

# Support at Home Package Services

Our focus is to help you get the services you need to support your health, well-being, and independence - while maximising your available funds. We offer a range of home care services from gardening to transportation. Specialised support services like nursing and allied health are also available. Our transparent pricing prioritises your satisfaction and peace of mind.

If you need help get in contact. We're here to support you every step of the way.

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# Supports available

## **Domestic assistance**

- Essential light cleaning (e.g., mopping, vacuuming, washing dishes).
- Launder and iron clothing.

## **Home maintenance, repairs and gardening**

- Essential light gardening (e.g., lawn mowing, pruning and yard clearance for safe access).
- Essential minor repairs and maintenance where the activity is something the person used to be able to do themselves or where required to maintain safety (e.g., clean gutters, replace lightbulbs and repair broken door handle).

## **Meal preparation**

Support to prepare meals in the home.

## **Meal delivery per meal**

Meals on wheels delivery, etc.

## **Personal carer**

Assistance with self-care and activities of daily living

## **Group Social Support**

for group activities such as bus trips.

## **In home respite**

Supervision and assistance by a person other than your usual informal carer

## **Assisted and unassisted grocery shopping**

Assistance of a support worker to take you to your local shopping complex or to do your shopping for you.

## **Nursing**

Assessing, treating and monitoring clinical conditions

# Every Day Living

	Standard	Evening 8pm-12am	Night 12am-6am	Sat	Sun	Public holiday
Domestic assistance	\$112	\$126	\$129	\$196	\$252	\$280
Meal preparation	\$112	\$126	\$129	\$196	\$252	\$280
Assisted & unassisted grocery shopping	\$118	\$132	\$135	\$202	\$258	\$286
				Rate per hour		
Home maintenance, repairs and gardening Light gardening and minor home repairs				\$96		
Meal delivery per meal Meals on wheels delivery, etc.				\$20 (per meal)		
Meal delivery per 2 course meal				\$27 (per 2 course)		

# Independence

	Standard Appointment per hour
Osteopath	\$265
Chiropractor	\$231
Therapeutic massage	\$156

	Standard	Evening 8pm- 12am	Night 12am- 6am	Sat	Sun	Public holiday
Group social support	\$118 per trip	n/a	n/a	n/a	n/a	n/a
Medication Prompt	\$112	\$126	\$129	\$196	\$252	\$280
In home respite	\$112	\$126	\$129	\$196	\$252	\$280
Personal care	\$112	\$126	\$129	\$196	\$252	\$280

# Independence

**Transport**

to or from appointments with no other interventions required.

0-5 km	\$15.40
5-10 km	\$36.30
10-20 km	\$73.70
20-30 km	\$112.20
30-60 km	\$165

# Independence

## Assisted Outings

e.g. assistance to appointments, social outings etc.

	Standard	Evening 8pm- 12am	Night 12am -6am	Sat	Sun	Public holiday
<b>Tier 1 – assistance 0 – 5 km</b>	\$118	\$132	\$135	\$202	\$258	\$286
<b>Tier 2 – assistance 5-10 km</b>	\$123	\$137	\$140	\$207	\$263	\$291
<b>Tier 3 – assistance 10 – 20 km</b>	\$134	\$148	\$151	\$218	\$274	\$302
<b>Tier 4 - assistance 20 – 30km</b>	\$145	\$159	\$162	\$229	\$285	\$313
<b>Tier 5 – assistance Over 30 km</b>	\$178	\$195	\$198	\$262	\$318	\$346

# Clinical Supports

	Initial Consult per hour	Standard Appointment per hour	Group appointment per hour
<b>Nursing</b> Assessing, treating and monitoring clinical conditions	n/a	\$180	n/a
<b>Psychologist</b>	n/a	\$413	n/a
<b>Physiotherapy</b>	\$265 in clinic \$388 in home	<b>\$388</b> in home <b>\$265</b> in clinic and indirect care such as documentation and record keeping	\$137
<b>Exercise physiologist</b>	\$211 in clinic \$255 in home	\$200 in clinic \$255 in home	n/a
<b>Allied health therapy assistant</b>	n/a	\$103 in clinic \$196 in home	\$73

# Clinical Supports

	Initial Consult per hour	Standard Appointment per hour	Group appointment per hour
Occupational therapist	n/a	<b>\$252</b> in clinic or virtual in clinic and indirect care such as documentation and record keeping <b>\$349</b> in home	n/a
Speech pathologist	n/a	\$250	\$46
Podiatry	n/a	\$280	n/a
Foot care nurse	\$278	\$180	n/a
Care management	n/a	\$180	n/a