

# Our Services

## Support for older people

Journeys Continue offer tailored counselling and support services for the aging and their carers. In doing so we help find solutions for the small and large adjustments that come with getting older and end-of-life planning.

Our aged care support services for the aging and their carers include:

- Supporting decision-making
- Promoting independence
- Personal advocacy and empowerment when sourcing solutions
- Emotional and mental health supports
- Grief and loss

## Support for carers

Caring for the elderly can be a new experience that we meet with little or limited experience. At times caring for a loved one can feel overwhelming. Supporting carers, we additionally provide support and guidance to:

- Navigate complex care decisions
- Manage stress and burnout
- Understand and manage changes in behaviours and communication needs related to dementia and chronic illness
- Access community supports

## Care Coordination and Planning

Planning for future care is critical for enabling a smooth journey in the latter years. We can assist you to understand the options available, to assist you to make informed decisions and progress:

- Home care, residential care and palliative care
- The Aged Care system
- Access to government supports and funding programs
- Care plan development and review

## Advocacy and Other Support

Journeys Continue assist individuals to understand their rights. We can advocate for the best care options and services available by assisting you to:

- Understand supports and services available
- Address concerns with elder care
- Discuss and guide you through enduring powers of attorney documents / guardianship, advance care plans
- Explore options related to financial or estate planning

## Why Choose Journeys Continue?

### Personalised Approach:

- Every individual and family is unique. We take the time to understand your situation and offer solutions tailored to your needs.

### Experienced & Compassionate:

- We are experienced in aged care. We are passionate about making a positive difference in the lives of older adults and their families.

### Confidentiality & Respect:

- We understand that privacy is important. We handle every aspect of your care with the utmost confidentiality and respect – consistent with privacy legislation.

### Wholistic Care:

- We believe in addressing the whole person, considering emotional, social, physical, spiritual and mental well-being to improve quality of life.

### Fees and Charges apply

our fees and charges may be covered by HCP, NDIS funding, or DVA entitlements.



## Who We Work With

Those experiencing change –

- Older people living in their own homes or aged care facilities.
- Individuals facing life transitions, loss, or health issues.

The support team –

- Families and carers navigating complex care decisions and looking for resources and emotional supports.
- We are happy to work with family members who are based interstate or overseas.

Service providers –

- Home care package providers, residential aged care facilities, allied health professional, and medical and legal professionals

## Supporting Your Journey with Compassionate Care

As we age, life's challenges can become more complex. The need for emotional, practical, and social support grows. An experienced Aged Care Social Worker can be a valuable partner to assist you to compassionately navigate the challenges of aging. Whether you are an older person, a family member, or a caregiver, we are here to assist.

## Our Commitment to You

Journeys Continue provide an accredited social worker with over 30 years of experience. We are dedicated to empowering older people to live with dignity, respect, and as much independence as possible.

We work collaboratively with individuals, their families and carers, and health professionals, community organisations and support networks to ensure the best outcomes for every person.

## Contact us

Phone: 0417 494 283

Email: [contact@journeyscontinue.au](mailto:contact@journeyscontinue.au)

Website: [www.journeyscontinue.au](http://www.journeyscontinue.au)



Journeys Continue

Supporting individuals in Bungendore and surrounding region.

We meet individuals where best for them – Bungendore office, home visits or elsewhere



Accredited member of the Australian Association of Social Workers – AASW 434 684

DVA Provider no. 9817 771B



# Aged Care Supports



Journeys Continue “caring for the whole person – Your well-being is our priority”