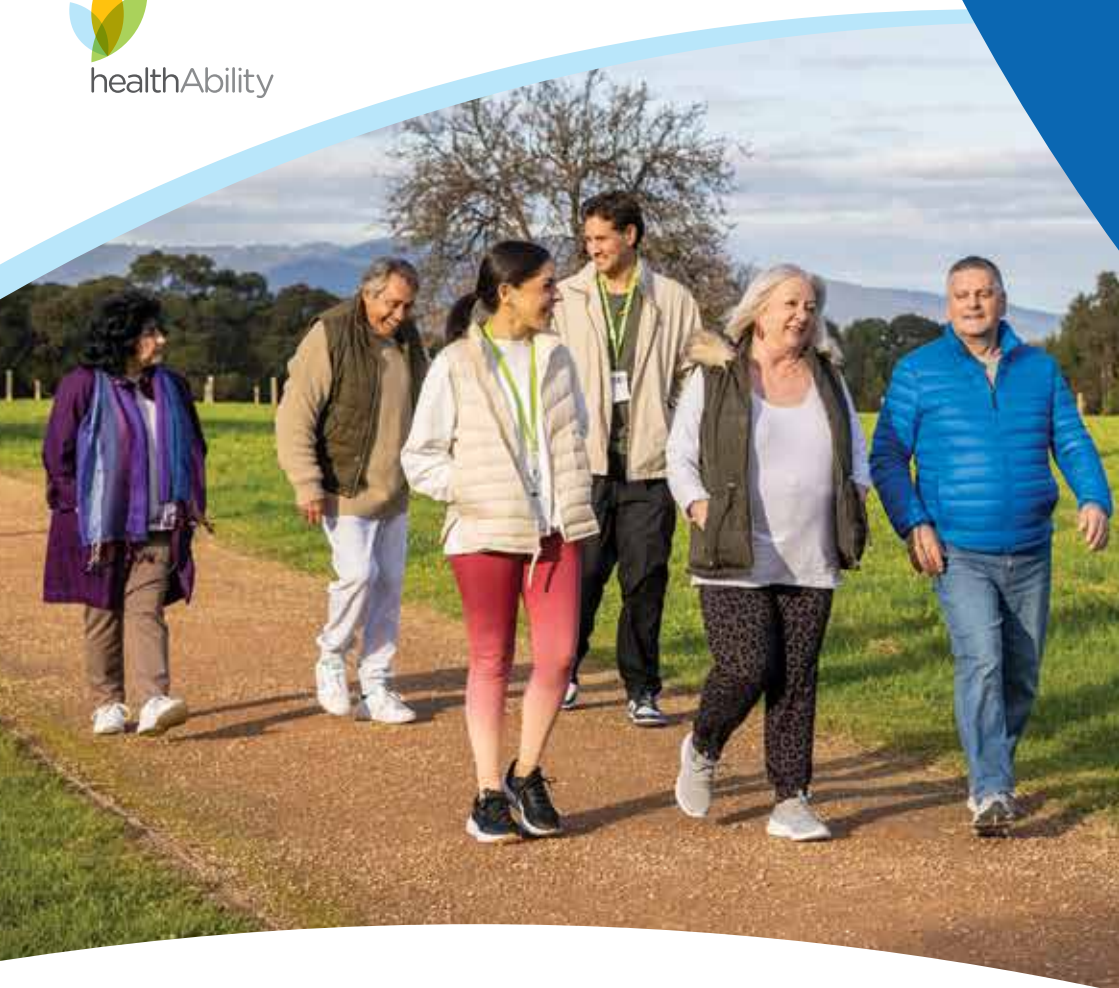


Healthy ageing for seniors





healthAbility offers affordable services for your physical, dental, and mental health. We also support your social wellbeing. As a not-for-profit, every dollar goes back into our community.

We are committed to inclusive communities.



Why choose healthAbility?



We are experts in supporting people to live well in their home



Specialist care teams for long-term conditions



We work closely with your GP and relevant support networks



We care for over 8,000 older Australians each year



Aged Care Quality and Safety Commission accredited

Your care options:

- Care management
 - Support at Home
- Community nursing
- Counselling
- Dental
- Diabetes education
- Dietetics
- Domestic assistance
- Exercise physiology
- Home maintenance
- Home modification
- Individual support
- Meal preparation
- Occupational therapy
- Personal care
- Physiotherapy
- Podiatry
- Respite for carers
- Service connection
- Social activity groups
- Speech pathology
- Transport



“I did not think it was possible to find a combination of staff that are caring, pleasant, efficient, professional and experienced. I feel confident that I am in the very best of hands.”

- Support at Home client

Support at Home

Support at Home is the new name for the Home Care Package program, funded by the government for older Australians.

Compassionate and exceptional care

- Our Care Partners manage everything you need to live well at home. They keep you connected to your community, too.
- You are always at the centre of your care plan, and we move with you as your needs change.
- A broad range of accredited in-house services for complete care.
- We work with you and can also work with others you trust, if you wish.
- You're always in control of what care you receive.

Service connection

Our Service Connection team helps you learn about aged care services. They can set up an assessment and help you find and choose the right services. Service connection also helps people access other community supports.

**Support at Home is the new name
for Home Care Packages.**

In home and community support

We offer the following support:

- Personal care
- Domestic assistance
- Home maintenance
- Home modification
- Individual support
- Meal preparation
- Respite for carers
- Transport
- Social activity groups

Personal care

Our trusted team provides respectful assistance with daily tasks like showering and medication reminders, helping you to live comfortably at home.

All of our team are qualified and healthAbility is fully accredited by the Aged Care Quality and Safety Commission.

Domestic assistance

General housekeeping tasks are provided by our professional and efficient team.

Tasks include vacuuming, dusting, mopping, cleaning wet areas and kitchen benches, laundry and basic ironing and other basic housekeeping as needed.



Home maintenance

To help you live safely and independently at home, we can arrange minor repairs like fixing doors, windows, smoke alarms, and lighting. Garden care and maintenance are also available.

Home modification

As recommended by your occupational therapist, we can arrange minor home modifications such as hand rails, small ramps, anti-slip surfacing, or lever taps.

Individual support

We support you in achieving your individual and social goals.

Our support workers respect your choices and independence when accompanying you to personal, social, community and other activities.

Meal preparation

We can plan and prepare nutritious meals either with you or on your behalf to support your preferred diet at home.

Respite for carers

We offer tailored respite care at home, in the community, or at our centres to support both you and the person you care for.

We also run carer-specific groups to provide respite and support in a welcoming environment.

Transport

To enable you to live as well as possible, we can get you to places outside of the home, maintaining your independence and connection to the community.

Our buses transport people to and from our centre based social activity groups and our support workers provide transport to community-based activities and the home.

Social activity groups

Our social activity groups support independence, wellbeing and social engagement.

Our program of activities are designed to maintain and enhance life skills.

Activities address your individual needs and provide opportunities to stay connected to the community.

There are many reasons to join one of our social activity groups:

- It's affordable
- Make new friends
- Stay connected to community
- Maintain life skills
- Keep body and mind active
- Respite for carer/s



“I enjoy the general company, and I get out of the house for the day. There’s a great range of varied activities, something suitable for older people.”

- Social activity groups participant

Health therapies

Our range of clinical services delivered by accredited health professionals support you to stay active and well:

- Occupational therapy
- Physiotherapy
- Exercise physiology
- Podiatry
- Speech pathology
- Counselling
- Dietetics
- Diabetes education
- Dental
- Community nursing

Occupational therapy

Our occupational therapists can provide strategies and recommendations to improve your safety and independence in the home. They can support you to do:

- Personal tasks, such as showering, toileting and eating
- Household tasks, such as cooking, cleaning, and gardening
- Community activities, including going shopping and participating in social and leisure hobbies

They may also provide support and advice for carers, or recommend assistive technology or home modifications to help make your home safer and accessible.



Physiotherapy

Our physiotherapists support you to improve your movement and quality of life by addressing:

- Arthritis, muscle weakness and joint stiffness
- Injuries
- Pain management
- Rehabilitation following fractures or surgeries
- Mobility problems
- Heart and lung conditions
- Neurological conditions
- Living with or after cancer

Exercise physiology

Our exercise physiologists support you with exercise to help you manage:

- Muscle and joint conditions
- Heart and lung conditions
- Rehabilitation before and after surgery
- Neurological conditions
- Living with or after cancer

We have a range of groups and programs to support your health and wellbeing.



Podiatry

Our podiatrists help manage and improve your foot health and function.

Visit our podiatrists for:

- Nail and skin problems
- Bone and joint difficulties
- Managing arthritis, circulation or muscular issues
- Conditions and activities that cause pain in your feet
- Orthotics to improve your foot function and how you walk
- Suggested footwear
- Footcare information

Speech pathology

Our speech pathologists can support you with:

- Speech production
- Understanding and answering questions or following instructions
- Speech or language affected by dementia
- Alternative communication systems
- Speech and communication after a stroke or acquired brain injury
- Swallowing food and drink

Counselling

Our counselling team can support you in a range of areas, including depression, anxiety, relationships, loss and grief.

Dietetics

Our dietitians deliver an individual and non-judgemental approach to nutrition.

Dietitians can support you with:

- Everyday nutrition
- Poor appetite or unexplained weight loss
- Support after having a hospital stay
- Weight management
- Diabetes and pre-diabetes
- Heart health
- Gut and stomach problems
- Food intolerance and allergies
- Vitamin and mineral deficiencies
- Vegetarian or vegan eating



Diabetes education

Our credentialled Diabetes Nurse Educators can provide support with:

- Understanding pre-diabetes, Type 1 diabetes and Type 2 diabetes
- Lifestyle modifications (physical activity and basic dietary advice)
- Blood glucose monitoring and continuous glucose monitoring systems
- Hypoglycaemia management
- NDSS registration for accessing subsidised diabetes products
- Insulin therapy or injectable medications
- Reviewing your diabetes medications
- Linking you with relevant services.

Dental

Good oral health is vital for overall health and wellbeing at every stage of life. Our experienced team of dental professionals offer a range of services, including restorative dentistry and dentures. If you're 80 years old or over, you may be eligible for priority dental services at healthAbility.

Community nursing

Our registered nurse can assist clients to better understand and navigate a complex health system and assist with referrals and pathways to care.

The nurse can provide:

- General nursing health assessment and advice
- General continence assessment and advice
- Assistance with advance care planning
- Medication reviews
- Care coordination for chronic and complex conditions

Get in touch

Speak with one of our friendly team about any of our services or how we can support your overall health and wellbeing.

Phone: 9430 9100

Email: contact@healthability.org.au

Visit one of our locations:

Box Hill: 43 Carrington Road, Box Hill VIC 3128

Eltham: 917 Main Road, Eltham VIC 3095

Web contact form: Scan the QR code or visit healthability.org.au



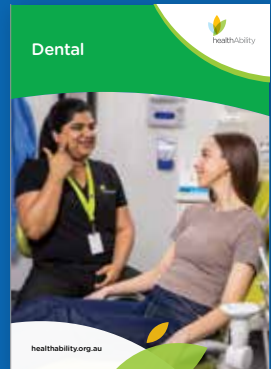
Translation services available



healthAbility is fully compliant in every standard of our Aged Care accreditation from the Aged Care Quality and Safety Commission.

Find out more about our other services:

- Physical health
- Dental
- Social activity groups
- Mental health
- Children, youth and families



healthAbility respectfully acknowledges the Traditional Owners of the lands on which we operate, the Wurundjeri Woi Wurrung people of the Kulin Nation and their connections to the land, waterways and community. We pay our respect to their ancestors and Elders past, present and emerging and to the Aboriginal and Torres Strait Islander peoples who we engage with and deliver programs and services to every day.



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Box Hill: 43 Carrington Road, Box Hill VIC 3128
Eltham: 917 Main Road, Eltham VIC 3095
Phone: (03) 9430 9100 | **Email:** contact@healthability.org.au
Website: healthability.org.au

Follow us for our latest news and events

