

Call us to see how we can support you to stay in your own home and look after your health.

Ph: 8341 0401



### Committed to Healthy Ageing

Pennwood Home Care (PHC) is a health promoting environment which is guided by the World Health Organisation (WHO).

Our staff recognise that healthy ageing for older people is a basic human right no matter how frail. Older people's essential needs include choice and control, independence and wellness.

PHC creates a supportive environment for healthy ageing by facilitating access to services for wellbeing. This includes services we provide directly and indirectly through our partnerships with other allied health services to enable client choice.



### Contact Details:

**Pennwood Home Care**  
19 Windsor Avenue  
Pennington SA 5013  
Mobile: 0428 043 133  
P: (08) 8341 0401  
F: (08) 8341 0775

Email: [homeservices@pennwood.org.au](mailto:homeservices@pennwood.org.au)

Web: [www.pennwood.org.au](http://www.pennwood.org.au)

Find us on 

**Pennwood Aged Care**

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*Pennwood*  
**Home Care**

**Quality Care with European Flair**

Serbian Community Welfare Association of SA Inc



**We can provide short term or ongoing help:**

daily

weekly

monthly

occasionally

after a hospital stay or illness

## Help at Home

A Home Care Package is a package of services tailored to meet the client's specific care needs. The package is coordinated by a home care provider, with funding provided by the Australian Government.

### An example of help that can be provided is:

- house cleaning (vacuuming, dusting, making beds)
- laundry (washing clothes & linen, ironing, folding)
- cooking meals or accessing meal delivery service
- assistance with grocery shopping
- transport to appointments / outings
- respite for carers
- mobility aids
- light gardening
- minor home modifications (fitting of bathroom & toilet hand rails)
- information and referrals to other allied health professionals (physio, OT, exercise physiologist and other chronic disease management)

If there is anything you would like that is not listed above please speak to our coordinator.

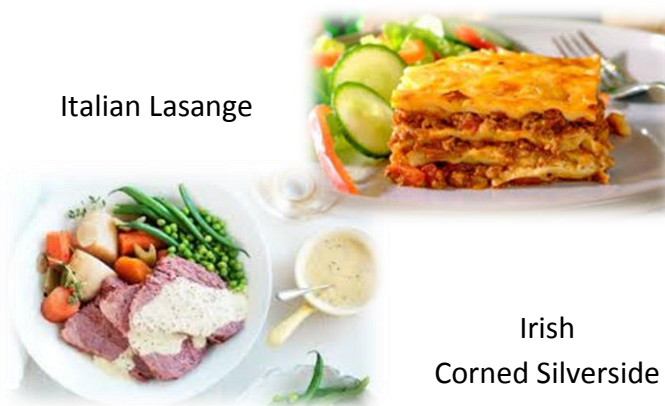
To access a Home Care Package, please call our Co-ordinator on 0428 043 133 and we will assist you in this process.

## Social Connections

Pennwood staff can assist clients to prepare or cook ethnic specific meals of their choice in their home, if requested. Our clients can also choose to visit our facility at Pennington to join us for our multicultural lunch menu, activities and other celebrations or just to spend some time making new friends or catching up with old friends.



**Sarma**  
Serbian Cabbage  
Rolls



Italian Lasagne

Irish  
Corned Silverside

## Fees

The initial consultation with Home Service Coordinator is free of charge.

The Coordinator will visit your home to assess your needs and negotiate an assistance program and discuss relevant costs.

You will be provided with additional information about our services, the current home care applications for government funding and other community supports to assist with long term care for older people who wish to remain living in their homes as long as possible.

**Please visit our website:**

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

for more information about Pennwood.

More Information about Home Services is available at

<http://www.myagedcare.gov.au>