



YOUR AGED CARE SERVICE GUIDE



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WELCOME TO YOUR AGED CARE SERVICE GUIDE

Inside your guide you will find all our latest programs and services.

Peruse at your own leisure, even over a cup of coffee and let us know if there are any programs or services that you would like to be a part of.



OVERVIEW

Our Aged Care Services are tailored to you because we understand that everyone ages differently.

Each person's personal circumstances, living and lifestyle factors are truly unique and are important considerations when designing your care. We consider your needs, interests and goals and when the time is right for you, formulate a plan for your care that meets your needs and those of your family or carer.

At Lifebridge, we offer a tailored range of activities that are designed around your life experiences and interests. Each service is designed to provide engagement and purpose as well as strengthen your sense of value.

Our Aged Care services offer one-on-one support, group and community activities and provide you with the opportunity to develop friendships with like-minded individuals and the chance to share in great memories.



HOME CARE PACKAGES

Our Home Care Packages program provides a package of care, services and case management to help you to live in your home for longer. Our program is tailored to your needs, meaning you choose when, where and how you need support.

We offer care packages at 4 levels dependent on the level of care you need

- Level 1 Basic care
- Level 2 Low-level care
- Level 3 Intermediate level care
- Level 4 High-level care

We will work with you to tailor your care and services to best support your needs and goals. Home Care Package services can be provided privately or if you receive Government Funding.

View over page our range of services you could receive under a Home Care Package

HOME CARE PACKAGES



ALLIED HEALTH

Access to a range of Allied Health professionals including: Podiatry, Occupational Therapy, Physiotherapy



CONTINENCE MANAGEMENT

Assistance in using continence aids & appliances such as disposable pads & absorbent aids, commode chairs, bedpans & urinals, catheter & urinary drainage appliances, & enemas.



CLINICAL SERVICES

Clinical Services include: general nursing, wound care, medication management, diabetes management, stoma care. We also offer purchase of equipment relative to your care needs.



NUTRITION, HYDRATION, MEAL PREPARATION AND DIET

Assistance with preparing meals, including special diets for health, religious, cultural or other reasons; assistance with using eating utensils and assistance with feeding.



PERSONAL SERVICES

Assistance with personal activities such as bathing, showering, toileting, dressing and undressing, mobility and communication.



GARDENING AND HOME MAINTENANCE

Maintenance of your home and garden including: lawn mowing, window cleaning, gutter cleaning, gardening, carpet cleaning.



CASE MANAGEMENT

Coordinating and assisting you with your package of services.



DOMESTIC ASSISTANCE

Support with household cleaning, laundry, bills management and shopping.



SOCIAL SUPPORT AND RESPITE CARE

Respite care and building and enabling relationships to decrease isolation.



SOCIAL SUPPORT GROUPS

SOCIAL SUPPORT

Social Support is a proactive program designed to help you stay socially active with peers within your local community. Our Social Support Program believes that shared experiences form the basis of meaningful relationships which support wellness in life.

Our group programs will connect you to peers and your local community, and importantly, facilitates your interests and desires.

Each participant within the program is encouraged to share their ideas, to help lead activities as well as new and exciting community outings. Creativity for the group is only limited by each participant's vision.

This highly engaging group is your opportunity to break routine, meet new people and have fun. Broaden your local community horizon, discover new activities, share a laugh and build friendships that extend beyond group activities.



TAKE A BREAK

The young at heart, the active, the adventurous and the go-getters. If you're not ready to slow down, then our Take a Break group could be right for you.

Our Take a Break Group is a social group that taps into your passionate outlook for a social and active lifestyle. The program facilitates community integration and

enables you develop friendships and relationships beyond your current circles.

In our Take a Break program you will join a friendly and welcoming group who share similar interests and the same passionate outlook on life. Together determine social outings, activities and events that you want to be a part of and we'll help make that vision come to life.

CENTRE-BASED RESPITE

CENTRE-BASED RESPITE

Our Centre-Based program provides respite to Carer's when they need it the most. The program seeks to foster ongoing and sustainable relationships between the Carer and their care recipient to ensure ongoing prosperity.

While providing respite to Carers, the Centre Based program is tailored to each individual ensuring they feel welcomed, included and supported.

Our Centre Based program operates out of our beautiful Cottage at Kingscliff. It is both humble and quaint, the perfect environment to encourage and foster togetherness. The program

encourages diversity and openness and ensures everyone is treated with respect. Participants are encouraged to join like-individuals who can share common interests and goals.

The Centre-Based Respite program endorses active social interaction between participants. Each participant is encouraged to participate in the decision-making process of exploring the local community or to stay in the beautiful and peaceful Cottage.

As a Carer, you can take comfort in knowing the person you are supporting is in a friendly environment where they are enabled to do the things they enjoy and then in-turn, your enabled to look after your needs.



COTTAGE SOCIAL GROUPS

The Cottage at Kingscliff is both quaint and humble. It's the perfect environment to enjoy the company of peers, have a laugh and relax in the beautiful surrounds.

Our Cottage Social Groups support participants to develop meaningful relationships with other participants. Engage in social and lifestyle activities of personal interest, that will have meaning to you. Spend your time doing things with purpose.

The Cottage Social Groups encourage participants to share their life experiences, to recant tales of their youth or to reminisce on highlights over their years. Participate in various group activities, challenge yourself and meet fantastic new people along the way.

The program is forever evolving and is highly dictated by the interests and requests of individual participants, which means no two days are ever the same.

The more you share, the more you can do.

INDIVIDUALISED SUPPORT GROUPS

FLEXIBLE RESPITE

Flexible Respite offers Carer's In-home support to help support their person in care. We work individually with the Carer to develop a plan that maintains the supports you provide, so the transition for the individual is minimal. As part of our Flexible Respite program we also provide Emergency Respite for Carers if they become ill or otherwise. Overnight Respite is also available to support the participant. This is all within the Carer or participant's home.

OVERNIGHT RESPITE

Overnight Respite is available in your home or within the community as you need. Our Overnight Respite program is designed to keep

the environment familiar to you and your care recipient to reduce the amount of change to your daily routine.

During our visit, Carer's have the option to stay or attend to their needs. The Overnight Respite program is customisable and we will work with the Carer to develop a plan that provides support to the care recipient.



SOCIAL SUPPORT INDIVIDUAL

Social Support Individual is a program tailored to your needs. The program seeks to help you to continue living independently, at home, for longer.

Our social support program will assist you in maintaining an active and social lifestyle. It will support you in developing a wider group of peers, peer support, community access and events, as well as, access to the services you require. This could be things like attending appoints, running errands or doing your shopping.

This program seeks to break down and remove any isolation barriers you may be experiencing. Couples experiencing social isolation can also participate in our Social Support Individual programs, with the comfort of having their partner by their side.



DOMESTIC ASSISTANCE

Our Domestic Assistance service assists you with your daily household duties to help you in managing the ongoing demands of everyday life. Our Domestic Assistance service is designed to assist you with in-home duties such as cleaning and paying your bills. As part of our Domestic Assistance program we are also able to offer unaccompanied shopping, where we perform your grocery shopping.

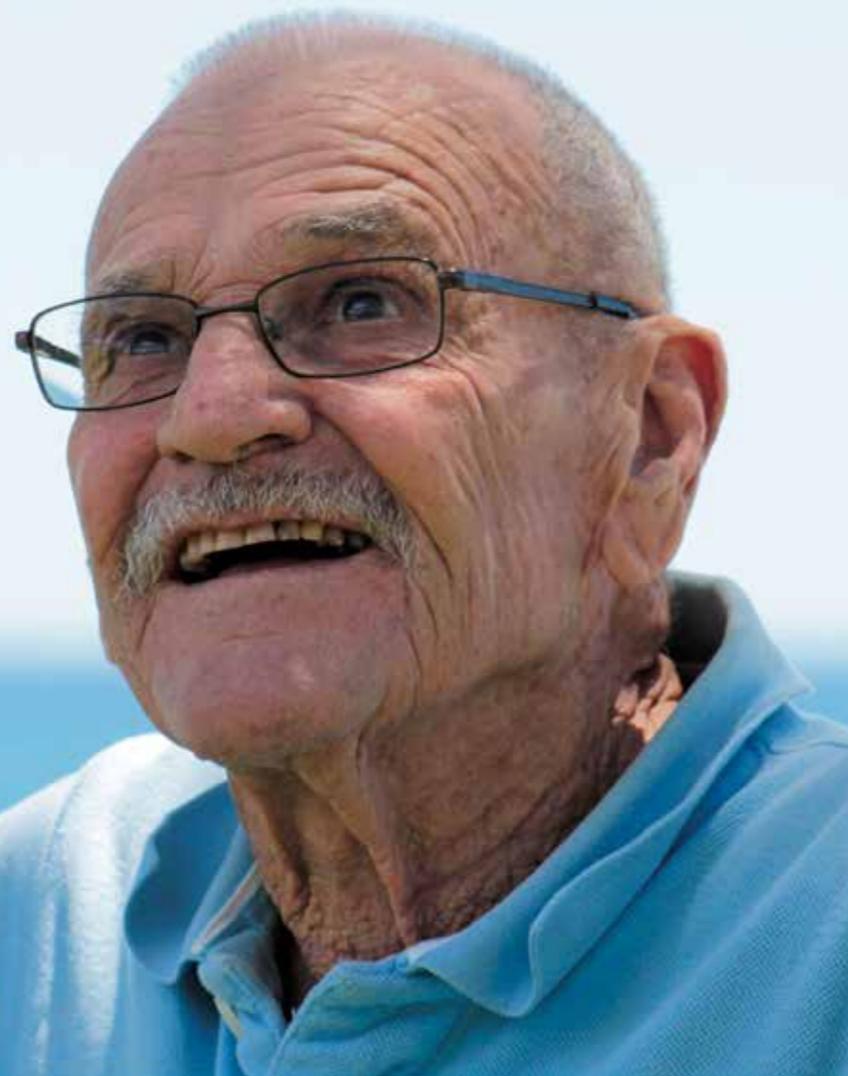
Our Domestic Assistance program manages

these activities to help you to stay in your home for longer.

Our Domestic Assistance program is customisable, meaning we will develop a detailed scope of work in partnership with you to ensure your daily living tasks are managed. Let us take care of your mundane living chores, so you can spend more time doing the things you love to do. If you're at home while we're there, you can enjoy our friendly company. We love a chat.



“I was isolated and alone, until I found Lifebridge. I am so grateful for Lifebridge, it means the world to me. Each week I look forward to our group outings, to see the friends I’ve made, to have a chat and to get out of the house. Lifebridge has given me a new outlook on life” Bill.



Visit the Lifebridge website for all the latest information, our services, programs and industry information.

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CARER SERVICES

CARER SUPPORT GROUP

Join a friendly and welcoming group of Carers and take the opportunity to socialise, share experiences and learn from your peers.

The Carer Support Group is a chance to make friendships and develop a support network outside of the group setting. It is also a chance to receive respite and education about matters that may be concerning you.

Participants can enjoy light refreshments during the session.

Carer's can come independently or with their care recipient. If attending with the care recipient, they are able to attend The Cottage with lunch provided and the chance to socialise with other customers.

COFFEE & CHAT

Coffee and Chat is the perfect opportunity to venture out in a supportive environment and mingle with other people alike. This social outing is a chance for Carers and their care recipient to join others, share their experiences and to develop supportive relationships.

Coffee and Chat will help you to make friendships with other participants, remove any isolation you or your care recipient may be feeling and a chance to be out in the community.

Participants of Coffee and Chat are also encouraged to engage with other participants outside of the group and to provide support to each other.



LIVING WITH DEMENTIA PROGRAM

The Living with Dementia program is a flexible 4 – 6 week program for people with early stage dementia and their carer.

The program offers opportunity for Carers and their care recipient (person with dementia) to attend together or attend separate groups. The program facilitates discussions around like-topics with other participants in an open environment so you can continue conversations with your peers even after the session.

Some of the topics covered are; dementia symptoms and diagnosis, adapting to changes brought about dementia, dementia research and treatments, practical strategies, relationships and communications, planning for the future, looking after yourself and more.

Receive the latest information on dementia, ask questions, develop relationships, share your experiences and explore ways of managing now and into the future.



FEES

**All Lifebridge activities have an activity fee.
Please contact Lifebridge for further information.**

FEE FOR SERVICE

At Lifebridge, we're able to provide our services even if you are not receiving funding. If you are interested in any of our services or programs and would like more information, please ask us about our Fee for Service option.

Lifebridge.org.au

1800 043 186

'Funded by the Australian Government Department of Health. Visit the Department of Health website for more information.'