Birchmere.

Care that feels like family.

Caring from a distance

Practical ways to look after a parent who lives in another suburb, city or state.



WHEN YOU CAN'T BE THERE

Far away, still close.

Living a long way from an ageing parent brings its own kind of worry. Is she eating? Did he get to the doctor? Who would know if something went wrong?

You can't be there every day, but you can make sure the right people and plans are. A little set-up now means fewer late-night phone calls later.

A circle of support

People nearby who can pop in, notice things and call you.

A regular rhythm

Calls, visits and help on set days, so changes stand out.

Information in one place

Contacts, medicines and documents you can find in a hurry.

Help they're happy with

Support your parent chooses, not just support you arrange.

Start with a conversation.

Ask what they'd like help with, and who they'd be comfortable having around. Plans they've shaped are plans they'll stick with.

BUILDING A SUPPORT CIRCLE

The people close by.

Think of everyone who's already part of their week, and how each could help a little.

- [ ] A neighbour or friend who can check in and has your number.
- [ ] A spare key with someone trusted, or a key safe by the door.
- [ ] Their GP and pharmacist know who to contact in the family.
- [ ] Permission in place for the GP to talk with you, if your parent agrees.
- [ ] A regular helper for the things that slip: shopping, meals, appointments.
- [ ] Someone who can step in at short notice if your parent is unwell.

Our circle

Neighbour _____

GP _____

Pharmacy _____

Care coordinator _____

Family member _____

STAYING IN THE LOOP

Make the most of every visit.

Visits home are precious, and they're also your best chance to see how things are really going.

Between visits

- A regular call on the same day and time each week.
- Video calls, once the phone or tablet is set up and they're confident using it.
- A shared family calendar for appointments and who's visiting when.

When you're there, take a look at

- [ ] The fridge and pantry: fresh food, or mostly out of date?
- [ ] The mail: bills paid, or a pile building up?
- [ ] Medicines: being taken, and enough left?
- [ ] The house: tidy as they like it, and safe to move around?
- [ ] Their mood: still seeing friends and getting out?

HOW WE HELP

Your eyes and ears nearby.

You can arrange everything from wherever you live. One phone call sets things up, and a care coordinator stays your single point of contact.

- A companion matched to your parent's interests, language and personality.
- The same companion each visit wherever we can, so changes get noticed.
- Updates shared with the family members your parent chooses.
- Help with technology, so video calls with you become easy.
- Care for one parent, or both, arranged in one call.



WHAT IT COSTS

From $120.00

per hour (Including GST)

Visits start at two hours. Evenings, weekends and public holidays cost more, in line with award rates. You'll always see the full price before you book.

Birchmere.

Close by, when you can't be.

Have a chat with a care coordinator. Real human, no scripts, no obligation.

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Scan to visit our website

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