

Care that really is on Your Side

Most of us want to age comfortably and independently at home, right? But you may have a few concerns about your safety, mobility and health needs as you start to get a little older?

You sometimes think you could use a little bit more help and support around the house?

At Your Side, if you are over 65 the answer to a lot of these questions is "YES". Because there is a waiting list of six to 12 months for Home Care Packages in Australia it's important that you start planning for services and supports early.

You might feel 100 per cent healthy and able to take care of yourself now but what about in a couple of years, or when something unexpected happens? Your Side encourage everyone to be brave and start planning now.

The first step to receiving a Home Care Package is to register with My Aged Care. You can call 1800 200 422 or go to www.myagedcare.gov.au to start the process. Once that happens, it can take from six to 12 weeks to review your needs. If it's an emergency, it can happen within a week.

Planning early through My Aged Care to receive Home Care Package support means that you can stay healthier, active and social for longer living at home. Your Side has a wide range of services available to support you once you have gone through the assessment process. Their choice of providers and options gives you flexibility to get the very best match of services to meet your goals. 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 moving around safer or prevent falls.

They also encourage clients to consider social support, because there is good evidence that people who access regular social support delay entering residential care and remain independent.

"Your Side has helped me so much. I have

more time to myself to pursue my hobbies, work with my charities and do the online cooking classes with the social group," 91-year-old Ron said.

Home Care Packages with Your Side will give you:

- More hours of home-based care.
- Tailored services such as cleaning, gardening, personal care, transport, respite, social support and mobility aids to suit you.

- Expert advice and guidance from a dedicated Care Manager.
- Regular home visits and reviews to make sure your care needs are met.
- Help to manage workers, so they meet your needs.

So, if you live in Sydney give the friendly, experienced and dedicated Home Care Package team at Your Side a call today on 1300 134 332 or email hcpreferences@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

✉ hcpreferences@yourside.org.au

Your Side

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