

## Helping people live a full happy and healthy lifestyle

- ✔ Customised supports to help you to stay at home, living a full, independent life.
- ✔ Keeping you an active member of your local community.
- ✔ Ensuring that you are safe in your home and linked to the specialized care you need.
- ✔ As much, or as little care and support you need, you are the leader of your supports.



**upa**  
SYDNEY

By *your*  
side

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Home  
Care

**upa**  
SYDNEY

By *your*  
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

### Some of the services we offer are:

- ✓ Cleaning, including one off spring cleans and washing curtains
- ✓ Transport to medical appointments or hospital stays
- ✓ Transport for social commitments and maintaining relationships, including taking you to visit friends and family
- ✓ Take you shopping, or if you are unwell, go shopping for you using a list
- ✓ Assisting with having a shower
- ✓ Access to a hairdresser or other beauty therapies
- ✓ Assisting to prepare and cook meals
- ✓ Maintaining your yard - lawn mowing and gutters
- ✓ Assisting with pet care
- ✓ Sourcing and supply of mobility equipment
- ✓ Referral to Allied Health Professionals
- ✓ Assisting you to take your medications
- ✓ Accessing exercise classes or Wellness Clinics to maintain or increase your functionality
- ✓ Assistance to navigate the Aged Care Sector
- ✓ Training on how to use technology to keep you connected to your family and the world
- ✓ Organise your services to be transferred with you if you travel
- ✓ Group activities based on your hobbies and interests
- ✓ Well-being checks to see how you are

This list is not a complete list and is only restricted by your imagination.

“ 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 can be paid for either by a Government funded Home Care Package, Department of Veterans Affairs, Commonwealth Home Support Programme, Short Term Restorative Care or via Private – Full cost services.

### 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.

