



**Respite care for people
needing support at home
and in their community**

GET IN TOUCH

Trinity Centre
27 East Street (PO Box 199)
Harden NSW 2587
T 02 6386 3561

E manager@flexicare.org.au

OFFICE HOURS

Monday to Friday, 9:00am to 3:00pm

**Supportive home
and community care
in the Harden region**



**MURRUMBURRAH-HARDEN
FLEXIBLE CARE
SERVICES INC.**

P 02 6386 3561



MHFCS Inc. is a home support program. Our services are partially funded by the Australian Government and Transport for NSW.

**Need a little help in
and around your home?
Flexible Care Services
is here to lend a hand.**

We can help you maintain independent living with the provision of:

- ✓ Community Transport
- ✓ Meals on Wheels
- ✓ Domestic Assistance
- ✓ Social Support (individual or group)
- ✓ Personal Care Assistance
- ✓ Respite Care
- ✓ Yard Maintenance

Give us a call and find out what we can do to make your life that little bit easier.

**Remember — help is
only a phone call away!**

Phone **02 6386 3561**

My Aged Care Registration (MAC) required to access our services. Phone **MAC 1800 200 422** (free call). We are able to assist with this process if need be.



Community Transport

- ✓ Trained, helpful volunteers
- ✓ Transport to doctors, specialist appointments, shopping and social outings
- ✓ Health related transport



Meals on Wheels

- ✓ Both hot meals and frozen meals
 - 35 x main meal varieties
 - 8 x sweet varieties
 - Soups and purees
- ✓ Deliveries to your home



Domestic Assistance

- ✓ All light household cleaning tasks



Respite and Personal Care

- ✓ 7 days a week
- ✓ Trained carers for showers and personal care allowing time out for usual carers



Social Support

- ✓ Both individual or group support
- ✓ Social support group meet for outings and lunches
- ✓ Weekly on a Tuesday at the 'Hub' from 10am



Yard Maintenance

- ✓ Mowing and general yard care

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We would be lost without this service. Transport is great, as is the Hub. All staff are very nice.

- JD

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Beautiful meals, lovely staff and very caring always - I really like everyone. Love this town.

- C