

Commonwealth Home Support Programme - CHSP

- ✓ Low level care to assist older people to remain living at home in their own communities.
 - ✓ For people aged over 65 years, or 50 years and over for Aboriginal and Torres Strait Islander people
 - ✓ Ensuring that you are safe in your home and linked to the care you need.
- CHSP Services may be short term, intermittent or ongoing, with a strong focus on independence and social connectedness



upa
SYDNEY

By *your*
side

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CHSP

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SYDNEY

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side



At UPA Sydney Home Care, we value your lifestyle, your independence and your needs and wants. The services we can offer are varied and are led by you, at your own pace and as you require them.

I don't know what I would do without Phyllis (Staff Member). She has been visiting me for years and she makes my life so much better.

MR. GODWIN 2018

The services we offer are:

ILLAWARRA

- ✔ Domestic Assistance. This program normally refers to general house cleaning, support with linen and unaccompanied shopping.
- ✔ Personal Care. This program provides assistance with activities of self care to support you to maintain appropriate standards of hygiene. This can be support with a shower, or support with your medications.

NEPEAN

- ✔ Domestic Assistance. This program normally refers to general house cleaning, support with linen and unaccompanied shopping.
- ✔ Personal Care. This program provides assistance with activities of self care to support you to maintain appropriate standards of hygiene. This can be support with a shower, or support with your medications.

North Sydney

- ✔ Flexible Respite. This program provides support to the Carers of the people needing support.
- ✔ Allied Health and Therapy Services. This program offers restorative interventions to maintain and/or increase your functioning and wellbeing. This can be individual in your own home, or in a group setting

Without the support of UPA, I would have had to send my Dad to a Nursing Home. Now he gets to stay at home with my Mum, after 35 years of Marriage

MRS. PERERA 2016

These services are subsidised by the Government and you may be required to make a contribution to care

Other services we offer include:

Connections

Social program based on individual interests and preferences.

Respite Cottage

Providing planned respite to carers in a safe, home environment

