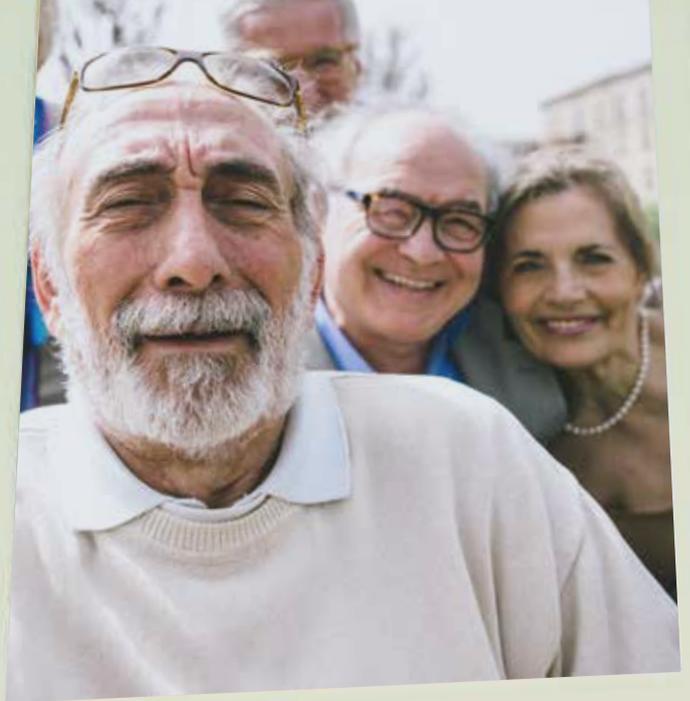




Because our
members are
our family



The Mounties ethos was built upon the hard work of men and women who believed that social connection was important, and helping others made the community stronger. Today, Mounties Group remains steadfast in its mission to have a positive impact on the lives of its members for years to come, and thus we created Mounties Care.





Mounties Care exists to improve the lives of our members.

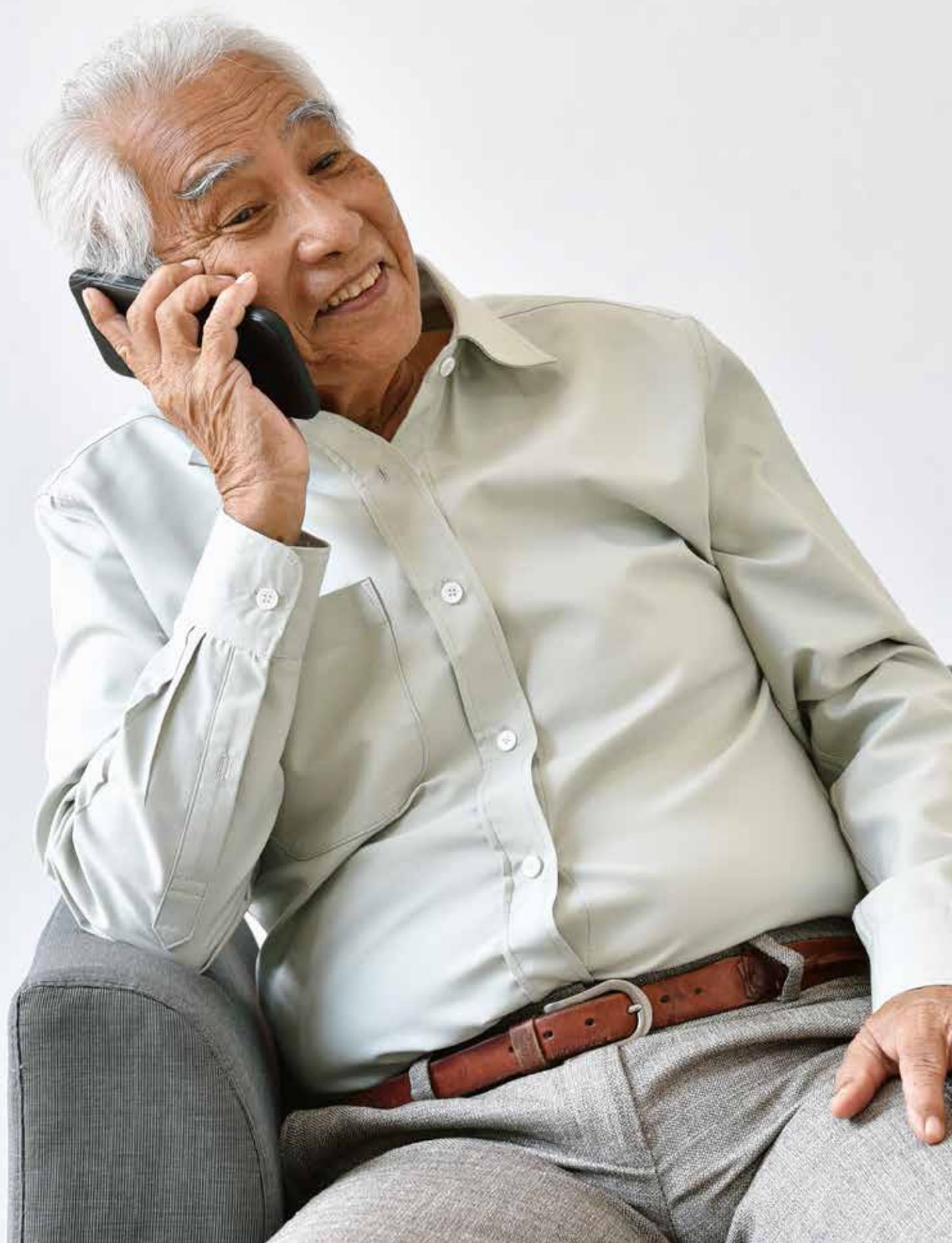
To support the health, wellbeing, independence and quality of life of our members, Mounties has partnered with leading integrated care specialists Vitalis. Together we will provide and form a trusted network of service providers who will meet our strict accreditation and quality control standards, but also share our corporate values of family, fun, honesty, caring & innovation.

Vitalis Health & Home Care Specialists

Vitalis is a leading care provider of integrated clinical and home care services with a track record of delivering exceptional services with proven outcomes. All Vitalis services are fully accredited by the Australian Council on Healthcare Standards (ACHS) and provided by skilled and dedicated staff backed by technology and medical research.

Vitalis mission is to enhance and enable social connection for everyone in their care as well as their families and care givers.







Services

Members Healthline

Wellbeing Presentations

Care Navigation

Home Care Services

Allied Health

Hospital in the Home

Welfare Calls

Mounties Care Concierge

A dedicated phone service powered by Vitalis has been created so members have one point of contact for any services operating within the Mounties Care ecosystem. Members can also visit our dedicated website to learn more about our services or submit an inquiry.

PHONE 9165 0838

mountiescare.com.au

Wellbeing Presentations

Positive wellbeing can have both physical and mental health benefits.

At Mounties Care we understand this and will provide a series of wellbeing presentations and wellness programs throughout the year.

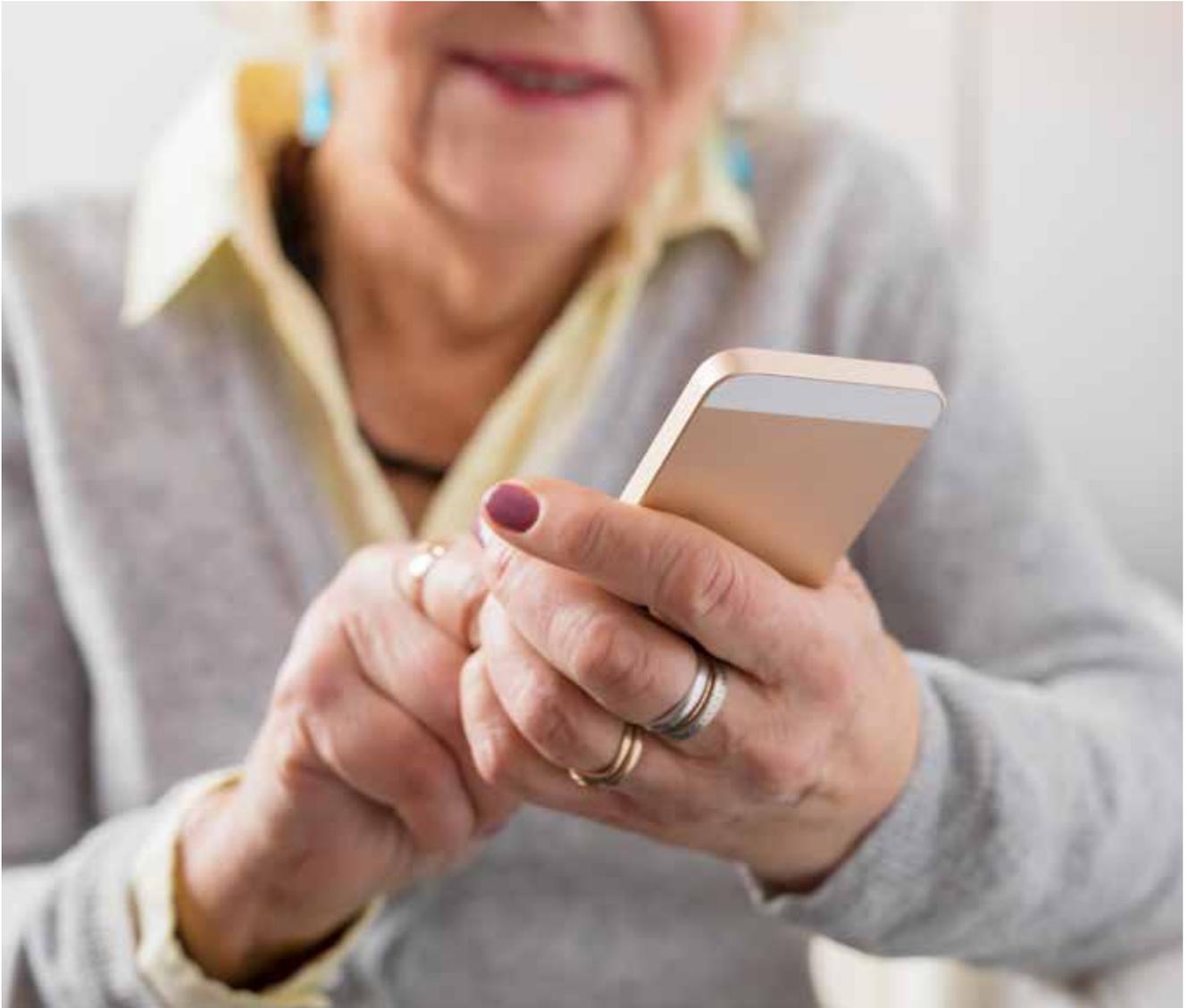
Our presentations & programs will be wide and varied, will provide information and education to guide behaviours, habits and lifestyle so members can better manage their health, increase wealth and reduce chronic disease.

Examples of the programs we will offer include:

- Falls prevention
- home safety
- active ageing
- managing grief
- tackling depression



Members Healthline



The Mounties Care Healthline provides telephone access to a team of dedicated, highly practiced nurses who specialise in telehealth including triage, assessment, advisory and management of patient anxiety.

Our registered nurses, all with a minimum of 15 years' experience, will listen and support members through a variety of support services including:

- Health care advice
- Coronavirus Information
- Chronic disease management
- Mental health assistance
- Signs and symptoms checker
- Care support advice
- Medication review & management

Services are provided by Vitalis' specialist clinical nurses and are accredited by the Australian Council on Healthcare Standards (ACHS).

Care Navigation

Care Navigation is an important service providing our members anything and everything they need to support good health and easy living for as long as possible.



Understanding the Aged Care system can be tricky. Luckily our friends at Vitalis are experts and will you get the right support, at the right time to manage your healthcare needs

Many of our Care Navigation services are provided FREE of charge, as part of your Mounties membership and can be accessed through the Mounties Care Concierge:

- Help to understand the Aged Care System
- Coordinate, advocate & source medical or allied health services
- Coordinate home support services
- Attend medical consultations
- Making claims on your behalf
- Guidance through complex diagnoses & treatment options
- Assess government subsidised home care packages or pay-as-you go care services.



Home Care Services

It is proven that people's quality of life remains higher at home than in a nursing home. Ageing in place is about keeping older people in their home and independent for as long as possible.

Home care enables and empowers people to continue living independently at home, even as they age or need to manage chronic health conditions.

The following services can be either pay-as-you go or provided as part of a home care package:

- Respite Care
- Shopping & light house keeping
- Meal preparation
- Personal hygiene assistance
- Assistance with medication
- Driving
- Companionship & socialisation
- Palliative & Dementia care

Home care services are provided and coordinated by our partners at Vitalis who specialise in finding the right support for you whether it be for one hour a week or for 24-hour care.

Hospital in the Home & Chemo in the Home

Hospital in the Home (HITH) is clinical care that reduces the length of stay in hospital or in some instances can avoid an admission altogether. A range of clinical conditions can be effectively and safely managed without a person needing to stay in hospital.

Treatments available include:

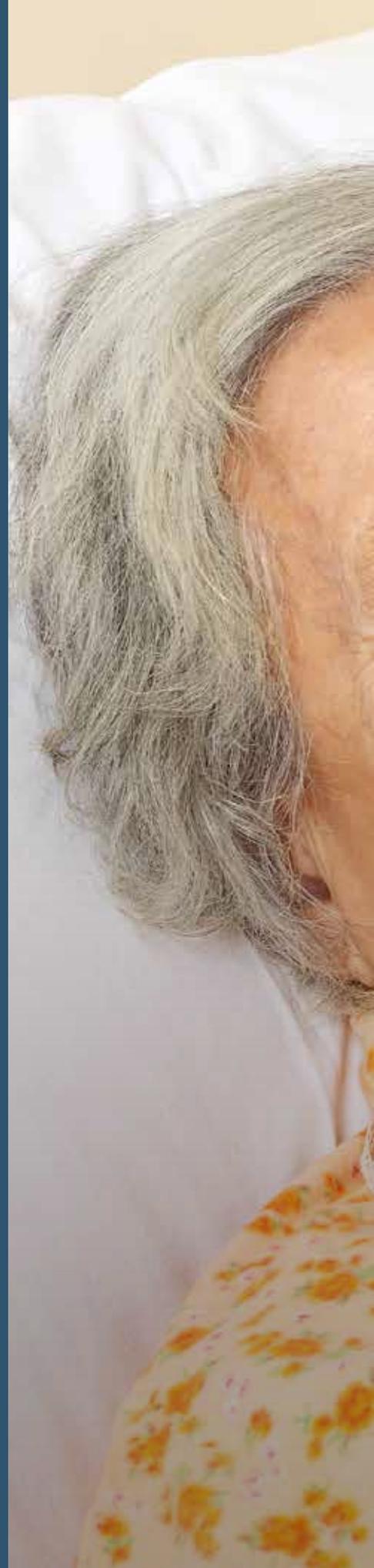
- IV antibiotics & therapies
- Wound dressings & management
- Post-operative drain care
- Blood collections for pathology
- Catheter care
- Parenteral nutrition
(or intravenous feeding)

Chemo in the Home (CITH)

Some cancer treatments can also be delivered in the comfort of your own home by our team of highly experienced chemotherapy-credentialed registered nurses and staff doctors.

- This service is available to eligible patients in the Sydney Metropolitan Area, generally with no out-of-pocket costs
- Reduce the inconvenience and cost of travel to hospital
- Reduce the number of days off work
- Family & friends can remain by your side

These services are provided and coordinated by our partners at Vitalis who are fully credentialed.





Remain in the comfort of your own home and be able to see friends and family when you want with our Hospital in the Home Services.



Allied Health

Allied health encompasses a broad range of health professionals who use scientific principles and evidence-based practice to assist manage and treat acute and chronic diseases; promote disease prevention and wellness for optimal health.

We have a wide range of partners who assist us with the following Allied Health Services:

- Exercise Physiology
- Physiotherapy
- Podiatry
- Women's Health Physiotherapy
- Dietitian
- Occupational Therapy
- Telehealth Services

Welfare Calls

If you are a Mounties Member over the age of 65, you can also expect a phone call from one of our Healthline nurses.

Our members are our family and we understand the importance of keeping in contact with family for emotional and social support. We also understand that in today's society immediate family can be extremely busy, and at times connection can be lost because of it.

Mounties Care will be conducting welfare calls to our older members. A simple check in to see if we can offer any assistance and to ask 'are you okay'. Covid-19 has presented us with many challenges, this is our way of giving back and to ensure our more vulnerable members are well cared for.



OUR SERVICE PROVIDERS

Rebound Health

Rebound Health's vision is to improve the health of the community that they work in. As a values-driven organisation Rebound understand's that the rapport built between a practitioner and a client is the most important factor in positive health results. With this in mind, Rebound Health aspires to provide a warm and caring environment where clients are met with empathy, respect and their values are taken into consideration when helping to work towards health goals.

Rebound Health successfully integrates:

- Exercise Physiology
- Physiotherapy (including specialising in Women's Health Physiotherapy)
- Dietetics (including Eating Disorders)
- Occupational Therapy
- Podiatry

Ignite Health & Fitness

Mounties Group's Ignite Health & Fitness Centre hosts a team of Exercise Physiologists who have a primary focus on the delivery of rehabilitation services for the prevention, management and treatment of chronic disease and musculoskeletal disorders.

- Exercise Physiology
- Functional Rehabilitation
- Hydrotherapy
- Telehealth
- NDIS support services

Our future is bright

This is just the start! Over the coming months and years, Mounties Group will be looking for service providers that will cater to the needs of our members now and into the future. Legal services, optometry, house cleaning, handyman services just to name a few. We are also working hard to be able to provide on-site medical services to our members. It is our mission to encourage independence, provide social connectiveness and support to our family of members.



Spend more
time doing
the things
you enjoy!

mountiescare.com.au
02 9165 0838

