

CARING FOR SENIORS



Range of support on offer to remain at home longer

DO you want to age independently at home, do you have concerns about your health needs as you get older and do you sometimes think you could do with more help around the house?

Your Side experts find that for over 65s, the answer is yes but most people start planning for the future later than they should.

There is a six to 12 month waiting list for Home Care packages so it's important to start planning earlier even if you feel 100 per cent.

The first step to receiving a Home Care Package is to register with My Aged Care (free call 1800 200 422).

Once that happens, it can take six to 12 weeks to review your needs. If it's an emergency, it can happen in a week. For example, if you have just been discharged from hospital.

Your Side has a wide range of services available to support you.



☐ Register with My Aged Care to receive a range of benefits as you age and need more support at home.

You might choose meals, cleaning or personal care, in a mix that works for you. You might prefer to make changes to your home to make it safer or just need some social support and reviews of your needs.

"I have a cleaner and my carer Deb goes shopping with me. She's lovely and we've become friends. She

spoils me!" says 89-year-old Gloria.

Ann Marie says: "Your Side home care is absolutely wonderful! We love staying independent at home, but couldn't do it without them."

Give the friendly Home Care Package team at Your Side a call today on 1300 134 332 or email hcpreferrals@yourside.org.au.



Age Confidently at *Home*

- ✓ Affordable fees with more hours of care
- ✓ One contact person
- ✓ Choice in home care services

Contact our Home Care Package team today:

☎ 1300 134 332

✉ hcpreferrals@yourside.org.au

yourside.org.au

Your Side