



Home & Community Care Services

Helping you to remain independent and in your home.

Are worried about being able to stay at home independently? Are you living with a disability or caring for a friend or family member?

Nexus provides a range of Home & Community Care Services that can help you, or the person you care for, to remain independent and in your own home for as long as possible.

We work with you, and those who support you, to understand the things that are important to you. We will assist you do as much as you can for yourself to help maintain your independence.

Our services are timely, delivered by caring and professional staff and actively promote:

- Community connection and meaning,
- Social inclusion and engagement,
- Increased self-esteem and confidence,
- Safe, secure and independent living.



Our Home & Community Care Services can be tailored to your needs, by assisting with:

- **Management and understanding of your individual health needs** – our highly skilled staff can provide advice and information to help your individual needs. We will also connect you with additional supports such as aids and equipment, or refer you to tailored fitness activities to increase your ability to stay active.
- **Healthy eating and food preparation** – we can help you to develop and maintain a balanced and healthy diet by assisting you with tasks such as shopping & budgeting, and by introducing you to new meal preparation techniques that you might not have tried before.
- **Getting out and about** – we can support you to remain active in your local community by maintaining membership of your preferred interest groups and/or social activities. We can help you to get to the places that you want to go including health-related appointments.
- **Looking and feeling your best** – our team will work with you to manage or modify personal tasks such as having a shower or getting dressed to ensure that you remain in control.

- **Help around the house** – we can support you to maintain a safe household both inside and out. We can assist on the inside by keeping the floors tidy, making beds and completing the laundry. On the outside we offer basic home maintenance including window and gutter cleaning, minor pruning of overhanging tree limbs, home modifications such as grab rails or other equipment to support you.
- **Having a break** – we can provide regular respite for those who are carers of a family member or friend. We can support your loved one while you have time to yourself.

Nexus is committed to working with you to maximise your health and wellbeing potential by:

Listening – we actively listen to you and explore things such as;

- What can you do for yourself?
- What do you need help with to stay safe and well at home?
- What do you want to be able to do or keep doing?

Making a plan – with your goals in mind together we will develop your plan that will enable you to remain living at home and in your community.

We work in partnership with other people who support you such as family, friends and your doctor so that you get the most out of your plan.

Setting up support – we will connect you with the appropriate Nexus services or other organisation if we do not provide what you need. Sometimes our support only needs to be for a short time until you get back on your feet, or for longer periods to meet your needs - this can change as your circumstances change.

There is a cost for our services that may vary, speak to our team for more information.

Keep in mind:

If you are 65 years and over (or 50 years and over for Aboriginal and Torres Strait Islanders) and you want to access the Nexus Home & Community Care Services, please contact:

My Aged Care Contact Centre on 1800 200 422
or visit www.myagedcare.gov.au
and request Nexus as your preferred provider.



myagedcare

Need help?

To find out more about Nexus, please contact us on:

t 1300 77 33 52

info@nexusprimaryhealth.org.au



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