



Making life at  
home easier.

Ramona



Helping Hand  
*new aged care*

I know it can be a big step to bring someone into your home and deciding to get help isn't easy for everybody — but if you find someone you like and trust, then it's a great way to help you stay at home for longer.

### **When to get home care**

This is a decision that you need to arrive at for yourself, or with your partner or family — when you are ready. You might have noticed things that used to be easy are starting to get more difficult; things like hanging out the washing, putting away the shopping, or perhaps you're feeling less inclined to make a home cooked meal. For others, a more significant event such as a fall will be the motivation to seek assistance at home. Getting the ball rolling sooner rather than later is a good idea.

### **What does help at home look like?**

You can be assured that getting help at home doesn't mean a carer comes in and takes over. We're simply here to help, in what ever way serves you best.

All that might mean is:

- \_ having someone go to the shop with you
- \_ a hand in the garden or help cleaning
- \_ someone to stand outside the bathroom door
- \_ assistance with personal care
- \_ a health professional such as a physiotherapist or occupational therapist visiting you to help with mobility, balance and pain management.

Whatever your needs are, or however they change, we can adapt. I love my job because I get to help people live easier, happier lives and that's what home care is all about.

### **For more information**

Call Helping Hand on 1300 653 600

### **Visit**

[www.helpinghand.org.au/home-care](http://www.helpinghand.org.au/home-care)  
[www.myagedcare.gov.au](http://www.myagedcare.gov.au)

### **Watch a family's experience of home care at**

[www.helpinghand.org.au/unspoken-truths](http://www.helpinghand.org.au/unspoken-truths)