

Home Care Assistance

Life ENRICHMENT GUIDE

Promoting
Engagement and
Stimulation at Home

HOME CARE
ASSISTANCE

Introduction



Dedicated to ageing well, we have created a comprehensive **Life Enrichment Guide** full of fun and meaningful activities to keep your minds and bodies active. All of these activities can be accessed through a smartphone or a computer and will open your eyes to a virtual world of possibility.

We have included a list of activities that will keep you physically and mentally strong. We have even included a section aimed at family Carers so you can help them look after themselves as well.

We hope you embrace and enjoy these activities, and maybe even share a few with your loved ones.

Bringing the Outside World in: **12 Virtual Activities**



With the help of the Internet and a smartphone or tablet, it's amazing what we can explore and learn every day from the comfort of our home. At Home Care Assistance, we have collated our favourite enrichment resources to promote a healthy mind, body and spirit at home.

Bringing the Outside World in: 12 Virtual Activities

1. [Sydney Opera House](#)

Take an online tour of the Sydney Opera House. You'll hear stories of this iconic building through history and incredible architecture as well as watching live streams from within.

2. [This Tom Hanks Story Will Make You Feel Less Bad](#)

Taffy Brodessor-Akner, New York Times feature writer hosts a 40-minute podcast with Tom Hanks during his time in isolation in Australia. Listen to this feel good episode about a man many of us know through the big screen, who embodies kindness and consideration. We hope this story will provide you comfort in a time of uncertainty and worry.

3. [Virtual Museum Tours](#)

We can't think of a more enriching way to spend our day than virtually touring thousands of museums around the world... it's truly astounding what is at your fingertips through the Google Arts and Culture Collections. From the MoMA in New York to the Van Gogh Museum in Amsterdam to the Musée d'Orsay in Paris, the exhibits and artwork are amazing. Set aside time each day to explore one or more museums and learn something new.

4. [Parliament House in Canberra](#)

Virtual tours are available at the Parliament of Australia. Enjoy views from the exterior to the inside chambers - senate and house of representatives.

5. [Lunch Doodle Series](#)

Mo Willems, children's book author and illustrator (the Pigeon, Knuffle Bunny and Elephant and Piggie series) has a YouTube series recorded whilst in isolation. This fun and engaging series allows you to safely social distance while also providing comic

relief and drawing techniques. Watch this series over lunch and try drawing along as Mo guides you.



6. [Taronga Zoo and Zoos Victoria live](#)

Calling all animal lovers out there! Who doesn't enjoy watching our furry and fuzzy friends play around at the Zoo? Live cameras are set-up at [Taronga Zoo](#) and across [Zoos Victoria](#) parks so you can observe the animals live. Make it part of your routine to check the live cameras throughout the day and see what they are doing in the morning, afternoon and evening.

7. [Smithsonian Art, Culture and the Learning Lab](#)

In addition to the vast collections and research surrounding them, The Smithsonian Learning Lab puts the treasures of the world's largest museum, education, and research within your reach. The Lab is a free, interactive platform for discovering millions of authentic digital resources, creating content with online tools, and sharing it with the Smithsonian's community of knowledge and learning. The content on the Smithsonian's website is so expansive, it would take a lifetime and then some to even scratch the surface!

8. Yayoi Kusama Infinity Mirrors

If you have two minutes to spare, we highly recommend watching this YouTube video featuring Japanese artist, Yayoi Kusama's, Infinity Mirror Rooms. Known for her repetitive polka dots and peep-show-like chamber rooms that create the illusion of infinite space, this virtual tour of six of the rooms will open your eyes and expand your imagination.

9. The Royal Opera House

The Royal Opera House brings ballet and opera to every home and device around the world, offering free online broadcasts, musical master classes and cultural insights that audiences will surely enjoy. Explore their [YouTube Channel](#) and [Facebook page](#) to see such productions as

- Peter and the Wolf
- Acis and Galatea
- Così fan tutte
- The Metamorphosis

10. Social Distancing Festival

The Social Distancing Festival is an online artist's community made to celebrate and showcase the work of many artists worldwide who have been affected by the need for social distancing that has come about due to the spread of Coronavirus (COVID-19). Check out their [live-streams page](#) to see events from all over the world.

11. Bringing Broadway Hits to You

Stream your favorite Broadway hits right to your computer. Whether you are into musicals, the classics, drama, or Shakespeare, there is something for everyone. What better way to wind down for the evening than putting on a show? You can sign- up for a free trial [here](#).

12. Learn a New Language with Duolingo

Learning a new language is a fantastic way to engage and challenge the brain. With Duolingo, a fun and intuitive app, you can learn close to 25 different languages. Users are incentivised to learn through points and levels. Download this free app and get started learning that language you always wanted to today.





Balanced Care Method™

Activities to Promote A Healthy Mind, Body and Spirit

The Balanced Care Method is a unique approach to care we implement at Home Care Assistance to improve quality of life. It is based on studies of the elders in the Okinawa region of Japan where life spans of over 100 years are not unusual. Perhaps even more astounding than their longevity is the quality of health these elders enjoy; people in their 70s, 80s, and beyond enjoy excellent physical health, mental acuity, independence, and inner calm. Studies have found that genetic factors only account for about one third of the Okinawan elders' extraordinary health and long lifespans.

Two principles of our Balanced Care Method are physical activity and cognitive engagement. We want to share some of these activities as a way you can help stay active and mentally stimulated.

In-Room Physical Activities

Being as active as possible helps people at all stages of life achieve and maintain a healthy body mass, heart health and mind. For older adults, exercise can help prevent the loss of muscle strength, bone density and balance, thereby reducing the risk of falls.

Stretching is an activity that helps to maintain flexibility and joint function and is easy to do at home. Stretching is an activity that can be adapted to all levels of mobility. The best stretching program covers all major joints (hips, shoulders, knees, elbows, neck and spine) and is best done when the body is warm, after another form of exercise like a walk, or a bath or shower.

Here are 8 easy stretches that can be done sitting or standing:

Neck Stretches

With a straight spine and chin up for good posture, tilt the head from side to side – trying to touch each ear to each shoulder. Hold each side for 30 to 60 seconds, breathing steadily and deeply. Keep shoulders down, jaw relaxed, and eyes looking forward. Repeat until you are comfortable. Another stretch for the neck involves bringing your chin to your chest as close as possible and holding for 30 to 60 seconds. Breathe deeply and keep the jaw relaxed throughout the stretch.

Shoulder Stretches

Maintaining good posture, roll your shoulders forward several times and then reverse direction and roll shoulders backwards several times. Next, hold your arms down at your sides with palms facing forward. Lift them up as you inhale, keeping palms facing forward, as high as you can. Lower them slowly as you exhale. Repeat until you feel relaxed.

Torso Stretches

Reach your right arm straight up and lean to the left as far as you can. Repeat with your left arm over your right side. Next, reach both arms straight up and lean slowly to the right. Slowly come back up and repeat on the left side. Another effective way to stretch the torso is to lie on your back on the floor with your knees bent. Lower your knees, still bent, to the right, reaching the floor if possible. Repeat on the left side.

Arm, Wrist and Hand Stretches

Hold your arms out in front of you with your palms up. Bend your elbows and try to touch your shoulders without lifting your elbows higher than your shoulders. You can also do this one arm at a time. Next, hold your wrists out in front of you and make a gentle fist. Roll your hands clockwise several times, and then roll them anticlockwise several times.

Stretching Hips

Stand with the right side of your body next to the back of a chair. Put your right hand on the back of the chair and cross your left foot in front of your right leg. Lift your left hand as high up above your head as you can and gently lean to the right. Hold for at least one deep breath. Repeat on the left side.

Tai Chi



Tai chi has many proven benefits, including boosting cognitive function, improving quality of sleep, increased flexibility, decreased risk of falls, and so much more!

We encourage you to try this [15-minute seated tai chi workout](#). You may discover incorporating this workout into your daily routine will prove beneficial to your overall wellbeing.

In-Room Cognitive Engagement Activities

Countless studies have shown the many benefits of staying mentally engaged throughout life; an active mind is a healthy mind!



Choose a topic (travel, sports, countries, movies, books, female/male names) and write related words that begin with each letter of the alphabet.

TOPIC: _____	TOPIC: _____	TOPIC: _____
A. _____	A. _____	A. _____
B. _____	B. _____	B. _____
C. _____	C. _____	C. _____
D. _____	D. _____	D. _____
E. _____	E. _____	E. _____
F. _____	F. _____	F. _____
G. _____	G. _____	G. _____
H. _____	H. _____	H. _____
I. _____	I. _____	I. _____
J. _____	J. _____	J. _____
K. _____	K. _____	K. _____
L. _____	L. _____	L. _____
M. _____	M. _____	M. _____
N. _____	N. _____	N. _____
O. _____	O. _____	O. _____
P. _____	P. _____	P. _____
Q. _____	Q. _____	Q. _____
R. _____	R. _____	R. _____
S. _____	S. _____	S. _____
T. _____	T. _____	T. _____
U. _____	U. _____	U. _____
V. _____	V. _____	V. _____
W. _____	W. _____	W. _____
X. _____	X. _____	X. _____
Y. _____	Y. _____	Y. _____
Z. _____	Z. _____	Z. _____

Categorical Scrambles

Each category has five-word scrambles; four of them match the category and one of them does not. First you need to unscramble the words, then figure out which word does not belong to the category.

Exercise 1 (Answer on page 13)

1. Colours

- a. erd
- b. elub
- c. eerng
- d. itghl
- e. lackb

2. Numbers

- a. neo
- b. ivef
- c. xsi
- d. wot
- e. ewf

3. Emotions

- a. unr
- b. adm
- c. hppay
- d. sda
- e. ladg

4. Pets

- a. atc
- b. odg
- c. ishf
- d. msoue
- e. lantp

5. Temperatures

- a. olcd
- b. raf
- c. oolc
- d. toh
- e. rmwa

6. Animals

- a. ofx
- b. tac
- c. dgo
- d. ishf
- e. gru

7. Senses

- a. itsgh
- b. ufn
- c. outch
- d. atest
- e. emsll

8. Drinks

- a. uttber
- b. odas
- c. ilmk
- d. atrew
- e. uijce

Exercise 2 (Answer on page 14)

1. Movie Genres

- a. tnoaci
- b. ytafasn
- c. decoym
- d. nrocema
- e. rcasey

2. Book Genres

- a. hbuplsi
- b. epoyrt
- c. goaphbiyr
- d. ofnci
- e. mrcie

3. Natural Disasters

- a. zrdazilb
- b. dmuih
- c. erqaekutah
- d. lancovo
- e. airunehrc

4. Types of Food

- a. neicxma
- b. hait
- c. taialni
- d. cenishe
- e. coahhtcoel

5. Fruit

- a. plape
- b. daomnl
- c. nabnaa
- d. aerp
- e. aegnor

6. Desserts

- a. eip
- b. keca
- c. cbcroli
- d. okioce
- e. erbwnoi

7. Jewelry

- a. katjetc
- b. gnir
- c. acbretle
- d. knlceeac
- e. rairneg

8. Transportation

- a. rca
- b. abto
- c. lapen
- d. ikte
- e. cyeclib

Exercise 3 (Answer on page 15)

1. Food

- a. mburgaher
- b. cilahenad
- c. ckesanpa
- d. dwiashcn
- e. kcacilot

2. Gems

- a. iaondmd
- b. eayhtstm
- c. phiapsre
- d. laticps
- e. raeldme

3. Sea Creatures

- a. usinatm
- b. osertlb
- c. ifhasasrt
- d. enamoen
- e. yifslehlj

4. Clothing

- a. aithrsestw
- b. baenahdb
- c. orseturs
- d. uesblo
- e. setrwea

5. Tools

- a. ewhncr
- b. acltandiesck
- c. wsdivcere
- d. amherm
- e. wbcoarr

6. US States

- a. ykkcunet
- b. gcmiahni
- c. acanda
- d. eniutccocn
- e. ynesiaplvna

7. Types of Meat

- a. neosvin
- b. uyekrt
- c. eicnhkc
- d. rctihakeo
- e. ubfloaf

8. Technology

- a. rimror
- b. evelsnitoi
- c. certupom
- d. erorfreaagrit
- e. ethlonpel

Answers to Exercise 1

(The word that is in capital letters is the answer that does not belong to the category.)

1. Colours

- a. red
- b. blue
- c. green
- d. LIGHT
- e. black

2. Numbers

- a. one
- b. five
- c. six
- d. two
- e. FEW

3. Emotions

- a. RUN
- b. mad
- c. happy
- d. sad
- e. glad

4. Pets

- a. cat
- b. dog
- c. fish
- d. mouse
- e. PLANT

5. Temperatures

- a. cold
- b. FAR
- c. cool
- d. hot
- e. warm

6. Animals

- a. fox
- b. cat
- c. dog
- d. fish
- e. RUG

7. Senses

- a. sight
- b. FUN
- c. touch
- d. taste
- e. smell

8. Drinks

- a. BUTTER
- b. soda
- c. milk
- d. water
- e. juice

Answers to Exercise 2

1. Movie Genres

- a. action
- b. fantasy
- c. comedy
- d. romance
- e. SCARY

2. Book Genres

- a. PUBLISH
- b. poetry
- c. biography
- d. fiction
- e. crime

3. Natural Disasters

- a. blizzard
- b. HUMID
- c. earthquake
- d. volcano
- e. hurricane

4. Types of Food

- a. Mexican
- b. Thai
- c. Italian
- d. Chinese
- e. CHOCOLATE

5. Fruit

- a. apple
- b. ALMOND
- c. banana
- d. pear
- e. orange

6. Desserts

- a. pie
- b. cake
- c. BROCCOLI
- d. cookie
- e. brownie

7. Jewelry

- a. JACKET
- b. Ring
- c. Bracelet
- d. Necklace
- e. Earring

8. Transportation

- a. car
- b. boat
- c. plane
- d. KITE
- e. bicycle

Answers to Exercise 3

1. Food

- a. hamburger
- b. enchilada
- c. pancakes
- d. sandwich
- e. COCKTAIL

2. Gems

- a. diamond
- b. amethyst
- c. sapphire
- d. PLASTIC
- e. emerald

3. Sea Creatures

- a. TSUNAMI
- b. lobster
- c. starfish
- d. anemone
- e. jellyfish

4. Clothing

- a. sweatshirt
- b. HEADBAND
- c. trousers
- d. blouse
- e. sweater

5. Tools

- a. wrench
- b. CANDLESTICK
- c. screwdriver
- d. hammer
- e. crowbar

6. US States

- a. Kentucky
- b. Michigan
- c. CANADA
- d. Connecticut
- e. Pennsylvania

7. Types of Meat

- a. venison
- b. turkey
- c. chicken
- d. ARTICHOKE
- e. buffalo

8. Technology

- a. MIRROR
- b. television
- c. computer
- d. refrigerator
- e. telephone

Affinities

Ask the resident to determine the word/category to which the two words belong.

Example:

Q: Fords and Pontiacs are _____

A: Cars

Affinities Exercise 1 (Answers on page 18)

1. Fords and Pontiacs are _____
2. Roses and Marigolds are _____
3. Sparrows and Finches are _____
4. Melbourne and Darwin are _____
5. Romeo and Juliet are _____
6. Maytag and Whirlpool are _____
7. Harvard and Yale are _____
8. Camels and Marlboroughs are _____
9. T-Bone and Porterhouse are _____
10. Valentino and Gable were _____
11. Frank Sinatra and Judy Garland were _____
12. Squash and Cucumbers are _____
13. Coke and Pepsi are _____
14. Roosevelt and Eisenhower were _____
15. Flannel and Satin are _____
16. Apples and Bananas are _____
17. Trout and Bass are _____
18. Pines and Maples are _____
19. Victoria and Western Australia are _____
20. Weeties and Cornflakes are _____
21. Collies and Poodles are _____
22. Caltex and Mobil are _____
23. Omo and Cold Power are _____

Affinities Exercise 2 (Answers on page 19)

1. Queensland and Tasmania are _____
2. Neptune and Mercury are _____
3. Copper are Lead are _____
4. Feta are Gouda are _____
5. Yen and Rupee are _____
6. Serenity and Apprehension are _____
7. Gray and Violet are _____
8. Tea and Coffee are _____
9. Tsunami and Hurricane are _____
10. Taj Mahal and Stonehenge are _____
11. Casa Blanca and The Shawshank Redemption are _____
12. Trouser and Cardigan are _____
13. Ferry and Tram are _____
14. Wrench and Screwdriver are _____
15. Mobile Phone and Laptop are _____
16. Shark and Salmon are _____
17. Frida Kahlo and Georgia O'Keeffe are _____
18. Gary Ablett and Wayne Carey were _____
19. Magic Johnson and Michael Jordan were _____
20. Red Maple are Weeping Willow are _____
21. Seattle and Tokyo are _____

Answers to Affinities Exercise 1

1. Fords and Pontiacs are (Cars)
2. Roses and Marigolds are (Flowers)
3. Sparrows and Finches are (Birds)
4. Melbourne and Darwin are (Cities)
5. Romeo and Juliet are (Lovers)
6. Maytag and Whirlpool are (Appliances)
7. Harvard and Yale are (Universities)
8. Camels and Marlboroughs are (Cigarettes)
9. T-Bone and Porterhouse are (Steaks)
10. Valentino and Gable were (Actors)
11. Frank Sinatra and Judy Garland were (Singers)
12. Squash and Cucumbers are (Vegetables)
13. Coke and Pepsi are (Soft drinks)
14. Roosevelt and Eisenhower were (U.S. Presidents)
15. Flannel and Satin are (Fabrics)
16. Apples and Bananas are (Fruits)
17. Trout and Bass are (Fish)
18. Pines and Maples are (Trees)
19. Victoria and Western Australia are (States)
20. Weeties and Cornflakes are (Cereal)
21. Collies and Poodles are (Dogs)
22. Caltex and Mobil are (Fuel companies)
23. Omo and Cold Power are (Laundry Detergent)

Answers to Affinities Exercise 2

1. Queensland and Tasmania are (States)
2. Neptune and Mercury are (Planets)
3. Copper and Lead are (Materials)
4. Feta and Gouda are (Cheese)
5. Yen and Rupee are (Currency)
6. Serenity and Apprehension are (Emotions)
7. Gray and Violet are (Colors)
8. Tea and Coffee are (Drinks)
9. Tsunami and Hurricane are (Natural Disasters)
10. Taj Mahal and Stonehenge are (Monuments)
11. Casa Blanca and The Shawshank Redemption are (Movies)
12. Trousers and Cardigan are (Clothing)
13. Ferry and Tram are (Transportation)
14. Wrench and Screwdriver are (Tools)
15. Mobile Phone and Laptop are (Technology)
16. Shark and Salmon are (Fish)
17. Frida Kahlo and Georgia O'Keeffe are (Artists)
18. Gary Ablett and Wayne Carey were (Football Players)
19. Magic Johnson and Michael Jordan were (Basketball Players)
20. Red Maple and Weeping Willow are (Trees)
21. Seattle and Tokyo are (Cities)

Activities to Promote a Healthy Mind and Body for Family Carers



We know it is hard to prioritise self-care when you are responsible for someone else daily care.

To best to be able to care for others, we must first care for ourselves, physically and mentally.

Here are two great resources to help you as a Carer, enjoy a healthy mind and body, even while you are caring for your loved one.

1. Free fitness classes on YouTube.

Just because your usual gym or fitness classes are not available doesn't mean you can workout at home. Check out this YouTube link for some great at-home workout options for all fitness levels.

2. Daily Calm Live Stream and Resource Page

Calm, the leading app for meditation and sleep, is currently running a [daily live stream](#) to offer support through these uncertain times. The company is streaming their signature ten-minute meditations on their [Facebook](#) and [YouTube](#) pages. In addition, they have also created a [free resource page](#) filled with many mindful meditations - everything from calm music to sleep stories to practices to find ease; there is something here for everyone to stay centered, reduce anxiety and increase overall wellbeing.



Resources for Lifelong Learners

Intro

Regardless of your age or interest, there are fabulous online learning tools and resources out there to explore.

Art

- [The Art Sherpa](#) - Live streaming and previously recorded videos that teach a variety of painting techniques and projects.
- [Art with Everyone](#) - Drawing and painting tutorials for all ages and skill levels.

Justice System

- [Legal Systems in Australia](#) - The Q&A gives a high level overview of the key legal concepts including the constitution, system of governance and the general legislative process; the main sources of law; the court structure and hierarchy; the judiciary and its appointment; the general rules of civil and criminal litigation, including reporting restrictions, evidentiary requirements, the roles of the judge and counsel, burdens of proof and penalties.

Coding & Computer Science

- [Code.org](#) - Online learning platform to teach students coding and computer science.
- [Scratch](#) - Free, online coding platform developed by MIT Media Lab for children using intuitive drag and drop visual interface that teaches coding basics.

Economics

- [The Stock Market Game](#) -An online simulation of the global capital markets that engages students aged 9-99 in the world of economics, investing, and personal finance.

General

- [BrainPOP](#) - online resource for learning almost every subject. Courses include videos, games, quizzes, vocab, and related reading.
- [Teachers Pay Teachers](#) - Over 3 million free and paid resources, created by educators, on the full spectrum of subjects and grade levels.

Language Arts

- [Night Zookeeper](#) - Online writing tool and library of interactive lessons with fun, engaging games that increase vocabulary and improve spelling.
- [Reading Eggs](#) - Learn to read with online games and activities.
- [Starfall](#) - reading and educational games platform. Stories, songs, and other activities.

Maths

- [Beast Academy](#) - Online math and problem solving. Fun, comic-book style format.
- [Global Math Project](#) - Join students from around the world on a global math project that is a mathematical story that starts at the very beginning of mathematics, assuming nothing, and swiftly takes you on a “wonderous journey” through grade school arithmetic, high-school polynomials algebra, infinite sums, and advanced mathematics and unsolved research problems baffling mathematicians still to this day.
- [Prodigy Math](#) - Engaging, curriculum-aligned maths platform. Game-based, adaptive, and personalised. Free.

Science & Technology

General & Multi-Discipline Science

- [The Science Guys](#) - Educational science videos that can be done at home and for all ages.
- [Astronomy](#) - Universe, galaxy, stars, systems, solar system, and exploration.
- [Biology](#) - Cell structure and function, microorganisms, plants, animals and animal systems.

Chemistry

- [Minecraft Chemistry](#) - Discover the building blocks of matter, combine elements into useful compounds and Minecraft items, and conduct amazing experiments with new lessons and a downloadable world.
- [Tyler DeWitt](#) - Research scientist and educator who creates chemistry and microbiology videos shared on his personal site and YouTube.

Engineering

- [Teach Engineering](#) - Digital library where educators make applied science and math come alive through engineering design.

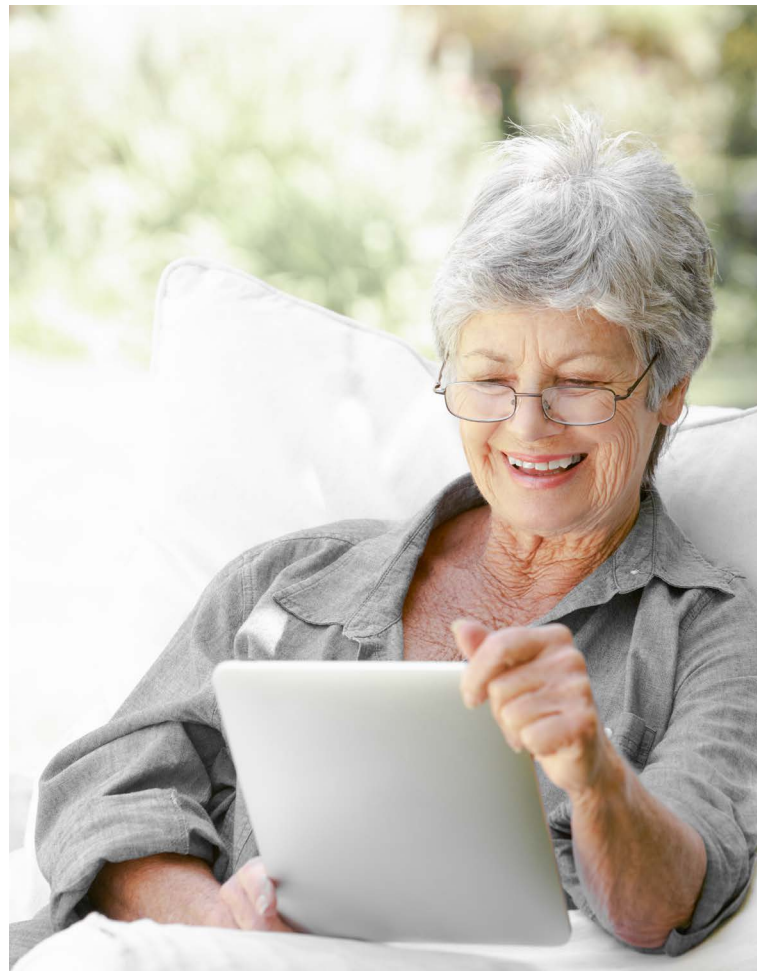
Social Studies

World History

- [Big History Project](#) - A free, online social studies course that encourages students to have a big- picture view of the world and emphasises skill development as students draw “mind-blowing connections” between past, present, and future.

Australian History

- [Endeavor 250](#) - 2020 marks the 250th anniversary of the Endeavour’s voyage along the east coast of Australia – part of James Cook’s first Pacific voyage. Explore the Endeavour voyage and its legacy.





Looking for a Solution to Keep Seniors Safe at Home?

During the COVID-19 pandemic, dedicated care from Home Care Assistance is your best choice.

While older adults remain in their homes to reduce the risks of acquiring COVID-19, in-home Carer Workers can serve as a vital support system to keep people safe, social and cared for.



The Home Care Assistance Difference



Specialised COVID-19 Response Efforts

Our Rapid Response Team is constantly updating protocols and communicating best practices to our Carer Workers through our Carer app to help keep people safe at home.

A Care Team Dedicated to You - Virtually

More than a just a Carer, we assign each individual a Care Team. Our thousands of thoroughly vetted and qualified Care Workers are there to provide one on one care, with the support of a remote Care Team led by a Client Care Manager.

Distancing at Home - Thanks to a Personalised Care Plan

In addition to essential daily life activities, our care plans often include basic house cleaning, grocery shopping, and medication pickups, which promote successful social distancing. Our trained Care Workers also help keep people physically and mentally engaged while staying safe at home.

When the world changes, we adapt:

How a Customised Long-Term Care Plan from Home Care Assistance works - even when socially distanced

In this time of COVID-19, Home Care Assistance has developed a specific plan to address this pandemic and take care of people in their homes, now and in the long term.

1. We determine your needs to craft a personalised care plan remotely

Given the recommendation for distancing, we've developed a process for conducting virtual assessments online, or by phone, so our team can create a care plan tailored to your evolving needs.

2. Carer Workers are expertly matched and adhere to special COVID-19 protocols

Home Care Assistance has one of the largest Care Worker networks in the world. We hire dedicated Care Workers and expertly match them to people in a manner that helps minimise risks associated with COVID-19. Our Care Workers are screened for COVID-19. Our Carer app, in addition routine testing, allows for immediate screening before the start of each shift.

3. We assign a virtual Care Team that's accessible 24/7

When you hire us, you receive a full-time care team to assist you remotely. Your Client Care Manager develops a specialised care plan and provides quality assurance throughout the duration of service. Your Employee Care Manager selects the Care Workers who is the best fit for your loved one's needs and personality, and your Business Development Manager provides access to vital community resources.

4. Our Balanced Care Method™ promotes emotional and physical wellbeing

Our proprietary Balanced Care Method™, a training program for our Care Workers promotes cognitive stimulation, nutrition, physical activity, a sense of calm and social engagement. This program supports mental as well as physical health, reducing the negative side effects of isolation.

About Home Care Assistance

At Home Care Assistance, we provide customised care to older adults so they can live happier, healthier lives at home.

We are dedicated to the needs of seniors with a positive, empowering approach to aging that celebrates independence, dignity and quality of life.

Our Care Workers receive exceptional training, support and resources to deliver an unmatched care experience.

High Quality Care

We go above and beyond to deliver high quality care for families who want, and expect the very best for their ageing loved ones.

Long Term Relationships

We believe the best way to deliver exceptional care is to focus on building long-term, trusting relationships between Care Workers, individuals and their families.

Elevated Quality of Life

Our Balanced Care Method™ emphasises healthy mind, body and spirit. We believe that with the proper care, we can help older Australians live happier, healthier and more fulfilled lives.

Trusted Care Expertise

We are experts in all aspects of home care, from family dynamics to nutrition, around-the-clock care to dementia. Our team are trained to the highest standard and have the support and resources to deliver unmatched care to meet the needs of each individual and their families.

Total Peace of Mind

We understand the trust you place in us and do everything possible to ensure that the home care experience is worry-free for all concerned.

Community Connections

We are the trusted partner of reputable care professionals in the communities we serve. We pride ourselves on connecting individuals to the best care solutions for them - even if it's outside our service offerings.



For more information on our services,
visit [HomeCareAssistance.com.au](https://www.HomeCareAssistance.com.au) to find your local team.