

## Home support services and packages

From light support to the highest level package, NovaCare caters to every individual's needs and choices with our whole of life approach and extensive range of services.



**NovaHome** – we come to you, providing quality services that make independent living easier.

**NovaLife** – enjoy bus trips, socialising, gentle exercise, singing, cycling, lunches and shared interest groups.

**NovaHealth** – care from registered nurses, assistance with medications and wound care, plus access to allied health practitioners.

**NovaRespite** – take a break with respite care in your home or in our fabulous Ailsa Craig Cottage.

If you have just received your Home Care Package or would like to change providers, we can help you navigate the way.

**Call us 1300 363 654**

*NovaCare is all about supporting your choices to lead your own life the way you want, living in your own home, making your own decisions and doing the things you love. We're here to help you live your way.*

### Administration

Unit 1, 33 Newton Street  
Broadmeadow

### Milpara Social Centre

26-30 Caldwell Street  
Merewether

### Swansea Social Centre

30 Josephson Street, Swansea



Phone 1300 363 654

Email [support@novacare.org.au](mailto:support@novacare.org.au)

Facsimile 02 4949 2499

[www.novacare.org.au](http://www.novacare.org.au)



## Award winning Support Services



The Hunter's own for over 25 years

# Live your way, at home in the Hunter.

The innovative, award winning support from the Hunter's premier home care specialist is here to surprise, delight and help you live your way.

## Locals helping locals

NovaCare is a not for profit organisation that began in Merewether over 25 years ago. Today, our services reach into homes throughout Newcastle, Lake Macquarie, the Lower Hunter and Port Stephens. We are locals like you, independent, flexible and close at hand.

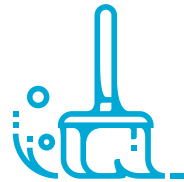


## Our people are amazing

Local, qualified, talented and professional but most importantly they are led by their desire to go further and make a difference.

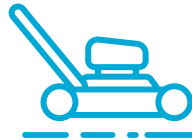
## Unique choice of services

No other provider in the Hunter offers such a full 'wrap around' range of services. No matter what stage of life you're at, we're with you all the way to support your interests, independence and goals.



### Domestic assistance

We can help with cleaning, laundry, bed making, pet care, washing the dishes, bill paying, phone calls, shopping and meal preparation.



### Yard maintenance

Lawn mowing, garden care and pruning.



### Home safety

Home assessments by an occupational therapist; installing safety equipment.



### Fun stuff

A monthly calendar of events with bus trips, lunches, singing in the community, Cycling Without Age and more.



### Transport

To appointments, functions and social events.



### Health and medical

Assistance from Registered Nurses, medication assistance, wound and clinical care, hospital to home support, rehabilitation support, exercise and mobility programs, oxygen requirements.



### Personal care

Assistance with bathing, dressing and toileting.



### House maintenance

Minor household repairs and maintenance, e.g. changing light globes, changing batteries in smoke detectors.



### Social support

Companionship, going for a coffee, getting to bowls or to church, visiting friends and family.



### Social Centres

Head to our hubs in Merewether and Swansea where you can meet new friends, join special interest groups, exercise classes and enjoy fabulous outings.



### Respite Care

Day, overnight, emergency or planned respite in your home or in our private respite cottage in Hamilton.



### Allied health support

Access to services such as dental, vision, hearing, podiatry, physiotherapy, dietitian and speech therapy.