

# Private in-home services

Trusted, professional help.

Kia ora,  
how are  
you today? 

We ask because we genuinely care

Access Community Health has been trusted by generations of New Zealanders.

With our community nursing division, Total Care Health and rehabilitation division, Focus on Potential, we provide personalised, high quality in-home services to create a better day, every day.



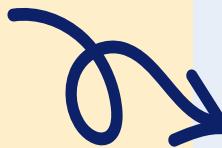
Here to help 

You, and, if you choose, your family members will have access to our Family Portal, a simple online tool to view and manage your upcoming care visits.



## Why New Zealanders choose Access

- 1 100 years of trust
- 2 Proven expertise
- 3 Seamless support, whatever your situation
- 4 Much more than support
- 5 Care the way you want it



## Our values



**Kaitiakitanga**  
Care for our communities



**Kotahitanga**  
Work together



**Tū Tika**  
Do the right thing



**Manaakitanga**  
Look after each other

66

Exceptionally caring, supportive, and courteous, showing genuine compassion and respect toward my mother, who is in her 80's. The attentiveness and sensitivity to privacy were deeply appreciated by our whole family

Dorothy, 88

The support staff were so lovely, prompt and always made her feel comfortable. For someone like herself, who has worked helping others her entire life to be the one receiving care, was a shock for her but the support workers helped her journey to recovery

Benji, 82

99

Live a better day, every day  
with private home help and  
care services in the comfort of  
your own home.



- \* **Flexible support** - where and when you need it. From a few hours a week to 24/7 live-in care, for a short while or on-going.
- \* **Trusted and skilled team** – we've been supporting New Zealanders for generations. Our team is professionally trained and police vetted.
- \* **Personalised services** - from a hand with daily living essentials through to complex care, we help you maintain independence and meet your goals.
- \* **Top-up funded services** – simple and cost-effective to add extra paid-for hours on to existing care plans.
- \* **Easy to get started** – guidance for you and your whānau through the steps to access funded and private options.



# Our services

## Ngā Ratonga



### Personal care

Compassionate, professional care to assist with personal hygiene, showering, toileting and dressing.



### Injury & wound care

Nursing services and rehabilitation for injury or surgery recovery, and therapies to restore or maintain strength and balance.



### Rehabilitation & therapy

Physiotherapy, Occupational Therapy, Speech Therapy, Psychology, Dietitian and Social work are available.



### Household management

A helping hand with your housework, cleaning, and laundry. We can take care of your grocery shopping too.



### Meal preparation

Assistance and company with nutritious meal preparation and cooking in your home can create a better day and help maintain good health.



### Morning, evening & sleep routines

Mornings and evenings are often when a helping hand is needed. Welfare checks, sleepover services and 24-hour in-home care are also available.



### Activity & companionship

We offer companionship, transport and social support.



### Medication management

In-person visits for help with medication give reassurance that the right doses are taken at the right times.



Take a break knowing your loved one is in good hands. Time away supports your wellbeing and can benefit your loved one too.



### Palliative care

We work with care teams and whānau to look after medical and physical care, mental and spiritual wellbeing.