

Our Services

Our Aged Care Programs include four service delivery options for aged people or those living with disability, or their carers.

1. Home Care Package

Providing comprehensive support and assistance to people who live independently in their own home.

2. Commonwealth Home Support Program

Providing assistance with daily tasks for people living independently in their own home. Services include:

- Personal care
- Transport
- Shopping
- Social support
- Allied health
- Domestic assistance
- Yard maintenance
- In-home meal preparation
- Wellness

3. Community Transport Program

Helping clients maintain their independence by providing access to their community for social and recreational activities including shopping, access to various medical and specialists' services, essential services, or access to work.

4. Assistance with Care & Housing for the Aged

Assistance for elderly or prematurely aged people who are homeless or at risk of homelessness, on a low income, frail or at risk, to access long-term secure and affordable housing.



For further information or assistance contact Nhulundu Health Service Aged Care on **1800 468 000**.

Your feedback matters to make our services even better. For compliments, suggestions or complaints scan this QR code to complete our online form or talk to our friendly staff on 1800 468 000.



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Gladstone Region Aboriginal and Islander Community Controlled Health Service Ltd
ACN. 610 044 641



Aged & Community Care

Supporting

Mobility Health & Wellness



Keeping Aged Care clients moving
towards better health



Gladstone Region Aboriginal and Islander Community Controlled Health Service Ltd

What are the benefits of exercise? ...

Keeping healthy as you get older is the best way to reduce the chance of developing chronic conditions or ailments. No matter your age or physical condition, it's never too late to find enjoyable ways to become more active, improve your mood, outlook, and reap the physical and mental health benefits of exercise.

Getting moving can help boost your energy, maintain your independence, protect your heart and manage symptoms of illness or pain as well as your weight. Regular exercise is also good for your mind, mood, and memory. Exercise has the potential to:

- Reduce pain
- Reduce the impact of illness and chronic disease
- Manage health and fitness independently
- Increase mental and physical health
- Enhance mobility, flexibility and balance
- Increase cardiovascular fitness and muscular strength
- Maintain or lose weight
- Improve brain function



Staying Active & Mobile

...can boost your health and mental wellness.
It's never too late! We can help you
get moving towards better health.



How much does it cost?

1. COMMONWEALTH HOME SUPPORT PROGRAM
Referral for CHSP allied health (5 sessions/year)

2. HOME CARE PACKAGE details as below:

- **Initial assessment**

One-on-one – Clinic – 30 mins - \$85

Home visit – 60 mins - \$170

(inclusive of travel time up to 30 mins and 30 mins appointment)

- **Plan development**

Billed in 15 min increments to the value of \$150/hr

- **Exercise physiologist follow up**

Clinic – 30 mins - \$85

- **3 or 6 monthly review**

Clinic – 30 mins - \$85

- **ZOOM exercise sessions**

20-30 mins - \$65

- **Home coaching call**

15 mins - \$40. 30 mins - \$80

- **Hydrotherapy (pool) sessions**

One-on-one - 30 mins - \$90
(incl. pool entry)

- **Gym**

Weekly - \$8/week

- **Home visit**

60 mins - \$170 (includes travel time up to 30 mins plus 30 min appointment)

- **Home visit**

90 mins - \$240 (includes travel time up to 30 mins plus 60 min appointment)

- **Group charge**

Virtual or face-to-face – 45 mins - \$15/person
(NB. Face-to-face requires a minimum of 6 people and maximum of 10)

Phone Nhulundu Health Service Aged Care on
1800 468 000 to see how we can support you to
achieve better health.