

# lifeAssist





### **1300 ASSIST**

(1300277478)

lifeassist.org.au

**HEAD OFFICE:** 

Ground Floor, Building 5, 530-540 Springvale Rd, GLEN WAVERLEY, VIC 3150 (03) 9239 2500

Interpreters available on request

Supported by the Australian Government Department of Health.

Although funding for this Commonwealth Home Support Program has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.





Individual solutions for individual situations

lifeassist.org.au

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## Stay independent in the comfort of your home and community for longer

As we get older, we all like to think we can see out our days in our own homes. We've worked hard for our home and for our independence. We don't want to surrender either just because little things start to become more difficult.

With some assistance to support you, and the person who cares for you, you can keep your independence and live in your own home longer.

#### Support we provide includes:

- Flexible planned in home respite
- · Low level home support services
- Information and help navigating the system



#### Who can access support?

The Commonwealth Home Support Program (CHSP) is a nation-wide program. To access it you must be 65 years and over (or 50 years or older if Aboriginal and Torres Strait Islander) and need assistance to remain living independently in your home. You must also have someone who provides unpaid care to help you live in your home. If you wish to access CHSP through UnitingCare lifeAssist you must be living in the Eastern Metropolitan region of Melbourne.

#### **Contact us today**

Please call us to see how we can assist today on 1300 ASSIST (1300 277 478).

For more information about ageing supports, call My Aged Care on 1800 200 422 or visit: www.myagedcare.gov.au

#### **About lifeAssist**

Since 1987, we have supported older people, people with disability and their carers to live at home in the comfort of their own community. We are a not-for-profit agency operating as part of the wider UnitingCare Australia network.