ADEC

Commonwealth Home Support Program

Stay Moving. Stay Connected



We're here to support your independence

Staying active and connected is important for your health and wellbeing. ADEC's Commonwealth Home Support Programme (CHSP) provides practical support to help you continue living independently at home and stay connected to your community.

We make everyday life easier so you can keep doing the things that matter to you.

Joining the ADEC community

Getting started is simple. Our team will guide you through the process and help you access the support you need. You don't have to figure it out alone - we are here to help. We will:

- Explain your options clearly
- Help you access CHSP services
- Arrange support that suits your needs

ADEC's CHSP Services can Support You with

Transport

Help to get out and about in the community, including:

- Medical appointments
- Shopping trips
- Visiting family and friends
- Community activities

Domestic Assistance

Help with general household cleaning, including:

- Vacuuming
- Mopping floors
- Cleaning bathrooms
- General tidying

Personal Care

Support with everyday personal tasks, including:

- Bathing or showering
- Dressing & grooming
- Toileting assistance

Social Support Groups

Helping reduce loneliness and build strong community connections through:

- Group activities
- Social outings
- Cultural and community programs
- Friendship and social connection opportunities

Support that understands you

At ADEC, we understand the importance of language, culture, and community.

We:

- Provide support in your language
- Respect your cultural preferences
- Deliver services in a familiar and comfortable way

You feel understood, respected and supported.

Why choose ADEC

- Multicultural and multilingual support
- Focus on independence and wellbeing
- Friendly and reliable team
- Person-centred approach
- Inclusive and welcoming for all
- Verified CALD Specialist provider
- Since 1982, supporting multicultural communities
- Staff who speak 33+ languages
- Trusted not-for-profit organisation focused on community wellbeing

Supporting you every day

Our team will check in with you regularly, but you can contact us anytime for:

- Support and advice
- Changes to your services
- Questions or concerns

(03) 9480 7000 info@adec.org.au www.adec.org.au