



Carrington
at Home

**Supporting You to Live Life
Your Way, Every Day**



“Very pleased with Carrington at Home. I find it difficult to vacuum and wash up, so not having to do that is a big help, and the Carrington at Home workers are all very lovely and pleasant to work with.”

**Margaret Hunter,
Carrington at Home customer**

Personalised home care support with Carrington at Home

We understand the importance of feeling supported while living comfortably and confidently in your own home. Carrington at Home offers a range of options to provide personalised assistance. Our team will work with you to create a care plan tailored to your specific needs.

SUPPORT AT HOME

Support at Home offers different levels of care designed to help you live independently, so you can live your life, your way.

Our team will work with you closely to create a personalised plan tailored to your preferences and changing needs.

PRIVATE HOME CARE

Private Home Care is ideal if you need immediate support without government funding. Our fee-for-service option provides quick care, with no delays.

We can also offer additional support in conjunction with government-funded programs.

Support at Home Services

Support at Home is a program that help you to live at home longer, with coordinated care services that meet your assessed needs. There are varied levels of support, each indicating the degree of care you require. This is determined in your assessment with My Aged Care.

Our care partners can coordinate that support if you need:

- Clinical or Allied Health support; such as nursing, or physiotherapy;
- help around the house with cleaning and meal preparation;
- or getting to appointments and shopping.

Discover the ideal home care service tailored to your needs



What's included?

Clinical Support

Our clinical care team can help with wound care, pressure injury support, and medication monitoring. These professionals look out for your overall health and wellbeing, and can help to ensure all of your health needs are being met.

Care Management

Our team of dedicated Care Partners will collaborate with you to create a personalised support plan, empowering you to live independently. Care Management includes creating and regularly reviewing your individual care plan, coordinating services, providing ongoing check-ins, offering practical assistance and guidance when needed, and working with a multidisciplinary team to help you reach your goals.

Independent Living

Our Independent Living services provide assistance from Personal Care to Social Support and Transport. Personal care can help you maintain a meaningful routine, offering assistance with bathing, dressing, grooming, and other daily self-care tasks. Social Support and Transport provides assistance to participate in social activities and community programs, and transport to medical appointments, and promoting your wellbeing and more.

Everyday Living

You should be able to move around and enjoy living at home comfortably. Everyday Living services can help you with domestic assistance, house cleaning, food preparation, and lawn maintenance, so that you can relax in a clean and well-maintained home.

Other services included

Allied Health

Allied Health services are delivered by a team of expert clinicians who provide Occupational Therapy, Remedial Massage, Exercise Physiology, Podiatry, Physiotherapy, and Dietetics. They offer recommendations to help you stay safe and live well in your home.

Physiotherapist

A Physiotherapist can help support your movement and mobility. They can assess things like strength, balance, pain and walking safety, and provide treatment such as exercise programs, reconditioning and falls prevention strategies to help you stay active, or regain mobility after a fall or accident. They can also recommend mobility equipment and teach you safer ways of moving.

Occupational Therapy (OT)

An OT helps people to stay safe and independent with everyday activities at home. They assess how a person manages daily tasks, identify risks or barriers in the home, recommend equipment or home modifications, and provide training on safer ways of doing things. OT services support your confidence, independence and safer living in your home environment.

Remedial Massage

Relax, restore, and feel rejuvenated with our remedial massage therapists. Remedial massage can reduce stress, relieve muscle pain, stiffness, and tension while also improving circulation and flexibility. Each session is designed around your needs to support comfort, movement, and independence.

Podiatry

A Podiatrist can help with foot health and, helping you maintain your mobility. Under Support at Home, they can assess and manage things like skin and nail care, foot pain, pressure risk, balance and safe footwear. They can provide treatment, help prevent wounds and infections, and give advice to support safe and comfortable walking.



Supplementary services

Restorative Care

Sometimes the unexpected happens, an accident or unplanned hospital stay might mean you aren't able to do the things you usually can for a while. Restorative Care is a short-term care program designed to help you regain your independence.

The Restorative Care Pathway supports people to:

- prevent or delay the need for ongoing in-home care
- regain their ability to complete day-to-day activities after illness or injury
- manage new or changing age-related conditions, or
- educate and learn new skills to better retain ability.

Talk to our Care Partners to find out more.

End-of-Life

Everyone deserves dignity at every stage of their life. The End-of-Life pathway will provide participants with additional supports so they can remain in their homes if they have been assessed as having 3 months or less to live.

In the End-of-Life Pathway, an older person will receive specific home care funding for 12 weeks.

Assistive Technology and At-Home Modifications (AT-HM)

Carrington can also help you organise home modifications so that you can live safely and independently. Our Aged Care assessment and our Carrington at Home team will help you determine what kind of assistive technology (such as a wheelchair) or home modifications (such as a shower rail) you may need.

If you are approved for the AT-HM program, you will be eligible for funding for Assistive Technology and At-Home modifications.



Budget and Contributions

Quarterly Budgets and Unspent Funds

Your annual budget will be divided into quarterly (three-month) sums. You can carry over unspent funds, up to \$1,000 or 10% of your budget, whichever is higher. You are able to use these funds later.

Fees and Contributions

Participants will have to contribute to costs based on:

- the type of service received
- their pension status
- their health card status
- means testing

Some services, especially clinical ones, won't require any contributions. For other services, fees may vary based on individual financial circumstances.

The Support at Home program aims to provide flexible support while ensuring that participants have access to the services they need, tailored to their individual circumstances.

Pricing guide

Visit our website for the complete pricing guide:

www.carringtoncare.com.au



Levels of funding

The Support at Home Program is designed to make it easier for older Australians to access the right level of help, so they can live independently and confidently at home.

Your funding level is based on an individual assessment of your care needs, ensuring you receive the right amount of support for your situation. If your needs change over time, your dedicated Care Partner will help arrange a reassessment so your supports continue to meet your needs.

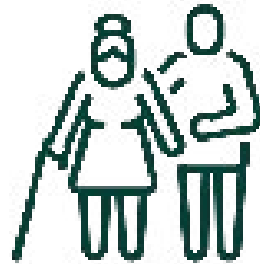
The below table is an approximation only.

Current Home Care Package (HCP)	Transitioned Support at Home Level	Type of Support	Typical Services Included
HCP Level 1 – Basic care needs	Support at Home Level 1–2	Light assistance for those who need occasional help	Help with cleaning, laundry, meal preparation, transport to appointments, and light gardening.
HCP Level 2 – Low care needs	Support at Home Level 3–4	Regular support for daily activities	Assistance with personal care (showering, dressing), shopping, medication prompts, and social outings.
HCP Level 3 – Intermediate care needs	Support at Home Level 5–6	Moderate, ongoing care for more complex needs	Combination of personal care, allied health (e.g., physio, OT), home maintenance, and care coordination.
HCP Level 4 – High care needs	Support at Home Level 7–8	High-level, comprehensive support	Intensive daily assistance, nursing or clinical care, mobility aids, and case management to stay safely at home

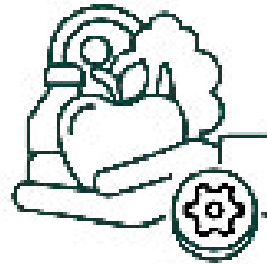
Service snapshot



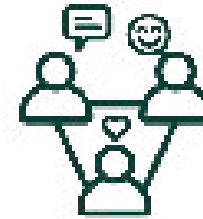
Restorative care management



Personal care



Nutrition



Social support and community engagement



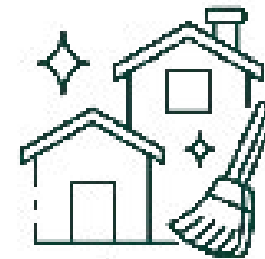
Nursing Core



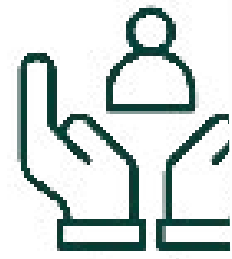
Allied Health and Therapeutic Services



Therapeutic services for independent living



Domestic assistance



Respite



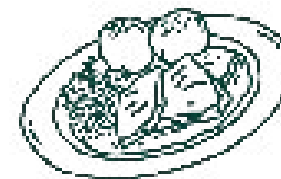
Assistive Technology and home modifications



Transport



Home maintenance and repairs



Meals

About Carrington Care

Carrington Care has dedicated 137 years to serving the older people of our community. We provide holistic, person-centred support to the greater Macarthur region, offering a range of quality care and health services, including Home Care, Retirement Living, Assisted Living, Allied Health, and Residential Care. Our services are designed with flexibility in mind, so we can support you to live your lives, your way.







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Carrington
90 Werombi Road
Grasmere NSW 2570

Tel: 1300 590 590
customerservice@carringtoncare.com.au
www.carringtoncare.com.au