



“

This is mum’s home. She’s got chooks out the back and a beautiful garden, everything she wants. And thanks to Holstep Health, we can keep mum here and she’s got all the help she needs.”

– Cheryl

By your side every step of the way

Holstep helps with the cleaning, shopping, your physical health and so much more! Home care that puts you first – because we’re not for profit and all for you.

Find out more

☎ (03) 8319 7430

✉ SaHProgram@holstephealth.org.au

🌐 holstephealth.org.au

Scan the code for details



Holstep Health
Community care. For life.

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Holstep Health

Support at Home

Holstep helps you at home

Support at Home



Our home care starts with you

Whether you need a little support or a lot, our Support at Home packages help you live life to the fullest – whatever that means to you!

Your dedicated care partner will put the time and effort into understanding exactly what you need.

So you get the right supports to live well at home – for longer.

We're experts in home care, but you're the expert in deciding what's best for you.



Quality services you can rely on

From physiotherapy and nursing, to social groups and household cleaning, we've got everything you need to live independently at home, in the community you love.

Help around the home

- Daily living, including household cleaning, laundry, ironing and shopping
- Hygiene and grooming, such as bathing, dressing and washing hair
- Nutritional support and meal planning
- Organising transport
- Chores and home maintenance, such as cleaning gutters, weeding and mowing
- Home modifications such as ramps and grab-rails
- Support to keep your living space safe

Health services

- Exercise services
- Nutrition
- Occupational therapy
- Physiotherapy
- Podiatry

Community nursing

- General assessments
- Dementia assessments
- Continence assessments

We manage all these services for you, so you can relax and enjoy life.

What is Support at Home?

Support at Home is government funding towards a package of services and care management to meet your individual needs. It is designed to help you live safely and comfortably at home.

How do I get Support at Home?

Support at Home is available to anyone aged 65 and over (50 and over for Aboriginal and Torres Strait Islander people) who needs help to continue living well at home.

To check your eligibility, contact **My Aged Care** on 1800 200 422 and ask for an assessment.

If you'd like some help with this process, call us on (03) 8319 7430.

Cost

You may be asked to pay a contribution. Services Australia works out the fee based on what you can afford. We do not charge a basic daily fee or an exit fee.

“

Holstep Health helps me live very comfortably in my home. I get around and I don't want to change a thing.”

– Giovanni