

Specialised  
Living  
Options

Community and Home Care



Your home  
your care  
your way









**Monash Health offers you a broad range of personalised home care services so you can live where you choose on your terms. We know you value your independence, and sometimes all you need is a helping hand. We have services to help you at home, to help with your health and to get you out and about. Whether that is someone assisting with your podiatry needs or providing you with home physiotherapy support, we are here for you.**

## How we work with you

Our dedicated team understands that staying at home is important to you. It is equally important to us which is why we take the time to get to know you and understand the care you may require. Whether you need basic care or clinical services for support, we have a range of home assistance services and people to work with you.

We then tailor a flexible support plan around your circumstances, your needs and your interests so you can continue living at home. Our one on one support means that, as your circumstances change, we do too. Together we create a support plan that will meet your needs today, and give you the flexibility to adapt it into the future.

## Need help choosing a service?

We are here to help. If you need advice about Home Care, call us on (03) 9792 7788. If you need to make an appointment, call us on 1300 342 273 then choose Option 4.

## Services

### For your health we offer:

- Physiotherapy, podiatry, massage and occupational therapy
- Medicine management
- Nursing
- Dementia care and respite care
- Therapy groups such as falls and dementia

### At home, choose from:

- Housekeeping
- Personal Care (eg showering and dressing)
- Meals
- Gardening and home maintenance
- Equipment to make life easier
- Some professional health services

### We can also help you get out and about:

- Community events and social activities
- Shopping and coffee outings
- Transport to appointments and community activities

## About us

Monash Health has been caring and providing comprehensive living services for Victorians for over 100 years.

We are a single point of contact with the expertise to give you all levels of care. No matter your journey, we provide access to a range of care services; preventative, assistive, transitional and acute, all offered at your home or in our residences.

We are one organisation with many options making it possible for you to ask more of us as life goes on.

## Get in touch

### Community and Home Care

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For advice about Home Care  
Phone (03) 9792 7788

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For appointments  
Phone 1300 342 273 then choose option 4

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Email  
[agedliving@monashhealth.org](mailto:agedliving@monashhealth.org)

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Website  
[monashagedliving.com](http://monashagedliving.com)

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