

*Stay living independently in your own home.*

# Five Ways Help at Home can Improve your Life

Thinking ahead and taking control of your future aged care needs can make your life much more enjoyable and take some pressure off you and your loved ones. Below are just five ways that UCWB can assist to improve the quality of life for you and your loved ones.

- 1 Stay living independently in your own home**

Help at home supports you to stay living independently in your own home by providing assistance in areas where you may need help. Living in your own home and staying in familiar surroundings is beneficial to your peace of mind and wellbeing. UCWB's friendly and experienced aged care team can help you explore the best way to stay living independently in your own home.
- 2 Get help with everyday tasks around the house**

You may find that some tasks at home are becoming more difficult to manage like putting out full rubbish bins, emptying the dishwasher, mowing the lawn or hanging up the washing. UCWB's staff can discuss with you the kind of support that will suit your needs best. You can start with the small things and get help with keeping the house tidy, the laundry along with gardening and minor home maintenance.
- 3 Personalised care**

Receiving services from UCWB means you can receive personalised care in your own home tailored specifically to your own needs. At home you can get assistance with showering or dressing, with organising your medication or with meal preparation. UCWB will ensure their friendly and experienced support workers are fully aware of your needs.
- 4 Staying in touch**

If you are living on your own, and perhaps not within walking distance of family or friends, it can be a challenge to avoid feeling alone during the course of the day. UCWB's support staff can help you get to social outings or events that you would like to attend and can also assist you with shopping. Or, a regular visit from a support worker can give your day a focal point and a chance for a friendly chat over coffee, lunch or afternoon tea.
- 5 More quality time with your family**

Often family members become primary caregivers for someone who is finding it harder to cope living at home. UCWB home care can help to ease the pressure on family with a range of services designed to help people remain living at home. This means that time spent with loved ones can be quality time you can enjoy together rather than focused providing care.

## *Take control of your future aged care needs today*

The staff at UCWB are happy to answer your questions about aged care services no matter how big or small. Simply call us on 8245 7196 and we can help you get started.

You can also speak to someone at My Aged Care on 1800 200 422 for more details on your eligibility for help at home services. Remember that even if you aren't eligible that there are options to privately pay for your services through UCWB.