



# Goulburn Commonwealth Home Support Programme (CHSP)

Providing a restorative and wellness approach,  
enabling older people to remain at home and  
engaged with their communities

7 days a week | An Approved Aged Care Provider



## Community Social Support

Available hourly or daily, our social support services provide social interaction for our clients, and a well-earned break for their carers. Our staff support the clients to participate in social and meaningful activities, outings, community functions and local clubs; all tailored to meeting the interests of each individual. We also offer our clients assistance with shopping, medication management, and daily tasks.

## Domestic Assistance

Our domestic assistance services provide tailored support and care to individuals from the comfort of their home, allowing them to enjoy the best quality of life, and remain independent, for as long as possible.

## In-Home Respite and Personal Care

We can provide a companion in the comfort of a client's own home for a short period of time while the carer takes a well-earned break. Personal hygiene, dressing or meal preparation can also be provided by one of our highly qualified staff.

## Allied Health

Funded allied health services, such as at-home occupational therapy, physiotherapy, podiatry and speech therapy are available to clients in the local area and aim to maintain or restore wellness and independence.



## Home Care Packages

With an ACAT assessment, a Package can be provided according to the needs of each individual.

### Services include:

- ✓ Clinical nursing
- ✓ Meal preparation
- ✓ Personal support
- ✓ Social support
- ✓ Domestic assistance
- ✓ General maintenance
- ✓ Medication prompts
- ✓ Gardening

## Carer Support and Education

We provide education and information sessions, telephone support groups, and a 24/7 Dementia Help Line – 1800 639 331.

## Referrals

We accept referrals from family or friends, medical practitioners, nurses and any other members of the community. Dementia and Aged Care Services can support you through the process to obtain a My Aged Care referral.

## Fees (Monday-Friday)

In-home care: \$20 per hour

Allied health: \$30 per hour

Fees may vary for some weekend services.

Access to services will not be determined by an inability to meet the nominated fees. Financial hardship can be discussed with the region's Community Services Manager and will be kept confidential.

## Additional DACS Services

We understand you or your loved one's needs may change over time, and you can contact us to discuss other options including Home Care Packages, other services and more.



### Contact

**75 Bradley Street,  
Goulburn NSW 2580**

**1800 322 767**

**enquiries@dacs.org.au**

**www.dacs.org.au**