



GOC Care

Aged • Disability • Community



Home Support Services (CHSP Program)

CHSP provides a basic range of services to older people, people with a disability and their carers. The goal of CHSP, is to assist our clients to remain living independently in their home for as long as possible and stay healthy.

Commonwealth Home Support Programme (CHSP) services include:

Wellbeing Program

- **Hydrotherapy** classes run at Brisbane South. **Cost \$15 a class**
- **Funfit Classes** are held daily at various locations. These light exercise sessions improve balance, strength, endurance, mobility and general health and wellbeing. **Cost \$5 per class**
- **Chronic Disease** program – learning to manage diabetes and blood pressure. **Cost Free**
- **Healthy eating** program. **Cost Free**

Social Activities

- **Centre Respite** - GOC Care has Centres at South Brisbane, Taigum and the Gold Coast offering a wide range of social / recreational activities whilst providing a break for carers. Transport and culturally delicious morning tea and lunch is provided by our in-house cooks. **Cost \$12 includes transport.**
- **Social Outing Groups** - 12 social outing groups visit local attractions, parks, beaches, special events, lunches on monthly basis. All cultures are welcome. Monthly social groups include Afghani, Lebanese, and Bosnian groups. **Cost \$6 for transportation.** Lunch or morning tea costs are separate.

In-home Services

- **Domestic Assistance** – help with everyday household tasks such as cleaning the house, laundry, shopping and bill paying and meal preparation.
- **Social Support** - assistance to keep you connected with your community, family. This includes shopping, banking, attending your cultural and religious events.
- **Personal Care** – assistance with showering, dressing, medication assistance.
- **Allied Health** – in Brisbane North Region comprises of physiotherapy, podiatry, Occupational Therapy, Speech Pathology and exercise physiology. **Cost \$10 per visit.**
- **Dementia and Carer Support** - Dementia Carer support groups and education in Greek, Arabic and Russian.

Accessing Services

To get support at home, you will need an assessment completed by the Regional Assessment Service (RAS). My Aged Care can work out what is most suitable for you. Contact My Aged Care contact centre on 1800 200 422.

Services are available in the Brisbane South, Brisbane North and Gold Coast. *Address of Head Office and South Brisbane Centre:* 36 Browning Street, South Brisbane; *Centre Taigum* - 241 Church Road, Taigum; *Centre Gold Coast* - 31a Crombie Avenue, Bundall.

Our helpful GOC Care Case Managers can assist you in making contact with My Aged Care.

Contact us and ask for Maria Martakis on

07 3249 1010 or

info@goccare.com.au

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goccare.com.au