



## Getting started is easy

- 1. Call us (03) 8573 4980** – We'll have a friendly chat about your needs and answer all your questions.
- 2. Arrange a visit** – A friendly Care Partner will meet with you to design your support plan.
- 3. Enjoy peace of mind** – We'll set up your services quickly so you can start enjoying more comfort, confidence and independence at home.



**Call: (03) 8573 4980**



**Visit: [mecwacare.org.au](http://mecwacare.org.au)**



**Email: [intake@mecwacare.org.au](mailto:intake@mecwacare.org.au)**



# Support at *Home*

Live independently. Stay connected. Feel supported.

# What is Support at *Home*?

Support at Home is a new program funded by the Australian Government that helps you stay independent, comfortable and safe in your own home.

It brings together the previous Home Care Packages and Short-Term Restorative Care programs into one simple, flexible system. With eight levels of care, you can now access a wider range of subsidised services tailored to your individual preferences, changing needs and goals.

## Why choose **mecwacare**?

At **mecwacare**, we believe everyone deserves to live life their way. Our Support at Home services are designed to make daily life easier, so you can focus on the things that matter most to you.

When you choose **mecwacare**, you can feel confident knowing your care is delivered by a trusted team who are:

- **Compassionate, qualified and reliable**
- **Police-checked and fully insured for your safety**
- **Dedicated to supporting your independence and wellbeing every step of the way**

We pride ourselves on a caring, personal approach where your comfort, dignity and peace of mind always come first.

## Your choice. Your plan. Your way

We understand that every person's journey is unique, that's why our caring team will work closely with you to develop a personalised care plan that reflects your goals, preferences and budget.

You decide how and when your services are delivered, and we'll take care of the rest – ensuring everything runs smoothly.

For more details about the Australian Government's Support at Home program, go to: [health.gov.au/support-at-home](http://health.gov.au/support-at-home)



## How we can *Help*

Whether you need a little extra help occasionally, or regular support to stay active and independent, our friendly team can tailor services to suit your needs. We can assist with:



### Home care

Help with domestic cleaning, laundry and household tasks.



### Meals and nutrition

Support with shopping, meal preparation and cooking, meals delivery.



### Personal care

Assistance with showering, dressing, grooming and medication reminders.



### Respite care

Give you the support you need, while allowing your primary caregiver to take a well-deserved break.



### Transport and social support

Assistance with getting to appointments, social activities and community events. (including supply of taxi card from Cab Charge).



### Nursing services

Professional clinical care in the comfort of your home.



### Allied health

Physiotherapy, occupational therapy, podiatry and more to keep you mobile and independent.



### Home maintenance and modifications

Small repairs and safety improvements to keep your home comfortable and secure.

**No matter your needs, our team is here to make daily living easier, safer and more enjoyable.**

## What our clients say

*"My carer brings warmth into my home every week. I feel safe, supported and respected."*

*"My Care Partner is compassionate, kind, listens and tailor services to suit my needs. We have developed a trusted partnership."*

*"Mum loves staying in her home – and **mecwacare** makes that possible."*

*"Professional nurses, kind carers, and great communication. Highly recommended."*