



**Be  
Well**

## Practical care for healthy living

Be Well includes a range of practical services to help support your everyday health and wellbeing.

*See what's possible...*

### Daily Living

- Personal Care
- Meal Preparation
- Housekeeping
- Community Transport
- Support with Shopping
- Garden Care
- Home Maintenance
- Home Modifications

### Health

- In-Home Nursing
- Allied Health – Physio, Occupational Therapy
- Pain Management
- Medication Monitoring
- Managing Pressure Injuries
- Wound Management
- Nutrition Advice
- Chronic Disease Management
- Support with Continence Needs
- Behavioural Strategies and Support
- Health Monitoring and Education
- Home Exercise Program
- Falls Prevention
- End of Life Care at Home

Other services are also available and can be tailored to meet your individual needs.



Be  
Well

Think  
Well

Connect  
Well

Be  
Well

## Rediscover your potential

Our Well-Living approach to Home Care will help you to picture what is actually possible, then achieve it.

Our **Be Well** services will support your **everyday health and wellbeing** and help to improve your **independence in daily activities**.

### Picture yourself...

#### Eating well and keeping well

We can help you to maintain good nutrition by assisting you with your grocery shopping, your food preparation and meal delivery services.

We can also help you with showering and dressing and improve your fitness with personalised exercise programs.



#### Getting help around the house

We can help you to continue to enjoy living at home by assisting you with the household chores, helping out in the garden and making sure your home environment is safe and secure with any home repairs or modifications you may need.

#### Getting health support

We can ensure you receive the health care services that you need including high-level clinical care, nursing, pain management, wound care, continence support and Allied Health services such as physiotherapy and occupational therapy.



#### Going out and about

We can provide you with door-to-door transport services so you can visit family and friends, go to medical appointments and attend social events in your local community and we can accompany you when you go shopping.



*"My life is so much better and I feel pleased to know I have a trustworthy carer to do my difficult cleaning tasks on a regular basis."*

Doris