



**I wasn't sure
where to start.**



Contacts

Talk to us about the Home Care
Check-in Service

02 9281 3600 | 1800 424 079
hcci@seniorsrightsservice.org.au



Advocacy Line 1800 700 600
seniorsrightsservice.org.au

Seniors Rights Service acknowledges the Traditional Custodians of Country throughout Australia and recognises their continuing connection to land, waters and culture. We pay our respects to their Elders past, present and emerging.

This pilot project is funded by the Australian Government's Department of Health and Aged Care.

Your Home Care Check-in Service

Helping you stay safe
and well at home



Who we are

The Home Care Check-in team is part of a national network of aged care advocates.

- A community support advocate listens carefully to what you say
- They can support you to make the changes you need
- Their focus is your mental health and physical wellbeing

Everyone has rights and these rights do not diminish with age.

Other services we provide

Seniors Rights Service is a member of the Older Persons Advocacy Network (OPAN), a national network of nine organisations that provide independent confidential information and advocacy to older people accessing aged care services.

Home Care Check-in is an additional service. Our goal is to improve your quality of life and to help you stay safe at home.



I look forward to every visit.

How we work with you

Our aim is for you to be connected to your community and to feel safe.

‘Connected’ and ‘safe’ mean something different for everyone. We will work with you during our check-ins to:

- understand what is important to you
- provide suggestions about local supports that will help you to achieve your goals
- help you to feel valued
- improve your health and wellbeing

Our goal is to increase your confidence in using aged care services, by focusing on your skills and strengths. Not every check-in needs to have an action. Sometimes it's just good to know somebody will be turning up.

We recognise every person is different. Some people may feel one or two check-ins are enough. Others may need support over a longer period of time. Our team will work with you to suit your individual circumstances.