical event. Whether you need illness related care, occasional medical advice or long-term support, our highly skilled and experienced nurses will be right by your side.

- ✓ Comprehensive assessments
- ✓ Post-hospitalisation care
- ✓ Wound care
- ✓ Medication management
- ✓ Dementia care
- ✓ Support for depression diagnosis
- ✓ Chronic disease management
- ✓ Contience and catheter support
- ✓ Rehabilitation
- ✓ Health education
- ✓ Palliative care
- ✓ Grief and bereavement support

Allied Health

Whether you're recovering from an operation and need support to get back to doing the things you enjoy, or you're in need of extra in-home treatments to maintain your health and wellbeing, our allied health team will keep you going strong. We can also develop injury prevention programs that minimise your risk of falls and improve your strength and balance.

- ✓ Physiotherapy
- ✓ Podiatry and foot care
- ✓ Exercise physiology
- ✓ Dietetics
- ✓ Occupational therapy
- ✓ Social work
- ✓ Speech therapy

Discover ways to get help at home



Domestic Assistance

We pride ourselves on helping you maintain a clean, safe and comfortable home for your own peace of mind and well-being. Whether it's help washing dishes or mopping the floor, getting a little help can sometimes make the difference.

- ✓ Cleaning
- ✓ Washing dishes
- ✓ Laundry
- ✓ Ironing
- ✓ Dusting
- ✓ Changing bed linen
- ✓ Sweeping and vacuuming
- ✓ Unaccompanied food shopping

Home and Garden

At myHomecare we help you care for your home inside and out. From cleaning gutters, changing lightbulbs and basic repairs to maintaining your vegetable patch, plants and flowers, our team are here to help.

Home

- ✓ Changing light bulbs
- ✓ Replacing smoke alarm batteries
- ✓ Installing key lock boxes
- ✓ Basic repairs
- ✓ Changing tap washers

Garden

- ✓ Mowing the lawn and edging
- ✓ Pruning, clipping and hedging
- ✓ Spraying and weeding
- ✓ Planting some colour
- ✓ Sweeping and clearing leaves
- ✓ Removing green waste

Respite

We understand the important role that carers play and how essential it is for them to sometimes have a break. Respite services allow carers to get that much needed rest, take a holiday, or attend to other important matters. Whether it's a regular break to recharge or if something unexpected comes up, we're able to help.

- ✓ Help around the home
- ✓ Shopping
- ✓ Personal care
- ✓ Transport
- ✓ Medication management
- ✓ Social engagement
- ✓ Overnight in-home respite care
- ✓ Arranging residential respite care

Social Support

We're committed to helping you live at home for longer and we know that home isn't just bricks and mortar. Home is family, friends, comfort and connection in your own community. Our team want to help you stay connected to the people in your life who matter most, in the comfort of your own home or out and about in your local community.

- ✓ Assistance with shopping
- ✓ Running errands
- ✓ Social outings
- ✓ Having a cup of tea and a chat
- ✓ Connecting digitally with family
- ✓ Friendly catchup phone calls
- ✓ Playing your favourite game
- ✓ Diversional therapy
- ✓ Doctors and medical appointments



Optional extras fund

- Optional Extras fund is only available to clients on **myHomecare Bundle**.
- The fund will be accumulated in any given year as outlined in the budget.
- The optional extra fund continues to provide the client with a choice of services, supports and experiences to enrich their life.
- What can the optional extras fund be used for?
 - ✓ Spring clean
 - ✓ Gutter clean
 - ✓ Window clean
 - ✓ Car detailing/cleaning
 - ✓ Pet care, Dog Grooming
 - ✓ Arranging your affairs – Guardianship; Power of Attorney; Advance Care Directive
 - ✓ Assistance arranging special events or engaging services of your choice



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