

Staying in your home can be a reality with a little support from locals you can trust.

Choose the fee for service in-home support that's right for you – giving you peace of mind and more time to enjoy life.

Cooinda in the Home staff are trained, qualified and experienced members of the professional Cooinda team who respect your dignity and privacy.

We offer in home services you pay for which do not require you to have an Aged Care Assessment.

Cooinda supports the community of Benalla by employing local people and purchasing products and services from local businesses where possible.

Cooinda in the Home is a non-medical pay as you go service available to people aged 60 years and over living independently in their own home.

A LOT OF LIVING, YOUR WAY

ABOUT COOINDA

Cooinda is a not for profit, community owned aged care service established in 1969 as a place to care for Benalla's older people.

Today, Cooinda is Benalla's largest aged care service and carer of our community's older people and their families.

Cooinda is woven into the fabric of the Benalla. We connect with the community on many levels through events such as Let's Find Our Voice (FCJ College), Light the Night (Leukaemia Foundation) and collaborative training of Personal Care Attendant students from community college, The Centre, in Wangaratta.

contact:

Cooinda-in-the-Home Coordinator
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 **Cooinda**
cooinda.org.au



Cooinda in the Home

**LOCAL SUPPORT
OPTIONS TO STAY
HOME LONGER**



ENJOY MORE. EVERYDAY.

PERSONAL CARE

All of Cooida's trained and experienced in-home carers respect your dignity and privacy.

- showering/bathing
- continence support
- dressing
- shaving / grooming
- hair care

MEAL PREPARATION

We can help you cook your old favourites to heat when you are ready or bring some new ideas to your table using local, seasonal produce.

- meal planning, preparation and cooking
- shopping with or without you



SHORT RESPITE STAYS

We offer in-home and on-site respite at Cooida, for times when you need someone with you.

- your carer is away or needs a break
- Cooida day, weekend or week by week respite

PERSONAL SUPPORT

Locals helping locals. Our qualified team have local knowledge of the services Benalla offers.

- shopping, running errands
- pop in service
- discharge to home support

STAY CONNECTED AND ENJOY LIFE

If you are no longer able to do so, our in-home care team are ready when you are to take you on your next excursion. Staying socially connected is vitally important to remaining healthy, active and well.

- social companion for drives, lunch, movies, shopping trips
- transport to appointments

HELP IN THE HOME

Keeping your home just as you like can become increasingly difficult or unsafe. You can enjoy peace of mind and that wonderful just cleaned feeling offering you the chance to spend your time the way you choose.

- cleaning bathrooms, kitchens, appliances
- vacuuming floors
- dusting and wiping surfaces
- laundry, washing and ironing
- bed linen change
- organising heavy duty cleaning
- gardening and maintenance