

# Sunbury's health is in good hands

Sunbury Community Health, a not-for-profit community health organisation, provides a range of services that respond to the needs of Sunbury and surrounding communities.

For more than 40 years, the organisation has offered services to people across the generations, from children to entire families.

These services include family childcare; therapies and support for families concerned about their child's development; older adults needing counselling; physiotherapy; and other health services.

Last year, Sunbury Community Health became an Approved Home Care Package Provider.

Home Care Packages, part of an Australian government program, provides money to buy services for older people (generally 65 years of age or older) to live well and safely within their home and community. Services can include things such as occupational therapy, podiatry, physiotherapy, home help and other community or family supports.

Sunbury Community Health harnesses local knowledge to help older people find and access health, home and lifestyle services in the community. Each person who receives Home Care Package funding will also get a care manager to help organise the supports they need.

One of the Sunbury Community Health Home Care Package care managers is Maria, a social worker with more than 20 years' experience working with people older than 65 and people living with disabilities.

Maria is passionate about helping people find the right services to help them stay in their own homes or help them plan for their future. Her role is to explain what's available for older people and provide information on the steps they need to take to get assistance.

Community services have changed so much recently and can be hard to navigate, especially if people don't know where to start.

Sunbury Community Health will run information sessions for the community to hear from the Home Care Package team about Home Care Packages, using the My Aged Care system and how they can access support for themselves or for a person they care for.

**When:** 6pm on Thursday, April 5, and 11am on Saturday, May 26.

**Where:** Sunbury Community Health  
**Bookings:** [sunburyhpc.eventbrite.com.au](http://sunburyhpc.eventbrite.com.au)

Sunbury Community Health is committed to providing guidance and answering any questions about health and community services. The team encourages people with a friend, family member or neighbour who could use some support to get in touch.

**Sunbury Community Health,**  
12-28 Macedon Street, Sunbury.  
**Inquiries: 9744 4455 or**  
visit [sunburyhpc.org.au](http://sunburyhpc.org.au)



(Pictures: Supplied)



## Information Session

### Your guide to My Aged Care & Home Care Packages

**Thur 5 April**  
6.00 pm

**Sat 26 May**  
11.00 am

Sunbury  
Community Health  
12-28 Macedon St,  
Sunbury



- Are you 65+ years and want information on the type of help you can get in your own home?
- Do you need help to understand what services are available and how to organise them?
- Do you need help to understand and contact My Aged Care to arrange your own services?
- Do you need help to understand Home Care Packages and how to get one?

Reserve your place at [sunburyhpc.eventbrite.com.au](http://sunburyhpc.eventbrite.com.au) or phone 9744 9232

**FREE**  
Light refreshments  
provided.

Come and talk to us!

Carers and  
family members  
welcome

#### Maria Bowman

Hello, my name is Maria and I am a Social Worker with nearly 20 years experience working with people over 65 years of age and people living with a disability.

I am passionate about helping people find the right services to help them stay in their own homes or help them plan for their future.