



## Help at home for older people.

If you're finding it harder to do the things you used to, you might need a bit of help at home. You and your family can get help to:

### Access services to support you with:

- **Rides around your community**  
(to see family, food shopping, doctor's appointments and other places)
- **Help inside and outside your home**  
(like vacuuming, preparing meals, cleaning gutters and mowing the lawn)
- **Help with changes to your home**  
(like adding hand rails or ramps)

### Find information in one spot:

- **Help and support for elders in your community**
- **Who can get help**
- **The cost**
- **People and groups specially trained to help in your community**

Connect with **myagedcare** on  
**[www.myagedcare.gov.au](http://www.myagedcare.gov.au)** or **call 1800 200 422**

\*1800 calls are free from land lines; calls from mobile phones might be charged.