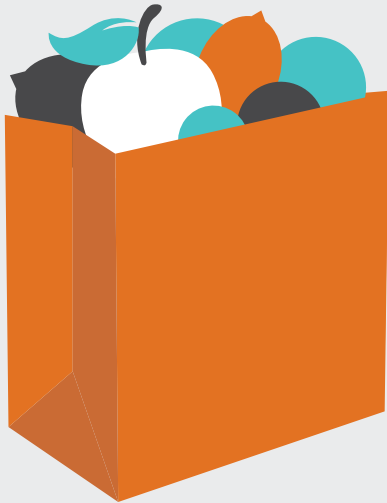


# Assisted Living.

Flexible, dignified support with everyday activities in the comfort of your own home.



HOME SERVICES

Australian  
Unity 

# Assisted Living.

Whether you've just come home from hospital or your daily support needs have changed, sometimes you just need a helping hand.

With kindness and dignity, we can assist with a range of daily activities such as:

- assistance with dressing and undressing
- bathing and showering
- getting in and out of bed
- getting ready for the day
- going to the toilet
- preparing and eating meals

We can also assist with housekeeping such as:

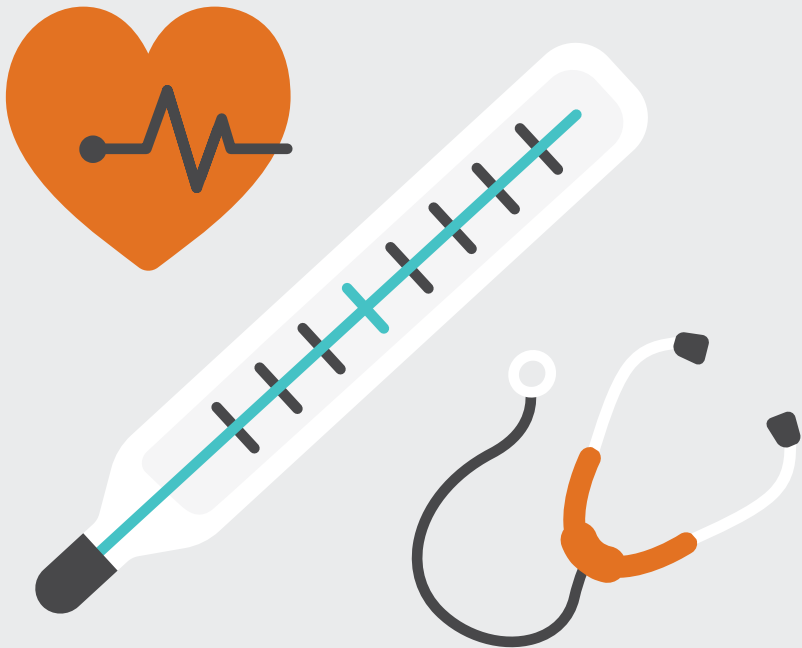
- changing linen
- doing the shopping
- making the bed
- washing and ironing clothes

You can be involved in selecting the team members who assist you and will have the flexibility to tailor your supports to best suit you.

**Enquire online today** about our full range of flexible support options or phone **1300 160 170**.

# Home & Community Nursing.

Qualified nurses to support your health at home.



HOME SERVICES

Australian  
Unity 

# Home & Community Nursing.

Specialised nursing support can be an important part of living independently. You can receive support from our qualified nurses in the comfort of your own home.

**Our qualified nurses can provide a full assessment, referral and care for:**

- continence management
- managing ongoing illness
- managing medications
- pain management
- wound care

Our nurses will work with your doctor, specialist or other health care providers to make sure you are getting the right support.

**Enquire online today** about our full range of flexible support options or phone **1300 160 170**.

# Out & About.

Flexible support for you in your community so that you can enjoy activities and time with friends and family.



HOME SERVICES

Australian  
Unity 

# Out & About.

We can assist you to do the things you love to do — no matter where or at what time of day.

Maybe you'd like support to do things such as:

- attend group outings or a family occasion
- enjoy activities in your own home
- go shopping
- have lunch with a friend
- meet new friends
- take up a new hobby

You can be involved in selecting the team members who assist you and will have the flexibility to tailor your supports to best suit you.

**Enquire online today** about our full range of flexible support options or phone **1300 160 170**.

# Home Beautiful.

Enjoy a well-deserved break while we take care of your routine or more intensive cleaning needs.



HOME SERVICES

Australian  
Unity 

# Home Beautiful.

Australian Unity offers regular cleaning services to help you keep your home as clean and tidy as you like it.

**This includes:**

- cleaning throughout the house
- dusting and sweeping
- mopping
- vacuuming

**For a more intensive spring clean,  
we can attend to:**

- ceiling and exhaust fans
- curtains and blinds
- light fittings
- windows – inside and out

**Enquire online today** about our full range of flexible support options or phone **1300 160 170**.



# My Home, My Garden.

Home and garden maintenance services  
to keep your home the way you like it.



HOME SERVICES

Australian  
Unity 

# My Home, My Garden.

An extra pair of hands to assist with routine home and garden maintenance services to keep your home the way you like it.

**We offer garden maintenance services, including:**

- edging
- hedging
- lawn mowing
- planting
- pressure cleaning
- pruning
- rubbish removal
- weeding

**We can also assist with home maintenance tasks such as:**

- changing light bulbs
- fixing dripping taps
- fixing hinges or gates
- small painting jobs

Our experienced and reliable team members can assist with a range of small maintenance jobs at your convenience.

**Enquire online today** about our full range of flexible support options or phone **1300 160 170**.

# Happy Pets.

Regular, loving care for your  
furry friend in your home.



HOME SERVICES

Australian  
Unity 

# Happy Pets.

Enjoy peace of mind knowing that your beloved pet will be in safe hands.

We offer pet care services including:

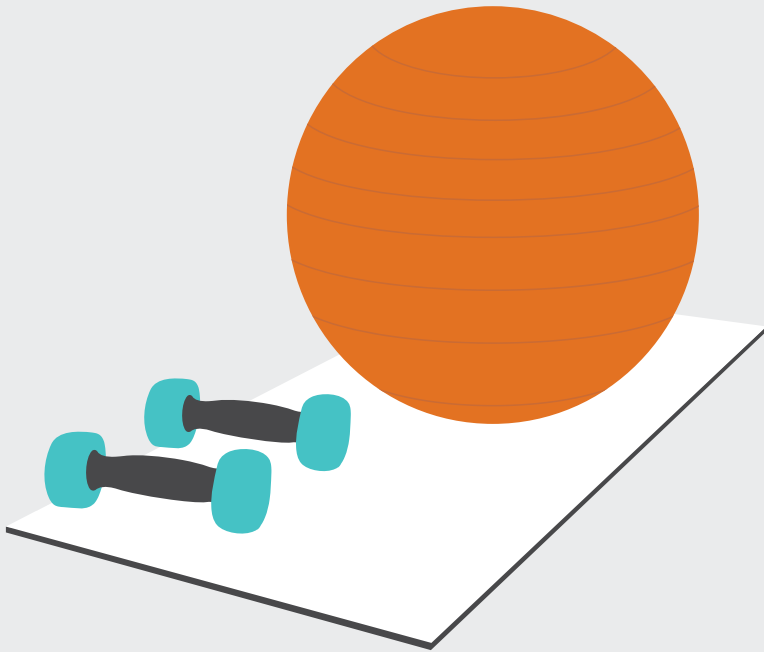
- cleaning up after your pet
- feeding your pet
- grooming your pet
- overseeing a visit to the vet
- taking your dog for a walk

Our experienced team members provide customised support for your pet in your home.

**Enquire online today** about our full range of flexible support options or phone **1300 160 170**.

# Healthy Body & Mind.

Flexible allied healthcare delivered at home so you can stay fit and healthy.



HOME SERVICES

Australian  
Unity 

# Healthy Body & Mind.

Australian Unity can provide a range of professional health services in your home.

**We have programs to improve your wellbeing including:**

- **Bounce Back Rehab**
  - supporting you to get fit again after a hospital stay
- **Easy Breathers**
  - focussing on improving your breathing with the support of a physiotherapist or other health professional
- **Happy Feet**
  - providing general foot care with a qualified podiatrist
- **Mobility at Home**
  - improving your ability to move around
- **Muscle Magic**
  - strengthening and conditioning your muscles

- **Safety at Home**
  - making living at home safer
- **Steady Steppers**
  - preventing falls and injury through improved balance and strength

**We have an experienced team of:**

- dietitians
- exercise physiologists
- occupational therapists
- physiotherapists
- podiatrists

You'll have a choice of team members to assist you and they will work with your doctor, nurse or other health care provider to make sure you are getting the support you need.

**Enquire online today** about our full range of flexible support options or phone **1300 160 170**.