

A guide to our Home Care Services



The support you need, for the life you love.

If you or a loved one could use some extra support to stay living independently at home, Home Care Services with Australian Unity could be the answer.

There are two government programs available to support you to stay living in your own home – the Commonwealth Home Support Programme (CHSP) and a Home Care Package (HCP).

Australian Unity is a government approved provider for both CHSP and HCP, so we are able to guide you through the steps to get started.

Our Services

With so many services to choose from, we will work with you to create a personalised plan with support that's tailored to your individual needs.



Domestic Assistance – help with household chores including light domestic cleaning, doing the laundry and changing and making the bed.



Personal Care – dignified support with showering, dressing, grooming, going to the toilet and other daily tasks.



In Home Nursing – qualified nurses to care for your health at home and help you manage ongoing illness, medications, pain management and wound care.



Allied Health Services – experienced healthcare professionals to support you with services to increase your physical and mental well-being. Services include, support with balance, breathing and respiratory care, falls prevention, foot care, mobility, muscle strengthening, nutrition, rehabilitation and safety.



Meals and Grocery Shopping – home-made meals prepared for you in your home or delivered fresh, as well as regular grocery shopping as needed.



Social Support – flexible community support so you can keep doing what you love. This includes meeting new friends, seeing a show, going to exercise classes or starting a new hobby. Company at home can also be arranged.



Home Modification – minor modifications to make your home more liveable, such as rails, ramps and small upgrades to bathrooms.



Home Maintenance and Gardening – gardening, rubbish removal and basic maintenance jobs to keep your home the way you like it.



Transport – safe and comfortable transport to help you get out and about to things like doctors' visits, an event or seeing friends and family.



Pet Care – regular loving care for your furry friend, including assistance with feeding, grooming, walking and cleaning.



Respite Care – a range of respite care options for your regular personal carer, to provide you both with a well-deserved break.



Check-ins and Wellbeing – regular phone chats or visits to your home to make sure you are feeling well.

Australian Unity and you

Australian Unity has been helping Australians stay happy and healthy for more than 175 years. If your home care needs change, we'll be with you every step of the way. Our friendly staff can help you understand Home Care Packages, the range of support options that might be available to you and answer any questions you have.

Like to know more?

Visit australianunity.com.au/hds

or call 1300 160 170 8am-8pm.