



Seniors' Living & Lifestyle

More Hours of Care at Home for Richard & Ann Marie

A **Home Care Package** is government funding to help people over 65 remain living independently in their own home. Funds help cover the cost of your coordinated care plan and you decide how it is allocated. Different providers have different prices and levels of service.

For Richard, who is 80 years old and has dementia, and Ann Marie, his wife and carer, their package with local provider Your Side is tailored to their needs:

- Respite care a few hours a week
- Occupational Therapy and an exercise bike
- Cleaning and gardening
- An electric bed
- Ready prepared meals
- An experienced, kind and calm Care Manager

"Support, assistance, emotional well-being with a holistic approach - that's Your Side! Their home care team make our journey more manageable. Thank you from the bottom of our hearts." Ann Marie, Home Care Primary Carer

For more information call **1300 134 332** and ask for Amanda, Tracey or Bojana or email hcp@yourside.org.au

Photo below: Richard (80) & Ann Marie (71) living independently at home.

Photo by: Bec Lewis



VIEW CLUB CALLS ON HORNSBY COMMUNITY TO SPONSOR AN AUSTRALIAN CHILD DURING ANTI-POVERTY WEEK



This **Anti-Poverty Week** (11-17 October), members of **Galston VIEW Club** are calling on the local community to sponsor a disadvantaged Australian child through leading children's education charity, **The Smith Family**.

Galston VIEW Club sponsors 6 children through The Smith Family to provide vital support for their education, but many more young Australians are in need of help.

President of the Galston VIEW Club said, "Sponsoring a child through The Smith Family helps ease the burden on families in need."

"We'd love more women of all ages to join our club so we can reach even more children in need through our fundraising and volunteering."

VIEW is proud to be the largest community sponsor of The Smith Family's Learning for Life program.

To find out more about joining VIEW, view.org.au or call **1800 805 366**.

To sponsor a child through The Smith Family, visit thesmithfamily.com.au or call **1800 633 622**.

Get *more* care at home!



Home Care Packages with *YourSide* give you:

- ▶ **More** hours of care, support & services.
- ▶ **More** tailored solutions such as cleaning, gardening, transport & mobility aids to suit you.
- ▶ **More** expert advice & guidance from a dedicated care manager.

* One all-inclusive management fee. No hidden costs.

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yourside.org.au

YourSide



Live life your way at **Uniting Bowden Brae**.

Stage 2 coming soon to Normanhurst featuring 2, 2+ study and 3-bedroom independent living apartments.

Enjoy on-site amenities including a gym, indoor pool, large landscape gardens, café and hair salon.

Call **1800 864 846** or visit uniting.org/bowden-brae

Uniting