

Live well, live longer.

We are here to support you every step of the way...

At Rural Lifestyle Options Australia, we believe everyone deserves to live independently and with dignity in their own home.

Our 'Support at Home' services are designed to make daily life easier, safer and more enjoyable, with tailored assistance that puts your needs first. Whether you require help with personal care, home maintenance, social connection or getting to appointments, our friendly team is here to support you every step of the way.

We take the time to understand what matters most to you, so we can provide services that truly fit your lifestyle and goals. By helping you stay connected, comfortable and confident in your own home, we empower you to 'Live well, live longer' just as it should be.

If you would like to learn more, please visit www.rloa.org.au/supportathome

Personal Care:

Our caring team is here to support you with everyday personal tasks like showering, dressing, and grooming, helping you feel confident and comfortable at home. We deliver each service with warmth, dignity and a focus on your individual needs.

| Personal Care (2 hour minimum) | Per Hour |
|---|----------|
| Standard Rate (6am - 6pm, Monday to Friday) | \$99 |
| Evening Rate (6pm - 6am, Monday to Friday) | \$115 |
| Saturday | \$138 |
| Sunday | \$179 |
| Public Holidays | \$221 |

Social Support:

Staying connected matters, and our Social Support services make it easy to enjoy friendships, community events and activities you love. Whether it is a friendly chat over coffee or a trip to a local gathering, we are here to brighten your day.

| Social Support (2 hour minimum) | Per Hour |
|---|----------|
| Standard Rate (6am - 6pm, Monday to Friday) | \$99 |
| Evening Rate (6pm - 6am, Monday to Friday) | \$115 |
| Saturday | \$138 |
| Sunday | \$179 |
| Public Holidays | \$221 |

Domestic Assistance:

A tidy, welcoming home makes a big difference, and our Domestic Assistance team is ready to lend a helping hand with cleaning, laundry and household tasks. We work with you to keep your home just the way you like it.

| Domestic Assistance (2 hour minimum) | Per Hour |
|---|----------|
| Standard Rate (6am - 6pm, Monday to Friday) | \$85 |
| Evening Rate (6pm - 6am, Monday to Friday) | \$99 |
| Saturday | \$118 |
| Sunday | \$155 |
| Public Holidays | \$190 |

Care Management:

Navigating support services can feel overwhelming, but our dedicated team is here to guide you every step of the way. Under this service, we work closely with you to understand your goals, coordinate services, and ensure you receive the right support to live well at home.

10% of your budget goes to care management. This covers coordinating your services so they match your needs, preferences and goals. **There are no extra fees.**

Transport:

Getting out and about should be easy and with our Transport service, it is. Whether it is an appointment, shopping trip or social outing, our friendly drivers make sure you get there safely, comfortably and on time.

| Transport (In addition to 'Social Support' hourly rate, 2 hour minimum) | Per Trip |
|---|----------|
| Trip (Up to 10km) | \$25 |
| Trip (Up to 40km) | \$65 |

^{*}Please note for trips over 40km, a combination of the applicable Transport pricing above will be used to calculate pricing for the total distance for e.g. 49km would be \$25 + \$65 = \$90.

Home Maintenance and Repairs:

Our Harmony Home and Yard Maintenance service offers friendly, reliable help with small repairs, lawn care and keeping your home safe and well-maintained. With every visit, we aim to make your home a place you are proud of.

| Home Maintenance and Repairs (1 hour minimum) | Per Hour |
|---|-------------|
| Standard Rate (8:30am - 4:30pm, Monday to Friday) | \$85 |
| Gardening Chemical and Products Acquisition Fee (If applicable) | Price + 15% |
| Waste Disposal Fee (If applicable) | \$40 |



How does Rural Lifestyle Options Australia deliver 'Support at Home' services?

Whether you are looking for help around the house, support with personal care, or just someone to spend time with, we are here to make life a little easier, so you can continue living the life you love at home.

Our Support at Home services are all about flexibility. We offer a wide range of Aged Care services under one model which is designed to evolve with you as your care needs change. When you sign up with Rural Lifestyle Options Australia, you will be supported by our experienced team, who will work alongside you to create a personalised care plan that meets your goals and maximises your support.

To learn more, call 1300 032 175 or visit www.rloa.org.au/agedcare

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