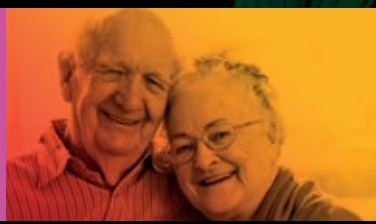




# LIVE YOUR LIFE YOUR WAY

Queensland Aged Care Services



**WE  
LIFE WITHOUT BARRIERS  
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Supporting Older Australians



“ We have developed a flexible range of services to assist you in living a fulfilling, independent life ”

# LIVE YOUR LIFE, YOUR WAY

Life Without Barriers is a national not-for-profit organisation providing care and support services across Australia. We started small, but we've grown to over 100 offices in Australia. We think local, but draw on our wealth of experience to make sure local communities – from city suburbs to remote townships – all receive the support and services that are right for them.

Helping clients to retain their independence is key to our client directed care approach. We are proud to champion opportunity for all.

At Life Without Barriers we know that getting older doesn't mean you should stop doing the things you enjoy or living the life of your choosing. We are here to help.

Our aged care services are developed with our clients to meet their needs.

We have developed a flexible range of services to assist you in living a fulfilling, independent life. People who choose our services are diverse and come from a variety of social and lifestyle backgrounds.

Our services include tailored home support programs around the home that help people get to appointments or enjoy social activities. We also provide home and garden maintenance and day centre programs where people enjoy not only the company of other people in their community but develop, with our team, activities everyone can enjoy.

Life Without Barriers is a registered provider through the Australian Government My Aged Care service. To find out how you can access the Home Care Packages Program and the Commonwealth Home Support Program, visit [www.myagedcare.gov.au](http://www.myagedcare.gov.au) or call the My Aged Care contact centre on 1800 200 422.

# OUR AGED CARE SERVICES IN QUEENSLAND

Getting older doesn't mean life slows down just because we ourselves start moving a little slower. How often have you started a conversation this way or heard a friend or family member express concern or anxiety about wanting to get things done but no longer have the strength or capacity to do it themselves?

Life Without Barriers is able to plan with you ways to assist you to do all the things you still want to do or need to do. We remove the obstacles and burdens of every-day living by providing you with support and care in your home.

As a tailored service, how we might help you will be unique to you and where you live, but services we provide for other older people in the community include:

## **HOME CARE PACKAGES PROGRAM**

The Life Without Barriers Home Care Home Packages Program is a co-ordinated package of services tailored to assist people to remain living at home for as long as possible and to enable you to have choice and flexibility in the way that care and support is provided at your home. We can guide you through the process of applying and can partner with you to develop a Care Plan that provides the support you need. The program is currently only available in the Cairns region but will be available statewide from 27 February 2017.

## **COMMONWEALTH HOME SUPPORT PROGRAM (CHSP)**

The Life Without Barriers Commonwealth Home Support Program supports people aged 65 years and over and Aboriginal and Torres Strait Islander people aged 50 years and over. The program delivers timely, high quality entry-level support services, which takes your individual goals, preferences and choices into account to help you stay in your own home as long as you can and wish to do so.

## **QUEENSLAND COMMUNITY CARE SERVICES (QCCS)**

The Life Without Barriers Queensland Community Care Services supports Queenslanders under the age of 65 years who have difficulties living in their own home. The program provides basic support (usually one to five hours per week) to people with a disability or condition that restricts their day-to-day living.

## **VETERANS' HOME CARE PROGRAM (VHC)**

Our Veterans' Home Care program, funded by the Department of Veterans' Affairs (DVA) is designed to assist veterans and war widows/widowers who wish to continue living at home, but who need a small amount of practical help.

# THE RIGHT LEVEL OF SUPPORT

Depending on the services available at your location, you may be eligible to receive domestic assistance, personal care, assistance with shopping, home and garden maintenance, and respite.

**Domestic Assistance** is available in the Far North Queensland region (from Cairns to Tully), Mackay Rockhampton, Townsville and provides general cleaning, changing bed linen, laundry and meal preparation.

**Social Support** is available in the Far North Queensland region (from Cairns to Tully), Mackay Rockhampton, Townsville and provides friendly visits, shopping support and outings.

**Home and Garden Maintenance** is available in Mackay Rockhampton, Townsville and supports you with tasks such as lawn mowing and whipper snipping.

**Day Activity Programs** are available in Mackay and Capalaba and include social activities, day trips, cooking, men's shed and arts and crafts activities.

**Transport** services are available in Rockhampton and Toowoomba, and provide you with transport to your appointments.

**Respite Care** is available in the Far North Queensland region (from Cairns to Tully), Mackay, and Townsville and gives your carer a break. It's delivered within your own home or in the community.

# OUR LOCATIONS IN QUEENSLAND

## **CAIRNS TO TULLY**

Home Care Packages Program,  
Commonwealth Home Support  
Program, Queensland Community  
Care, Veterans' Home Care

Address: Life Without Barriers  
Cairns, Shop 1B, 127 Anderson Street,  
Manunda QLD 4870

T. 07 4032 8300

## **CAPALABA**

Life Without Barriers Seniors  
Activity Centre

Address: 7 Wardley Street,  
Capalaba QLD 4157

T. 07 3245 7924

## **LOGAN RIVER VALLEY**

Transport, Social Support Group

Address: 7 Wardley Street,  
Capalaba QLD 4157

T. 07 3245 7924

## **MACKAY**

Commonwealth Home Support  
Program, Queensland Community  
Care, Veteran's Home Care

Address: Life Without Barriers  
Mackay, Suite 1 Ambrose Professional  
Centre, cnr Grendon & Palmer Street,  
North Mackay QLD 4740

T. 07 4965 4800

## **ROCKHAMPTON**

Commonwealth Home Support  
Program, Queensland Community  
Care, Veteran's Home Care

Address: Life Without Barriers  
Rockhampton, 1/194-196 Alma Street,  
Rockhampton QLD 4700

T. 07 4921 1475

## **TOOWOOMBA**

Commonwealth Home Support  
Program (personal care, transport)

Address: Life Without Barriers  
Toowoomba, Ground Floor  
289 Ruthven Street,  
Toowoomba QLD 4350

T. 07 4616 3100

## **TOWNSVILLE**

Commonwealth Home Support  
Program, Queensland Community  
Care, Veteran's Home Care

Address: Life Without Barriers North,  
Suite 1, 3 Ramsay Street,  
Garbutt QLD 4814

T. 07 4755 7400

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[www.lwb.org.au](http://www.lwb.org.au)



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