



Living well
at home

Whiddon
Award-winning care

A helping hand around the home

There are many ways we can help around your home so you can continue to enjoy your independence. Help with everyday chores gives you more time to relax and do the things you love.

Whiddon can help with:

- Household cleaning – dusting, cleaning, mopping, vacuuming, washing and ironing, changing linens and making the bed.
- Home maintenance and minor repairs – changing light bulbs or cleaning the gutters.
- Gardening and lawn mowing, or assisting you to spend time in the garden safely.
- Help with household errands – paying bills, and getting to the post office or bank.
- Help with grocery shopping, meal preparation and cooking.

Talk with us about our affordable pricing. Whether you have a subsidised home care package, pay for services privately, or pay with a combination of both, we're here to help.

 1300 738 388

 hello@whiddon.com.au
whiddon.com.au

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 Find helpful resources whiddon.com.au/yourlife



Personal Transport

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Getting out and about

Whiddon understands the importance of staying connected with your community – whether it's to attend a medical appointment, catch up with a friend, or participate in a family gathering or community event.

Your Whiddon Care Team can help with transport so you don't miss out on all the things you love to do.

Whiddon can:

- Take you to and from medical, doctors and personal appointments.
- Transport and accompany you to run errands and attend events and functions.
- Take you on country drives and to visit all your favourite places.

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Keeping
connected

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Keeping you connected to the people, places, interests and things matter most to you

Whiddon can help you with:

- Taking you to and from, and staying with you at community events and activities, the library, the art gallery, book clubs, the Mens Shed, and more.
- Access to Whiddon's wellbeing and creative ageing programs, including art classes, pet therapy, social cooking classes and memory groups.
- Transport to and from, and attendance at outings, events with family and friends (including weddings, and birthdays).
- Support to attend day trips, weekend trips and longer holidays.

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Home Care Packages

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Access the right home care services for you

Community Care services can be accessed in a number of ways, including through a Home Care Package.

Talk to Whiddon about Home Care Packages, our approach to care, how we work with you and our pricing today.

Whiddon can assist with:

- Helping navigate MyAgedCare.
- Being assessed or reassessed for subsidised care.
- Transitioning between Home Care Package levels.
- Changing providers and accessing services tailored to your needs and lifestyle.
- Managing your Home Care Package and finding the right care and support services for you – talk with us about our Care Management options.

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Respite care

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We're here when you need us

At Whiddon, we understand the importance of living in your home for longer and that sometimes, you or your carer may need some extra support. Our respite services are designed to offer you continuity of care, and peace of mind.

Whiddon's respite care options include:

- Personalised and flexible respite care plans that are developed with you, for you.
- Support in your home after you've been in hospital or are recovering from an illness.
- Caring for you in your home, or in one of our nearby residential homes, whilst your carer may be away or unavailable.
- Social day respite to take you on outings whilst your carer takes a short break.

Whatever your respite needs, Whiddon can support you for as long or as little as you need.

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