



By your side – and led by you

We're here to support you every step of the way. As a not-for-profit, community-based organisation, our Home Care Packages start with you.

Find out how we can help you

☎ (03) 8319 7430

✉ HomeCarePackagesIntake@holstephealth.org.au

🌐 holstephealth.org.au/hcp

Scan the QR code to find out more



Merri Health
and Banyule
Community
Health are now

→



**Holstep
Health**

Published May 2025. Supported by the Australian Government Department of Health and Aged Care.



**Holstep
Health**

**Home Care
Packages**

Enjoy life at home, your way

Home Care Packages led by you



“

This is mum's home. She's got chooks out the back and a beautiful garden, everything she wants. And thanks to Holstep Health, we can keep mum here and she's got all the help she needs.”

– Cheryl

Our home care starts with you

Whether you need a little support or a lot, our Home Care Packages help you live life to the fullest – whatever that means to you!

We know how important it is to feel seen and heard when making choices in care. Your dedicated care advisor will put the time and effort into understanding exactly what you need.

So you get the right supports to live better at home – for longer.

We're experts in home care, but you're the expert in deciding what's best for you.



Quality services you can rely on

From physiotherapy and nursing, to social groups and household cleaning, we've got everything you need to live independently at home, in the community you love.

Help around the home

- Daily living, including household cleaning, laundry, ironing and shopping
- Hygiene and grooming, such as bathing, dressing and washing hair
- Nutritional support and meal planning
- Organising transport
- Chores and home maintenance, such as cleaning gutters, weeding and mowing
- Home modifications such as ramps and grab-rails
- Support to keep your living space safe

Health services

- Exercise services
- Nutrition
- Occupational therapy
- Physiotherapy
- Podiatry

Community nursing

- General assessments
- Dementia assessments
- Continence assessments

We manage all these services for you, so you can relax and enjoy life.

What is a Home Care Package?

A Home Care Package is government funding towards a package of services and care management to meet your individual needs. It is designed to help you live safely and comfortably at home.

How do I get a Home Care Package?

Home Care Packages are available to anyone aged 65 and over (50 and over for Aboriginal and Torres Strait Islander people) who needs help to continue living at home.

To check your eligibility, contact **My Aged Care on 1800 200 422** and ask for an assessment.

If you'd like some help with this process, you can call us on (03) 8319 7430.

Cost

You may be asked to pay a contribution. Services Australia works out the fee based on what you can afford – the amount depends on your income assessment. We do not charge a basic daily fee or an exit fee.

“

Holstep Health helps me live very comfortably in my home. I get around and I don't want to change a thing.”

– Giovanni