

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, enabling 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, individual and group social support, flexible respite, personal care and allied health services.



Get in touch:

Gold Coast Home Care and
Allied Health Services
Monday to Friday (except Public Holidays)

☎ 1300 780 128

📍 Palm Beach Community Health Centre
9 Fifth Avenue
Palm Beach, QLD 4221



Interpreter services

Gold Coast Health provides interpreter services for patients who are from non-English speaking backgrounds. If you require the assistance of an interpreter, please advise the service prior to any appointments.

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

Artwork produced for Gold Coast Health
by Riki Salam, We are 27 Creative.



Gold Coast Health information
goldcoast.health.qld.gov.au

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Gold Coast Health

Home Care and Allied Health



Gold Coast Health
always care

 Queensland
Government

Home Care services

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

We offer basic 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:

- social support
- personal care
- flexible respite.



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 may be introduced. Consideration will be given to those experiencing financial hardships.

Referrals

Referrals can be made by contacting My Aged Care on 1800 200 422.

Allied Health services

Our dedicated team of 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
- ongoing support with our allied health assistants

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.

Services are provided under the governance of My Aged Care. All clients are required to first register with My Aged Care and receive a referral for Allied Health to access services.



STAR Group

The senior therapy activities and recreation (STAR) group provides centre-based diversional therapy and support for eligible clients. 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

Group sessions are held on Wednesday, Thursday and Friday at Gold Coast Health facilities. Transport may be available.

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