



**Whiddon**

Award-winning aged care



**Community Care**

**Commonwealth Home  
Support Program (CHSP) -  
Personal Care**

# Personal Care

We know that looking and feeling good is important in maintaining your wellbeing while living at home independently. Fresh haircuts and groomed appearances can add a positive difference to the way you start your day.

Personal Care through CHSP allows you to get additional support that will help you care for yourself, including assistance with showering, hygiene and managing your medicine.

Our wonderful care workers are experienced, dedicated and local to your community. They understand why it's important to you that you look and feel your best, and are determined to help you achieve this. They also understand

the importance of strong and mutually trusting relationships and enjoy getting to know you, what's important to you and how to support you.

## How to access Personal Care through CHSP:

The Commonwealth Home Support Program (CHSP) is a government program that supports older people who are still living independently at home but want some extra assistance, such as home help or attending social groups. The service is subsidised so your cost is much lower.

To be assessed for CHSP services you will need to be assessed by the Regional Assessment Team. Please contact us for assistance with organising this.

 1300 738 388

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