

## Support for Living at Home

Sometimes aspects of cancer and cancer treatment may make it more difficult to manage day-to-day living. For example, you may need nursing care and assistance with housework and gardening. Having cancer and cancer treatment does not have to mean that you must stay in hospital or move in with family or friends. There are services available to help you live in your own home.

### Home Nursing Services

#### Community Nursing

1 Moore Street  
CANBERRA CITY ACT 2601  
[www.health.act.gov.au](http://www.health.act.gov.au)  
02 6207 9977

Offers a full range of nursing care in the home.

#### Kincare Community Services ACT

Suite 2, Napier Street  
DEAKIN WEST ACT 2600  
[www.kincare.com.au](http://www.kincare.com.au)  
1300 733 510

Provides domestic assistance, personal care, nursing care, transport, and social support.

#### Private Home Nursing Agencies

A number of private agencies provide home nursing services. Check the listings under 'Nursing Services' in your yellow pages directory.

### Local Community Services

#### Care on Call

7G/8 Chandler Street  
BELCONNEN ACT 2617  
[www.careoncall.com.au](http://www.careoncall.com.au)  
02 6253 3868

Provides nursing care, domestic assistance, personal care, social support, carer support, transport and case management to adults and children with a disability.

#### Community Options Inc

115 Canberra Avenue  
GRIFFITH ACT 2603  
[www.communityoptions.com.au](http://www.communityoptions.com.au)  
02 6295 8800

Provides a full range of in-home support and community access services for people with a chronic illness, disability and their carers.

#### Home Care Queanbeyan Stream

NSW Dept of Ageing Disability and Home Care  
Morisset House, Morisset Street  
QUEANBEYAN NSW 2620  
[www.dadhc.nsw.gov.au](http://www.dadhc.nsw.gov.au)  
02 6200 7360

Provides home care assistance for persons frail, aged and younger with a disability and their carers.

#### Home Help Service ACT Inc

Grant Cameron Community Centre  
27 Mulley Street  
HOLDER ACT 2611  
[www.homehelp.org.au](http://www.homehelp.org.au)  
02 6287 3777

Provides quality in-home support including personal care, domestic assistance, home modifications and maintenance to the elderly, frail aged, and people with disabilities and their carers to enable them to live in their own home.

#### Linen Service

Australian Red Cross ACT  
Grant Cameron Community Centre  
27 Mulley Street  
HOLDER ACT 2611  
[www.redcross.org.au/act](http://www.redcross.org.au/act)  
02 6234 7634

Twice weekly delivery of clean linen and pick-up of soiled linen from the home for ACT residents who require support and assistance with continence management.

#### Meals on Wheels

Australian Red Cross ACT  
Grant Cameron Community Centre  
27 Mulley Street  
HOLDER ACT 2611  
[www.redcross.org.au/act/](http://www.redcross.org.au/act/)  
02 6234 7634

Delivers chilled and frozen meals to the home.

## Equipment and Home Modification

Cancer treatment or progression of cancer may mean that you will need to modify your home or purchase special equipment to continue to meet your daily living needs. Most patients who will require home modification will be referred to an occupational therapist or physiotherapist who will be able to advise on specialised equipment and modification. The following list of contacts may also be helpful.

### **ACT Equipment Scheme**

ACT Health Village Creek Centre  
37 Kingsmill Street  
KAMBAH ACT 2902  
[www.health.act.gov.au](http://www.health.act.gov.au)  
02 6205 2605

Provides financial support to people with long term disabilities for the purchase and maintenance of equipment to assist them to live at home and in the community.

### **Chemists**

Provide equipment for loan or purchase.

### **Equipment Loans Service**

ACT Health Village Creek Centre  
37 Kingsmill Street  
KAMBAH ACT 2902  
[www.health.act.gov.au](http://www.health.act.gov.au)  
02 6205 2500

Provides short term loan of equipment used to aid recovery and home care.

### **GP Medical**

30 Colbee Court  
PHILLIP ACT 2606  
[www.gpmedical.com.au](http://www.gpmedical.com.au)  
02 6282 0059

Sells rehabilitation equipment and medical products including continence aids.

### **Home Help Service ACT Inc**

Grant Cameron Community Centre  
27 Mulley Street  
HOLDER ACT 2611  
[www.homehelp.org.au](http://www.homehelp.org.au)  
02 6287 3777

Provides quality home modifications and maintenance to the elderly, frail aged, and people with disabilities and their carers to enable them to live in their own home.

### **Independent Living Centre**

24 Parkinson Street  
WESTON ACT 2611  
[www.health.act.gov.au](http://www.health.act.gov.au)  
02 6205 1900

Provides expert information and advice on equipment, building design and resources for individuals and their carers to assist people to live at home.

### **Linen Service**

Australian Red Cross ACT  
Grant Cameron Community Centre  
27 Mulley Street  
HOLDER ACT 2611  
[www.redcross.org.au/act](http://www.redcross.org.au/act)  
02 6234 7634

Twice weekly delivery of clean linen and pick-up of soiled linen from the home for ACT residents who require support and assistance with continence management.

### **Mobility Matters**

35 Townsville Street  
FYSHWICK ACT 2609  
[www.mobilitymatters.com.au](http://www.mobilitymatters.com.au)  
02 6280 7244

Provides a large range of equipment for sale or hire.

### **Red Cross Personal Alarm Service**

Australian Red Cross ACT  
Grant Cameron Community Centre  
27 Mulley Street  
HOLDER ACT 2611  
[www.redcross.org.au/act](http://www.redcross.org.au/act)  
02 6234 7634

A service for those living alone or with a frail partner who may be at risk of accident or sudden illness that provides access to emergency help 24 hours a day every day of the year.

### **Technical Aid to the Disabled (ACT) Ltd**

Grant Cameron Community Centre  
27 Mulley Street  
HOLDER ACT 2611  
[www.technicalaidact.org.au](http://www.technicalaidact.org.au)  
1300 663 243  
02 6287 4290

Designs and constructs aids for people experiencing disabilities where required aids are not commercially available.

**Vital Call**

[www.vitalcall.com.au](http://www.vitalcall.com.au)

1300 360 808

A medical response service which allows you to call for help without the need to get to your phone.