



*“It gives me peace of mind and more freedom, without having to rely on my family.”*



TOWN of EAST FREMANTLE

## Neighbourhood Link



Social Support

Call us on **(08) 9339 9381** or email us at [neighbourhoodlink@eastfremantle.wa.gov.au](mailto:neighbourhoodlink@eastfremantle.wa.gov.au) for more information.



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## Neighbourhood Link

Social Connections. *Quality of Life.*

**SOCIAL SUPPORT**



**One-on-one support.**

Making independence easier with flexible in-home, out-of-home and respite support.



# What is Neighbourhood Link?

At Neighbourhood Link, we help people stay active, connected and as independent as possible.

Our free or low-cost support services are funded, in full or part, by government initiatives. And our team can help you in all sorts of ways.

Getting out and about. Running errands and going to the shops. Meeting friends and exploring new places. Enjoying a cuppa, lunch or a daytrip with like-minded people. We're here to help you enjoy life.

## What is Individual Social Support?

Individual Social Support is a one-on-one support service that we tailor to suit you. Giving you the choices, control and confidence you need to enjoy life, it includes:

- **In-home visits.** Your support worker can help you with everyday tasks, like making lunch and tidying up, or just stop by for a cuppa and a chat.
- **Accompanied activities.** From running errands and helping with shopping, to taking you to catch-ups with friends, your support worker will pick you up and help you get out and about.
- **Flexible respite.** Helping caregivers take a break, so caregivers and care receivers can maintain healthy relationships. We offer respite support in your home (so your caregiver can go out) or in the community (so your caregiver can enjoy a break at home).

We'll match you up with a support worker that suits you and set up a weekly or fortnightly program that works for you.

## How much does it cost?

If you qualify for the Commonwealth Home Support Program (CHSP), then the CHSP will cover most of the cost of our services.\*

If you have a Home Care Package (HCP), we may be able to redeem the full cost of our services from your HCP provider.

## Want to find out more?

Our Individual Social Support service is available to people over the age of 65 from Fremantle, Myaree, Coolbellup, Hamilton Hill and everywhere in between.

For more information about our in-home, out-of-home and respite support options, call us on **(08) 9339 9381** or email us at [neighbourhoodlink@eastfremantle.wa.gov.au](mailto:neighbourhoodlink@eastfremantle.wa.gov.au)

\*Subject to assessment from My Aged Care.

