

Commonwealth Home Support Programme

Personal Care

START YOUR DAY REFRESHED
AND CONFIDENT



Staying Active

If you're looking for a little extra support with personal care, our services can be tailored to suit your needs – whether that's showering, moving around your home or medication reminders we are here for you.

Our friendly team members will support you in a considerate way, with a focus on dignity, autonomy and respect.

With more than 25 years of experience helping people live at home independently, we know how important that is. So the better we know your preferences and priorities – the better we can support you.

Get in touch to see how our Personal Care services can help you.



How we can help

Our Personal Care services are designed for you. Here are just a few of the services available:

Staying Active

- Moving around your home;
- Maintaining exercise routines;
- Safe use of mobility aids and equipment;
- Hoist transfers where needed.

Showering and Bathing

- Washing and dressing;
- Helping with skin care;
- Washing hair;
- Support with oral care;
- Help with grooming;
- Fitting aids and appliances;
- Toileting and continence support.

Food and Medication

- Medication reminders;
- Giving medication from blister packs;
- Helping prepare a meal;
- Support with eating and drinking.





WE'RE ABLE TO ACHIEVE EXCELLENT OUTCOMES BY:

- ✓ Improved independence and personal hygiene;
- ✓ Improved strength, balance and mobility;
- ✓ Early intervention for unmet needs.

Our approach

KinCare offer a range of in-home and community care services if you:

- Are experiencing short or long-term health problems;
- Are older and in need of assistance;
- Have a disability;
- Are carers or families who may need support or respite.

KinCare will partner with you to help you feel comfortable, safe and independent with daily living tasks. We'll treat you with dignity and respect,



supporting you to improve your quality of life. Our care is delivered at home and in the community.

For your peace of mind, our KinCare team members are trained specifically to provide in home care and support. They have detailed reference checks, police checks, wear a uniform and carry photo identification, so you know who they are.

What do Personal Care services cost?

KinCare's Commonwealth Home Support Programme (CHSP) services are supported by the Australian Government Department of Health. The subsidy programme does not necessarily fund the full cost of the service. So each person may pay a small contribution.

Your KinCare Customer Care Manager will discuss the cost of the service at your initial consultation, before services start. Payment may be made by direct debit, EFT, cheque or credit card. Special consideration is available to people experiencing financial difficulty.

How to arrange a CHSP Personal Care service

Follow the three simple steps below. Once you're assessed as eligible, we'll match our services to suit your needs.

1. Visit the My Aged Care website or call the information line on 1800 200 422.
2. Once assessed, choose to be with KinCare as a provider.
3. Call our KinCare team on 1300 733 510 to find out more.



KinCare CHSP Personal Care services are available in: ACT, NSW, SA and TAS.

*Funded by the Australian Government
Department of Health.*

Although funding for this Personal Care service has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.



*“The best care begins
with listening to you,
and your story.”*



Commonwealth Home Support Programme

In-home care for the life you choose

For over 25 years we have been putting our customers at the heart of everything we do and empowering them to live the life they want to live. Our humble beginnings as a family run and operated business run deep. What unites us is our experience and unwavering commitment to improving the quality of life for thousands of individuals and families across the country. Whilst there's always room for improvement our commitment is that we will be there with you helping out every step of the way, because that's what families do. — *KinCare, family owned and operated for over 25 years.*

*Experience the KinCare
difference today, contact
your local team on*

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kincare.com.au