

Support at Home with ACH Group

ACH
GROUP

If home is where your heart is, we can help you stay there.

For over 70 years, ACH Group has been supporting older South Australians to live well as they age. We know aged care and provide a complete range of services from help at home, social and health to finding a new home in retirement living or residential care.

What services are available?

ACH Group offers a comprehensive range of care and support services to support you to live independently at home.

 Health & Wellbeing	• Physiotherapy • Occupational therapy • Podiatry • Remedial massage therapy • Dietetics • Exercise and wellness groups • Aids and equipment related to your care • Social work	 Nursing*	• Wound care • Medication management • Continence management • General health assessments and reviews • Diabetes education and support
 Personal Support	• Assistance with showering and dressing/undressing • Personal grooming • Assistance shopping • Meal preparation • Support and transport to attend medical, social and other appointments	 Cleaning	• Light vacuuming, sweeping, mopping and dusting • Wiping of surfaces • Cupboard, pantry and fridge cleaning • Bed and linen changing • Laundry assistance
 Social Support & Experiences	• Social support in your home or community • Hobby and interest based experiences • Technology support • Long lunches and dinners • Day tours and concerts • In-home and community respite	 Home & Garden Maintenance	• Lawn mowing • Weeding • Pruning • Planting • Sweeping and cobweb removal • Garden maintenance • Minor home maintenance

*Nursing services are only available through Support at Home.