

## HOME CARE

It is possible that at some stage you may require some assistance to make life easier, or assistance to complete everyday activities that will enable you to continue living independently. Remaining active by maintaining a clean home environment with the support of a Community Care Worker is a great way to keep fit and remain living independently.

## HOME MAINTENANCE

Maintaining your home can be difficult as you get older. Services are available to help you with minor house and garden maintenance. A trusted Home Maintenance Officer can visit you and complete a range of tasks such as gutter cleaning, installation of safety rails or changing light bulbs.

For further information contact  
Community Care on **8571 5503**


*Your home. Your choice. Your support.*

## CommunityCare

 (03) 8571 1000  
 council@cgd.vic.gov.au  
 greaterdandenong.vic.gov.au

Follow us:



 TTY: 133 677  
Speak and listen: 1300 555 727  
Online: relayservice.gov.au

 TIS: 13 14 50

Services funded by the Commonwealth Government Commonwealth Home Support Program and State Government Home and Community Care Program for Younger People



*Your home.  
Your choice.  
Your support.*

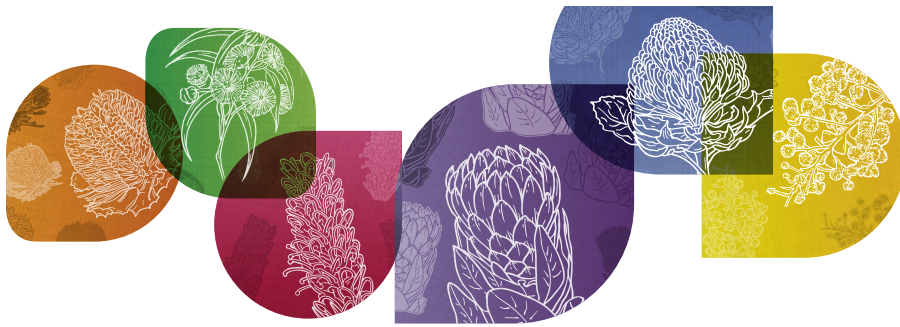
## CommunityCare



**Council's Community Care services provide a range of supports to assist people to remain active and supported in their home and community.**

From the initial point of contact our focus is towards supporting people to regain or maintain as much independence as is reasonably possible.

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DANDENONG**  
*City of Opportunity*



## SOCIAL SUPPORT

Being involved and active within your local community is good for your health and wellbeing and can be made easier with additional supports. Support for social and recreational activities can include having someone help you find activities you will enjoy, organising a companion to join you on your activity or help you gain confidence to participate in a community activity.

## PERSONAL CARE

We offer dignified personal care that can provide you with assistance with self care tasks in order to help you maintain hygiene and grooming. These activities can include but are not limited to dressing, bathing and getting in and out of bed. A support worker can help you build confidence in the use of equipment that may enable you to undertake personal care tasks independently.

## RESPIRE

Taking a break from your carer is beneficial to the both of you. Not only does it maintain positive family and carer relationships, but it allows you the chance to meet new people and experience new things. Respite options include home or community-based support or centre-based day support.

## TRANSPORT

If you need some help to get from one place to the next, transport supports are available to make your life easier. Being able to attend appointments or social activities is an important and essential part of your wellbeing. A support worker can drive you to and from where you need to go or help you build confidence to navigate public transport. Community transport services are also available for organised day trips and offer opportunities to socialise with others.

