

Our Popular Services

Our services are developed with an aim to facilitate healthy ageing and enhancing the quality of your life.



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

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
- Dietician
- Home modifications
- Mobility and dexterity equipment

Nursing Care

- Wounds
- Post surgery
- Chronic health management plan
- Help with medications

Remote support

- Health monitoring
- Nurse and allied health support and coaching
- Health and safety monitoring and alarms

HEALTH AND WELLNESS

Group or Individual Programs

- Walking with Confidence
- Feel Fit
- Neck and Back Health
- Stepping On
- Various exercise groups

In-Home Tailored Exercise Programs

- Posture program
- In-home exercise program
- Personal diet and healthy living coaching

Carer's Wellbeing

- In-home respite
- Day centres
- Residential village short term respite
- Overnight inhome Respite

CONNECTING WITH OTHERS

Connecting with Community

- Try new things
- Reconnect with favourite hobbies
- MyCH – social technology
- Group outings – accessible day trips
- Day centres

Companionship

- At home or your favourite activities or locations

Volunteers

- Home visits
- Check-in phone calls

PASTORAL AND SPIRITUAL CARE

- 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