

Enjoy the things you love

**Thrive is our newest initiative that brings together two of our popular wellness and reablement programs.**

Through our two programs - Strive and Nourish to Flourish our aim is to help you to regain and retain your capacity, abilities, and interests so you can stay in your own home longer.

We'll enable your needs so you can live a full life with the people and things that bring you joy.

#### BENEFITS

- Reach your goals with personalised in-home health, wellbeing and support services
- Easy access to general and post operative care, and injury and physical rehabilitation
- A safer home environment for peace of mind.

For more information or to join Thrive with Catholic Homes, call our friendly team on 1300 244 000 or email [homecare@catholichomes.com](mailto:homecare@catholichomes.com)

## Nourish to Flourish with Personalised Nutrition

Empowering in-home support, tailored to you



#### HOME CARE

123 Burswood Road  
Burswood WA 6100

p 1300 244 000

e [homecare@catholichomes.com](mailto:homecare@catholichomes.com)

[catholichomes.com](http://catholichomes.com)

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care with  
purpose



thrive



### Nourish to Flourish

**Enjoy the meals you love with 'Nourish to Flourish'! Featuring our customised meal preparation and planning service, we can help you at home so you 'love what you eat'.**

Our chef and dietician bring a special touch to your own home assisted by our trained support workers who have skills in food preparation.

- Meal ideas and meal preparation
- Help in the kitchen
- Shopping trips and transport assistance
- Skilled diet and nutrition advice.

### Eligibility

New and existing clients can benefit from Thrive with Catholic Homes. If you are receiving Short-Term Restorative Care, a Home Care Package, or private services, you may be eligible for Strive. If you are with the entry-level Commonwealth Home Support Program, you may not be eligible for some services. Please call our office for more information.

### How much does it cost?

Because Thrive with Catholic Homes is delivered as part of the Government-subsidised home care, there are no out-of-pocket costs to our clients: we can help you get the best from your home care budget.

### How to apply

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### About Catholic Homes

**Catholic Homes is a not-for-profit aged care provider that has responded to the needs of the Western Australian community for more than 50 years.**

### OUR DIFFERENCE

When you join Catholic Homes, you'll know straight away we're your greatest advocate for your best life at home and in the community.

We care about your wellness, independence and right to live the life you choose.

We won't limit your choices – we welcome people wanting improvements, change and creativity.

People are choosing Catholic Homes because of the quality of the service and friendly support they receive from us every day:

- No daily care fees
- No gimmicks or giveaways
- We strive to always do what we promise
- Dedicated personal service not big, faceless call centres
- Ongoing support from the same staff members
- Easy-to-read statements and a transparent fee schedule.