

CONTACT US

Holbrook Meals On Wheels Service Inc.
Trading as: **HOME SUPPORT & MEALS
ON WHEELS GREATER HUME AREA**

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More
than just
a meal™

HOME SUPPORT & MEALS ON WHEELS GREATER HUME AREA



Meals on Wheels™
Greater Hume Area



HOME SUPPORT
GREATER HUME AREA

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IMPORTANT INFORMATION ABOUT OUR SERVICES

Accessing Our Services

Our services are funded under the **Commonwealth Home Support Programme (CHSP)** to help older Australians live independently and safely at home. **CHSP** provides entry-level support for older Australians aged 65 years and over (or 50 years and over for Aboriginal and Torres Strait Islander people) who need assistance to continue living independently at home. Eligibility is determined through a **My Aged Care** assessment based on the person's care needs, wellbeing and ability to manage daily activities.

Fees

CHSP services are **Subsidised by the Australian Government**, and a **Contribution or Fee** is usually required to help cover the cost of service delivery. Fees are discussed with you before services begin and are based on your individual circumstances. Fees will be outlined in your Service Agreement.

About Us

Established in 1970 in Holbrook, we have been proudly supporting older people in the community for over 55 years. Since then, we've expanded to deliver **High - Quality** in-home aged care and support services across the Greater Hume area.

PERSONAL CARE

Confidential, High-Quality Support with Assistance for Self-Care and Activities of Daily Living

Our **Commonwealth Home Support Programme (CHSP)** Personal Care services assist you with personal hygiene and grooming, helping you live independently and with dignity in your own home.

Support includes:

- Showering, dressing, grooming
- Medication prompts (non-clinical)

Every service is tailored to your preferences and goals, using a person-centred approach. Our qualified aged care staff provide **high - Quality, Compassionate Care**, promoting your wellbeing and independence in line with the **Strengthened Aged Care Standards**.

Professional support that respects your dignity - delivered with care and quality.



TRANSPORT

Reliable, High-Quality Transport to keep you Moving and Stay Connected

Our **Commonwealth Home Support Programme (CHSP)** Transport Service offers safe and reliable travel for older people who cannot access other forms of transport. Whether you're attending medical appointments, doing your shopping, or joining a social group, we'll help you get there.

We offer transport for:

- Medical and other appointments
- Shopping and essential errands
- Community centres and social programs
- Group activities
- Visiting friends and family

You'll be supported by caring drivers who understand your needs and treat you with dignity and respect. We follow the **Strengthened Aged Care Standards**, delivering high-quality service you can trust.

- Door-to-door assistance
- Local and regional transport
- Affordable **CHSP- Subsidised Service**

Independence starts with safe, supportive transport - delivered with care.

DOMESTIC ASSISTANCE

Supporting a Safe, Clean, and Independent Home Life

Our **Commonwealth Home Support Programme (CHSP) Domestic Assistance Service** helps older people maintain a clean, safe, and healthy home environment by supporting household tasks that may have become difficult.

We assist with:

- Routine cleaning (bathroom, kitchen, floors)
- Laundry and changing bed linen
- Unaccompanied shopping, bill paying
- Light household duties

Delivered with a **Wellness and Reablement Focus**, we encourage you to maintain or regain independence wherever possible. Our support workers deliver **High-Quality Care** that is personalised, respectful, and aligned with the **Aged Care Quality Standards**.

Feel confident at home - with reliable support, experienced workers and high standards of care.



SOCIAL SUPPORT - INDIVIDUAL

One-on-One Companionship and Community Connection

Our **Commonwealth Home Support Programme (CHSP) Social Support - Individual Service** offers friendly one-on-one support to help you stay socially connected, confident, and independent in your daily life.

We can help with:

- Accompanied shopping and errands
- Attending appointments
- In-home visits and companionship

Support is provided by trusted volunteers and/or staff who offer **High - Quality, Person - Centred Care**, designed around your preferences and lifestyle. Services are delivered with a **Wellness and Reablement Approach** to support your independence and reduce isolation.

Stay connected—with genuine care and quality support.

SOCIAL SUPPORT - GROUP

Fun, Friendship, and Activity in a Supportive Group Setting

Our **Commonwealth Home Support Programme (CHSP) Group Social Support Programs** bring people together for meaningful social interaction and structured activities that promote independence, wellbeing, and community participation.

Programs include:

- Group outings and community visits
- Gentle group exercise
- Arts, crafts, games, and social events
- Day programs with meals and transport

We provide **High - Quality Care** in a safe, welcoming environment, supporting individual goals through a **Person - Centred, Reablement - Based Approach**, and always aligning with the **Strengthened Aged Care Quality Standards**.

Enjoy life, stay active, and make new friends - with quality support.

MEALS ON WHEELS & FOOD SERVICES

Nutritious, Dietician Reviewed Meals, Delivered with Care

Are you looking for nutritious, affordable, and delicious meals delivered right to your door? Meals on Wheels Greater Hume Area is here to help.

As a Commonwealth Home Support Programme (CHSP) provider, our service provides convenient access to **nutritious, tasty, and affordable meals**, helping you maintain your health and independence at home.

We offer:

- **A diverse menu of over 100 meals**
 - Soups, Main Meals, Snacks and Desserts
- Special dietary options (low salt, diabetic, texture-modified, etc.)
- Flexible ordering with **no contracts or minimums**
- Friendly and meaningful welfare checks with each delivery
- Your Meals Your choice, we support Home Care clients meals

Good food, good health - delivered with care, choice, and respect.

We focus on your wellbeing and personal preferences, providing nutritious meals prepared and delivered with care. Our service supports your independence and follows **Aged Care Standards, National Meals Guidelines**, and a wellness-based approach. Menus are reviewed annually by a Dietitian—so you can spend more time enjoying what matters most.



More
than just
a meal™