

We can help you with:

- Bowel care and management
- Bladder and catheter care
- Contenance management
- Showering, bathing, grooming, dressing
- Safe transfers, including use of hoists
- Light domestic duties
- Laundry, cleaning
- Shopping, preparing meals
- Assistance with meals
- Accessing the community: assisting you with transport, appointments and social activities
- Providing companionship and support during daily activities
- Respite care for your carer

Contact us:



PEER SUPPORT/NDIS
INFORMATION LINE
1300 66 28 22



BRIGHTSKY HEALTHCARE
PRODUCTS AND
EQUIPMENT
1300 88 66 01



CLINICAL SERVICES
(OCCUPATIONAL
THERAPY, NURSING,
SOCIAL WORK)
(02) 8741 5689



PERSONAL CARE SERVICES
(02) 8741 5602



NDIS
REGISTERED
PROVIDER



ACCOMMODATION
(02) 9646 3711

Head Office

6 Holker Street, Newington NSW 2127
PHONE (02) 8741 5600

Northern Region

27 Veronica Street, Cardiff NSW 2285
PHONE (02) 4969 6388

Interpreter Service: 131 450

National Relay Service (for the deaf, hearing or speech impaired)
TTY/Voice: 133 677

SSR (Speak and Listen): 1300 555 727

Email: paraquad@paraquad.org.au

www.paraquad.org.au

www.brightsky.com.au



Supporting people in our community

ParaQuad Personal Care Services

We understand spinal cord injury



 **ParaQuad**
Paraplegic & Quadriplegic Association of NSW
Supporting people in our community

How can you help me?

Personal care is about providing in-home support that enables you to maintain your lifestyle in the way that you choose.

Our Personal Care Assistants (PCAs) do more than just help you with basic care.

For people with spinal cord injury and other complex physical disability, this means assisting you with activities of daily living so that you continue all those activities and roles that are important to you.

How will my services be organised?

We provide individualised services, tailored to your individual needs. We encourage you to review your needs regularly, so that our Service Supervisors can work with you to ensure that services are provided at the times you require.

We provide care in NSW, in both metropolitan and regional areas. The minimum shift is one hour duration.

What's different about ParaQuad's personal care services?

ParaQuad specialises in spinal cord injury (SCI) and similar disability. Our PCAs complete intensive in-house training in all aspects of SCI care: bowel care, bladder, catheter and continence management, safe transfers, use of mobility equipment, pressure area and skin care.

All ParaQuad PCAs are trained in the recognition of and response to autonomic dysreflexia.

Our PCAs are supported by ParaQuad's clinical team who provide ongoing education in spinal-specific care. We understand that every person with SCI will require support tailored to their needs.

We've been providing personal care to people with SCI for over 30 years. We're committed to the community.



How are services funded?

If you have an NDIS plan, or are covered under iCare, Continuity of Support or other private insurance schemes, you may access personal care if this has been assessed as being a necessary support.

Our Service Supervisors will work with you to plan services in a way that maximises the use of your funding and provides you with the level of care you require.

We also provide service on a fee-paying basis for those who do not have funding under the above schemes.

When can I contact your team?

Whether you are returning home from hospital or rehabilitation, or have been at home for some time, please call us for a confidential chat about your needs.

**You can contact us on 02 8741 5602
or at: personalcare@paraquad.org.au**