

**ENJOY LIFE
AT HOME**
WITH HELP FROM
FEROS CARE



HOME CARE SERVICES

At Feros Care, we have been supporting older Australians Grow Bold for over 30 years.

Everything we do is designed to help you enjoy life in your own home for as long as possible. This ensures that you live a happier, healthier, and more connected life, with plenty of support along the way for anything you might need.

OUR MODEL OF CARE

Our well-established **Byron Model of Care** looks at the eight areas of health and wellbeing, covering everything from the physical and environmental to social, financial and more. We go through each area to help understand what's important to you, then we set goals and work with you to achieve them.

And because we're a not-for-profit organisation, owned by the community, you can rest assured that we're here for only you. Our home care services are about ticking the goals that let you Grow Bold. Here are just a few of the ways in which we can help.

- **Struggling to keep on top of chores?**

We might talk about support with laundry, cleaning, pet care and more.

- **Hoping to be in less pain?**

Physiotherapy or exercise physiology might be a good fit for you.

- **Wanting to be more connected with family?**

We'll loop you in with a program to learn some new skills.

There are so many options, and we're here to help every step of the way with the best solution for your individual circumstances.

Byron Model of Care



PAYING FOR SERVICES

Services can be paid for using your Home Care Package (HCP), Commonwealth Home Support Program (CHSP), or paid privately (not subsidised by the government – people often pay privately while waiting to be approved for government funding).







PHYSICAL & ENVIRONMENTAL

Working with you to take care of the little – and big – things.

 HOUSE CLEANING	We can support you with jobs like cleaning, laundry, changing linen and ironing, so that you have more time to do the things you enjoy.
 PERSONAL CARE	We can assist with daily tasks like bathing, dressing and grooming. We can also support with medication, nail care and more – helping you look and feel your best!
 HOME AND GARDEN MAINTENANCE	If you'd like to get more enjoyment from your home, or make it more accessible – we're here to help. This might include home repairs such as window and gutter cleaning, minor repairs and basic plumbing; or gardening such as lawn mowing.
 LAUNDRY	We offer pick-up and drop-off laundry services for those who need assistance, and can also take care of making beds, folding sheets and ironing.
 MEAL PREP AND NUTRITION	We can support you to have delicious and nutritious home-cooked meals prepared by our trained staff. Or, if you'd like to learn more about cooking, we also offer programs that teach you about nutrition, meal planning and food preparation – all from the comfort of your home.
 PET CARE	We haven't forgotten about your furry friends! Enjoy support in looking after your animals with pet walking, feeding, grooming and taking your pet to the vet with you.

OCCUPATIONAL

Empowering you with the latest technology and service providers.

 <p>EQUIPMENT, AND ASSISTIVE TECHNOLOGY</p>	<p>Everything you need to keep you safe in your home for longer.</p> <p>This might include alarms and sensors to alert the right people in the event of an accident; health monitoring devices, smoke/gas alarms, a shower chair or kettle tipper, and even tablets for talking to your loved ones via video.</p>
 <p>MINOR HOME MODIFICATIONS (INCLUDING RAMPS AND SMART HOME DEVICES)</p>	<p>We can help with modifications and solutions such as the installation of ramps, rails or aids so that you can access all areas of your house comfortably. We can even install smart home devices to make your life easier – including support visits with training on how to best use them.</p>
 <p>PHYSIOTHERAPY</p>	<p>Whether you're recovering from an injury, or seeking to improve strength and balance, our physiotherapists and exercise physiologists are available to help you stay strong, healthy and active.</p>
 <p>HYDROTHERAPY</p>	<p>Hydrotherapy is proven to provide benefits in strength, cardiovascular health and mood – another way to keep you enjoying a healthy and active life.</p>
 <p>EXERCISE AND EXERCISE PHYSIOLOGY</p>	<p>Through group or individual exercise programs and visits, we can help you keep your body stronger for longer, as well as work on balance, flexibility, and agility.</p>
 <p>SPEECH PATHOLOGY</p>	<p>Our team of trained experts can conduct an evaluation to develop the best course of treatment, helping you or your loved one with learning to speak, swallow and communicate effectively again.</p>



NURSING AND MEDICATION MANAGEMENT

We provide 24/7 services tailored to your individual needs. This support extends to things like medication, pain management, chronic disease monitoring, continence management and post-hospital care.



REMOTE NURSING SUPPORT

Using technology, our telehealth nurses can provide vital care and monitoring – without even needing to visit your home! Receive advice quickly and easily, or receive daily calls to check your wellbeing.

EMOTIONAL & SPIRITUAL

Encouraging real results in your health, wellbeing and quality of life.



PSYCHOLOGY, COUNSELLING AND SOCIAL WORK

We offer psychology, counselling and social work services to help you through challenging times in your life – all from the privacy of your own home.



PAIN MANAGEMENT

We can equip you with the skills needed to manage your pain and adapt to live a more positive lifestyle, all tailored to your individual needs and led by physiotherapists, exercise physiologists and psychologists.



CARERS' BREAK

We can help carers take a break with our respite care services. Our suite of respite care options include community, in-home, centre-based and residential respite, depending on your needs.









SLEEPOVERS

Whether you're coping with a recent loss, recovering from a procedure or navigating a rough patch, we can make sure a trained and empathetic member of our staff is right there to get you back on your feet.

SOCIAL, INTELLECTUAL & FINANCIAL

Keeping you connected and well-informed with your local community, friends & family.

 COMPANIONSHIP	Whether it's having a chat over a shared cup of tea, reminiscing over past experiences or playing a game of bridge, our companionship service has got you covered.
 VIRTUAL SOCIAL CENTRE	Hoping to pick up another skill, make more friends and discover new experiences? The Virtual Social Centre is a lively online community of individuals holding book clubs, meet-ups, cooking classes and more – and you don't even need to leave the house.
 LET'S GET TECHNICAL	Our Technology Support Officer can visit your home, answer your questions and give you the training you need to make technology work for you.
 TRANSPORT	Looking to get out and about? We can help with transport to your appointments, errands, social activities, visits to family and friends and to/from hospital.
 SHOPPING	Our personal shopping assistants can line up at the checkout for you, or simply offer a companion while you get out to do what you love.
 ERRANDS AND BILL PAYING	Whether it be organising help to pay bills or sending your post, we can provide a trusted staff member to take care of the day-to-day tasks.

WE'RE HERE TO HELP YOU EVERY STEP OF THE WAY

Call our aged care experts on **1300 763 583**
or visit **feroscare.com.au**



Please note: Not all services are available in all regions, contact our team today to see what is available in your region.