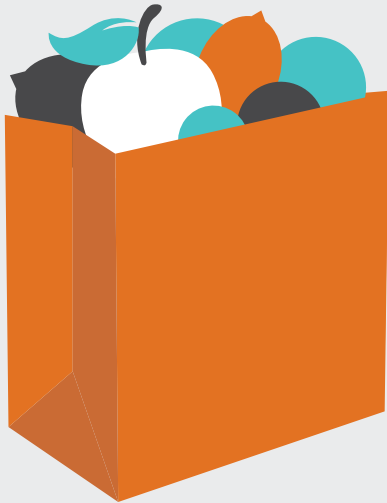


Assisted Living.

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

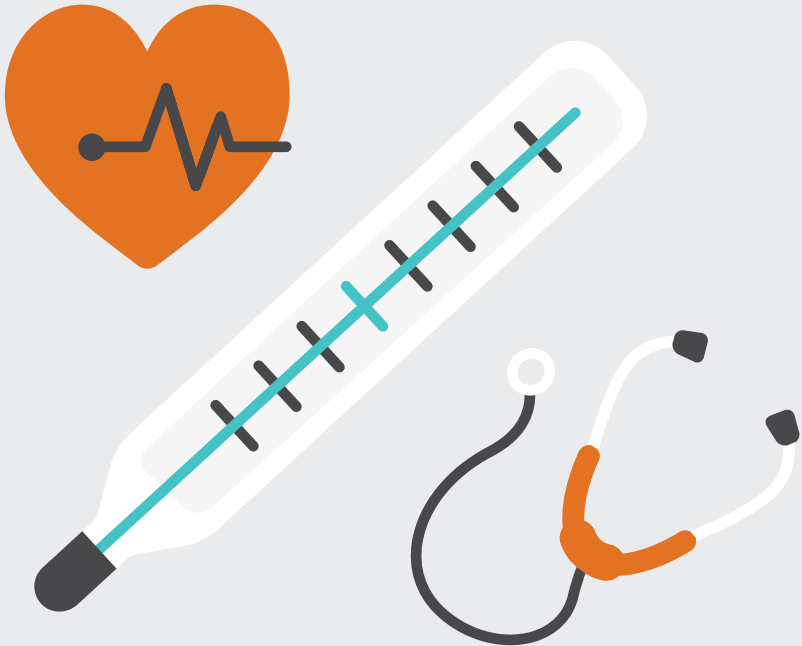
We can also assist with housekeeping such as:

- 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.

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.

To find out about our full range of flexible support options, phone us 24/7 on **1300 160 170** or visit australianunity.com.au/hds

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.

To find out about our full range of flexible support options, phone us 24/7 on **1300 160 170** or visit **australianunity.com.au/hds**

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

To find out about our full range of flexible support options, phone us 24/7 on **1300 160 170** or visit **australianunity.com.au/hds**

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.

To find out about our full range of flexible support options, phone us 24/7 on **1300 160 170** or visit australianunity.com.au/hds

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:

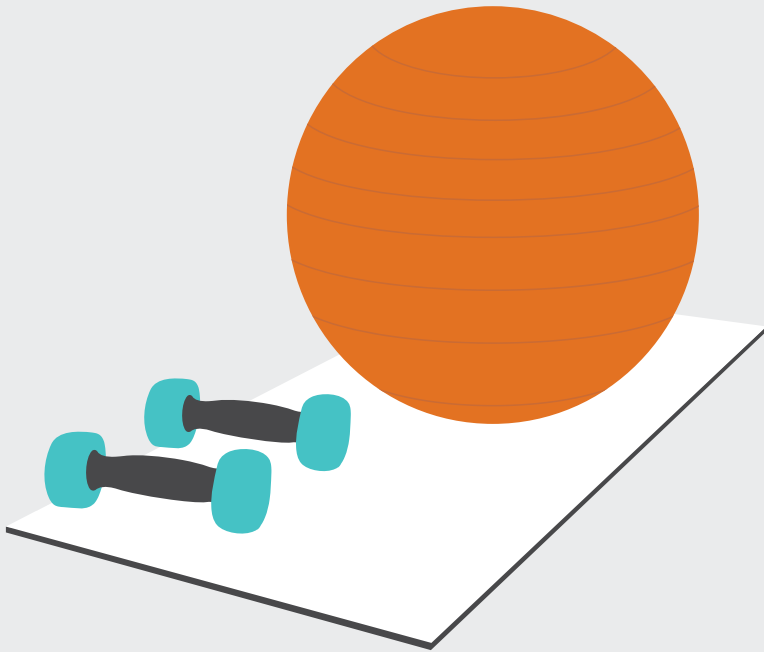
- cleaning up after your pet
- feeding your pet
- grooming your pet
- overseeing a visit to the vet
- taking your dog for a walk

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

To find out about our full range of flexible support options, phone us 24/7 on **1300 160 170** or visit australianunity.com.au/hds

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.

To find out about our full range of flexible support options, phone us 24/7 on **1300 160 170** or visit **australianunity.com.au/hds**