

# Home Care and Allied Health

Gold Coast services



## Helping you stay at home, longer on the Gold Coast

Gold Coast Health's Home Care and Allied Health services team is a community-based team that delivers a range of services to clients to enable them to remain living independently in their own homes, for as long as possible.

The team, funded by the Commonwealth Home Support Programme, offers assistance with basic domestic services, social support, allied health services or personal care.



Image: Ray Cash Photography

## Home Care services

Home Care provides a range of flexible support services that assist clients to maintain independence in their own homes, including basic domestic, social support, allied health and personal care.

We offer assistance with a range of everyday tasks, including:

- house cleaning
- clothes washing, drying and ironing
- grocery and other essential shopping
- other household tasks.

We can also assist clients with:

- allied health support
- social support
- transport to and from medical appointments
- personal care
- in-home respite care.



### Important information regarding Home Care and Allied Health Services

#### Eligibility

Our service is available for clients over 65 years of age or over 50 years of age for those who identify as Aboriginal or Torres Strait Islander.

#### Cost

Currently, there is no charge for these services. However, in line with the Commonwealth Home Support Programme guidelines, a small fee will be introduced in the near future. Consideration will be given to those experiencing financial hardships.

#### Referrals

Referrals can be made by contacting 1300 780 128.

## Allied Health services

Our dedicated team of nurses, clinicians and allied health professionals work in the community to deliver high-quality care to help clients to remain living independently in their own home.

For clients who are experiencing balance or mobility problems, or need to improve their level of independence, one of our clinicians from our allied health team may be able to help.

Our Allied Health team can support clients to stay in their own home for longer by providing:

- physiotherapy
- occupational therapy
- nursing
- ongoing support with our allied health assistants
- social support with our senior therapy activities and recreation (STAR) Group.

We provide physiotherapy and occupational therapy, individually at home or in a community-based setting and also for groups in group exercise and education sessions.

Each client is individually assessed by a clinician, and then referred for the appropriate treatment which may include:

- home exercise programme
- centre based exercise programme
- home modifications
- ongoing review
- STAR group.

## STAR Group

The senior therapy activities and recreation (STAR) group provides centre-based diversional therapy and support for people aged over 65. It offers a range of services, including:

- group activities, such as trivia, bingo and word games
- crafts
- music
- mental stimulation through discussion
- outings
- reminiscing.

### Group sessions

Morning and afternoon groups are held Wednesdays and Fridays at the Palm Beach Community Health Centre. Morning and afternoon tea is provided. Free transport is also available for some sessions.

Palm Beach Community Health Centre  
9 Fifth Avenue, Palm Beach

These sessions are free, however a voluntary contribution is appreciated to cover costs.

For more information on the STAR group, contact 1300 780 128.



## Other important information



### **Interpreter services**

Gold Coast Health provides interpreter services for patients from a non-English speaking background. If you require the assistance of an interpreter, please indicate this on your registration form and advise the service prior to any appointments.



**Interpreter services are provided free-of-charge to all patients who require the service, including non-Medicare patients.**



### **For further information, please contact:**

Gold Coast Home Care and  
Allied Health Services  
Palm Beach Community Health Centre  
9 Fifth Avenue, Palm Beach  
t: 07 5687 0620