Domiciliary Care Services
Domiciliary Care has been bringing care home for over 40 years, providing home based services to older people in metropolitan Adelaide. We support you to remain living at home by providing services that enable you to maintain or regain your independence, well-being and quality of life.

Domiciliary Care services are designed to support you to continue to live at home with the help you need. We aim to ensure you regain or maintain your wellness and independence. Access to these services is dependent upon an individual’s eligibility, as well as service availability at the time of referral.

**Our Services**

**Allied Health and Therapy Services**
Allied Health and Therapy services can be accessed individually or as an integrated team to restore, improve or maintain your independence and wellbeing.

**Restorative Services**
These short-term, home based services, aim to improve and strengthen your confidence to move around, connect with your community and assist you to relearn activities that help you regain your mobility and independence.

**Equipment and Assistive Technology**
Through the Domiciliary Equipment Service, we can provide equipment such as shower chairs, walking frames and commodes to help you be active and manage daily tasks.

**Home Modification**
Simple home modifications such as grab rails or ramps can be provided to improve your safety in your home.

**Respite and Carer support**
Our staff can provide support to you, whilst your carer has some time out to do other things of their choice.

**Social Support**
Support is available to assist you to do your shopping, attend appointments or other community activities.

**Personal Care**
Domiciliary Care can help you with daily self-care tasks such as showering and dressing to support you at home.

**Domestic Assistance**
We can also help with cleaning and other household tasks, or provide specialist help with situations of hoarding and squalor.

**Adults with chronic conditions**
Domiciliary Care can provide services for adults under 65 years of age and Aboriginal or Torres Strait Islander people under 50 years of age to improve your ability to manage at home.

**Palliative Care Services**
Specialist community palliative care services can support you with the aim of maximising your quality of life and ability to continue to manage at home, through access to a range of home based allied health, equipment and support services.
Allied Health and Therapy Services

These services are available individually or can be combined, to provide integrated Allied Health and Therapy services.

Occupational Therapy
Being able to safely manage tasks at home enables you to continue living independently.
An occupational therapist can provide practical advice and assistance with any of the following:
- showering or dressing, especially within a wet area such as the bathroom
- domestic tasks
- shopping or kitchen and meal preparation tasks
- arm and hand use following injury, stroke or other health issues
- falls at home and elsewhere
- memory, concentration, problem solving, thinking, sensing and planning difficulties associated with conditions such as depression, anxiety, stroke or dementia
- using technology to support your connection with others or that helps you control your environment
- bladder or bowel incontinence and hygiene
- work, leisure and recreational participation and enjoyment.

Physiotherapy
The ability to maintain your health, well-being and independence is very closely linked to the ability to move around freely, with little or no discomfort or restriction.
A physiotherapist can provide practical advice and assistance with any of the following:
- recovery after illness or injury and return to your previous level of activity
- balance and muscle strength to avoid falls
- physical limitations caused by stroke and other health conditions
- breathlessness or how to move to conserve your energy
- shoulder, neck, hip and back pain and restoring movement
- information to enable you to continue to lead an active life.

Podiatry
Foot comfort is fundamental to being able to get out and about. Maintaining good foot health will enable you to retain your independence for longer.
A podiatrist can provide practical advice and assistance with any of the following:
- cutting your toenails or an ingrown toenail and you have a medical condition such as diabetes or arthritis
- corns or calluses
- finding the right shoe to alleviate discomfort when walking
- circulation or nerves in your feet or general foot status
- information about better foot care
- foot wound or infection.

Speech Pathology
Communication is fundamental to our ability to understand, relate and enjoy the company of others.
Being able to chew, swallow and drink safely ensures the enjoyment of meals. Difficulties with swallowing can impair or, in fact, threaten life in the event of choking.
A speech pathologist can provide practical advice and assistance with any of the following:
- understanding what others are saying
- finding the right words in conversation
- speaking due to weakness or poor coordination of the speech muscles
- understanding why your voice sounds different
- swallowing, eating or drinking difficulties
- coughing or choking and, at times, chest infections related to eating or drinking.
Nutrition and Dietetics
Eating well is vital for everyone. Being well nourished is especially important as you age. It is most important at this time to eat better and not less. Through eating well, you will feel better, have more energy and be able to do more.

A diettian can provide practical advice and assistance with any of the following:
- a poor appetite such as eating less than three meals a day
- weight loss or gain
- how to drink enough
- shopping for and cooking easy nutritious meals
- managing special dietary requirements
- eating difficulties due to dry mouth, changes in taste or chewing problems
- bowel function
- improving wound healing
- adding variety in your diet for good health
- managing chronic health conditions, such as diabetes and high cholesterol through a balanced diet.

Social Work
Being able to deal with personal challenges, from everyday problems to major life events or dealing with services, provides us with a sense of control over our life and affairs.

A social worker can provide practical advice and assistance with any of the following:
- relationships or your financial affairs
- planning for the future, exploring options about services, residential or respite care
- inadequate, insecure or unsafe housing
- coping with a health crisis, disability or life threatening illnesses
- protecting your future decision making, such as with an Advance Directive
- support to obtain legal help or with guardianship
- grief and loss issues
- sensitive issues such as anxiety, depression, thoughts of self harm, misuse of alcohol or other drugs
- exploitation or abuse by family, friends, service providers or others
- squalor, hoarding or clutter
- support or advocacy to find other relevant services.

How can you receive services through Domiciliary Care?
Domiciliary Care can provide Commonwealth Home Support Programme services to people over 65 years of age and Aboriginal or Torres Strait Islander people over 50 years of age through My Aged Care.

Services to people under 65 years of age and under 50 years of age for Aboriginal or Torres Strait Islander people in need of assistance who are not eligible for Disability Services can also be eligible for services through State Government programs provided by Domiciliary Care.

If you are over 65 years of age or over 50 years and Aboriginal or Torres Strait Islander, contact:
The My Aged Care website www.myagedcare.gov.au or My Aged Care on 1800 200 422.

If you are under 65 years of age or under 50 years and Aboriginal or Torres Strait Islander, contact:
Domiciliary Care Access Service on: 1300 295 673.

Fees
Fees are charged for our services. Reduced fees may be agreed for people experiencing hardship.

For more information about fees call Domiciliary Care Fees Office on: 1800 110 033.

Further information
Call: 1300 295 673
Email: DCSIDomCareReferrals@sa.gov.au