



We'll deliver the right people,  
right care, on time, every time.

**at home** *life*  
CREATED BY *care*

**We'll help you live and thrive in your own home.**

**It's perfectly natural to want to live independently in your own home for as long as you can. But we believe you shouldn't just be living at home, you should be thriving there, and we're here to help you do just that.**

At Home, created by Life Care, offers a range of services that can improve your overall wellbeing. As well as providing practical assistance to help you remain living independently, we offer services that support your physical and mental health too.

By considering all of your needs, we know you can continue to lead a fulfilling life.

You'll feel like you have more control over the things that are most important to you, and you'll be able to stay connected with your local community. And because you won't need to rely so much on your friends and family for support, you can get back to simply enjoying your time with them.



## The right people, right care and on time.

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### **It all starts with you as an individual.**

Your own personal At Home Consultant will come and meet you in your home. They will listen carefully to your situation, explain your options and tailor a package of services that supports your overall wellbeing. These services fall into four broad categories:

- Help with domestic chores, such as shopping, preparing meals, cleaning and gardening
- Personal care services, including assistance showering and getting ready for the day.
- Support to keep you connected with family, friends and your local community
- Healthcare, such as nursing services, physiotherapy, occupational therapy and nutritional advice

If you have a regular carer, we offer respite services for them too.

Our dedicated At Home Client Support Team are available to answer any questions and they'll make sure the people who come to help you are suitably qualified. They'll also go out of their way to arrange to have the same people come consistently, so they'll get to know you and the way you like things done.

\*Terms & conditions apply. See our website for details.

**We'll help you understand the packages and costs.**

The Government may contribute to the cost of your home care services via the Commonwealth Home Support Program or a Home Care Package, or you can also pay for them yourself (self-funded).

Your Consultant will help you work out if you're eligible for funding assistance from the Government. Navigating your way through all the options can be challenging, but we have the knowledge and experience to make the process as easy as possible.

Please call our At Home Team on 1300 555 220 to talk about the pricing of the services you require, or ask your At Home Consultant when they come to see you to discuss your needs.

**The Next Step**

We're here to help. To arrange a free consultation, call 1300 555 220 or email [athome@lifecare.org.au](mailto:athome@lifecare.org.au)

