

# 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 care
- Personal grooming
- Pet care

### Shopping

- Online or your local store

### 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 and 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

## 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](http://catholichealthcare.com.au)