



# About UCWB Home Care Packages

At UCWB we understand that many people want to live in their own home as independently as possible. If you do need some extra help, UCWB has a range of services that can assist. We can provide advice on care options and services to suit your individual needs and can coordinate your services.

If you need assistance with My Aged Care, including arranging an assessment, we can assist you with that, too.



## Personal care

- Bathing and showering
- Getting dressed
- Personal hygiene and grooming (brushing hair, cleaning teeth)
- Shaving
- Going to the toilet and continence assistance
- Getting up in the morning and ready for bed at night
- Prompting with your medication
- Collecting prescriptions

Here are the typical\* hours of service you will receive within your Home Care Package budget with UCWB:

**Level 1: 2.5 hours / week**

**Level 2: 5.1 hours / week**

**Level 3: 10 hours / week**

**Level 4: 14.7 hours / week**

\* Typical hours are based on services provided on week days, during core hours (6am to 8pm)



## Help at home

- Cleaning (vacuuming, dusting, cleaning the kitchen and bathroom, washing dishes, mopping floors, sweeping your entrance area, cleaning low windows)
- Laundry – washing clothes, hanging out and bringing in washing, changing bed linen
- Dropping off and picking up dry cleaning
- Putting rubbish out
- Watering plants
- Pet care
- Settling you back home after a hospital stay
- Spring cleaning



## Help in the kitchen with meals

- Choosing recipes and foods that you like
- Assisting with preparation so you can cook
- Cooking meals to have now
- Cooking and freezing meals for you to have later
- Preparing food and drinks if you have specific eating and drinking requirements

**UCWB**

breaking barriers, building lives  
 **UnitingCare**  
Wesley Bowden



## Shopping assistance

- Planning your shopping list
- Accompanying you to the shops
- Going shopping for you, with a list, and delivering it to your home
- Unpacking the shopping
- Taking you on other shopping trips like buying a birthday gift or a new pair of shoes



## Home and garden maintenance

- Cleaning the windows
- Changing light bulbs, taps and washers
- Fitting accessibility rails and ramps
- Fitting and maintaining smoke alarms
- Installing security locks and key lock boxes
- Minor carpentry
- Hanging doors
- Garden maintenance – pruning, lawn mowing, garden clearance
- Garden spring clean (three monthly)



## Social and community activities

- Transport to social activities
- Accompanying you to medical appointments
- Going out for a coffee, lunch, to the library anywhere you like to go
- Going for a drive

**UCWB offer other services for which you might be eligible.**



## Respite Care

Some programs offer regular day and short stay respite. We recognise that your needs may go beyond the day to day. We are available to connect you to other services outside UCWB including assisting you with My Aged Care.

**respite@ucwb.org.au and 1800 052 222**



## Assistance with Care and Housing

The ACH program assists older people to find housing.



## Group activities and outings hosted by UCWB.

Please note that not all services are available in all programs. Please ring us to discuss your eligibility for the various programs and services.

**8245 7196**  
**customer@ucwb.org.au**

**UCWB**

breaking barriers, building lives  
**UnitingCare**  
Wesley Bowden