**Household tasks**

**Our friendly Support Workers can assist you with:**

* Home cleaning
* Maintaining garden
* Linen and Laundry
* Meal preparation
* Dishwashing
* Shopping
* Feeding pet
* And much more

**Food costs are not included. Cost varies with the number of meals prepared and deliveries required**

If you have any other household tasks that’s not listed above – talk to one of our friendly staff today, we are pleased to assist you.

**Personal Care**

**Our friendly Support Workers can assist you with:**

* Personal hygiene
* Dressing and grooming
* Assistance with eating
* Assistance with mobility
* Toileting and Continence care
* Attending appointments
* Personal tasks
* Self care
* Medication reminders
* Catheter care
* And much more

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If you require any other personal care assistance that’s not listed above – talk to one of our friendly staff today, we are pleased to assist you.

### Plan Management

We specialise in preparing for your NDIS Plan to managing budgets and paying other providers. We can provide you support in both financial and administrative aspects which saves your time and reduces your stress while remain the choices and controls over how you allocate your NDIS funds.

Our friendly Plan Managers can support you to improve how your funds and spending is managed while enabling you with the freedom to focus on achieving your goals. Your invoices can be sent directly to one of our friendly Plan Managers who will deal directly with the NDIS and your chosen service providers on your behalf - giving you peace of mind that the claiming and payment components of your supports are taken care of.

Through our Plan Management service, we ensure you stay in control of how your funds are spent while giving you peace of mind that the claiming and payment components of your supports are taken care of.

We support and take your stress away so you can spend your time doing things you enjoy and love.

### Community Nursing Care

If you have complex health needs that require regular attention from a medical professional, our Community Nursing Services would be the right one for you.

Our Community Nursing Services ensure you receive genuine care delivered with respect, empathy and privacy from the comfort of your own home.

Our professional team can assist your medical needs includes but not limited to

* Complete health assessments
* Assistance in wound care and management
* Developing and implementing care and support plans
* Support in palliative care management
* Medication administration and review
* Insulin administration and Diabetes management
* Catheter care
* Continence aids assessment

If you have a complex health needs that’s not mentioned on our page, contact us and we’ll do our best to meet your individual needs.

### High Intensity Daily Personal Activities

Our Registered Nurse and trained support workers are qualified in supporting people with complex health needs.

If you have complex health needs that require regular attention from a medical professional, our Nursing Services would be the right one for you.

We are committed to providing a holistic care with respect, empathy and privacy and ensure our clients’ complex healthcare needs are met.

Our professional team can assist your complex needs include but not limited to

* Diabetes management
* Epilepsy and high-risk seizures
* Complex wounds and pressure injuries
* Medication administered by subcutaneous injections
* Complex bowel problems
* Tracheostomy care
* Stoma care
* Catheter care
* Ventilator
* PEG and Nasal gastric tube feeding
* Swallowing and eating difficulties

If your complex healthcare needs are not listed above – talk to one of our friendly staff today, we are pleased to assist you.

### Social and Community Participation

We can support you to connect and integrate within a community of your choice.

**Our friendly Support Workers can assist you with:**

* Fishing or learn how to swim
* Ten pin bowling or participate in team sports
* Attending movie or cinema
* Have a BBQ at the park
* Attend trips to concerts and events
* Attend library
* And much more...

We accommodate activities of your choices. If your social activities are not listed above – talk to one of our friendly staff today, we are pleased to assist you.

### Group and Centre Based Activities

Our objectives of the group and centre based activities are to

* Development of natural friendships and peer networks
* A greater knowledge of your community and the opportunities it presents
* New interests and new skills
* A sense of belonging and enhanced self esteem

**Our friendly Support Workers can assist you with:**

* Transport you to and from the activity
* Organise and attend group-based activities in a centre or community activities
* Organise and attend Centre-based day programs to experience new things and recreation
* Support with using the bathroom, eating or other personal care requirements while you are out