



Supports Provided by TeamHEALTH

For more than 39 years, TeamHEALTH has walked alongside people across the Territory on their mental health and wellbeing journey. We bring the same understanding, and the same care for the person in front of us, to Support at Home.

TeamHEALTH is a registered aged care provider, delivering Support at Home in line with the Aged Care Quality Standards, the national standards, set by the Aged Care Quality and Safety Commission, that keep care safe, respectful and shaped around each person.

We welcome all people, regardless of age, gender, race, ability, sexual orientation, faith, religion and all other identities represented in our community.

Contact Us



To be connected with one of our staff please contact TeamHEALTH:

Head Office Address:

Unit 8a/69 Progress Drive,
Nightcliff, NT, 0810

Phone: 1300 780 081

Website: www.teamhealth.asn.au

Interpreter and/or Translation Services are available to access our services. Please contact us for more information.

Interpreting and Translation Services NT

Phone: (08) 8999 8506 or 1800 676 254

Email: itsnt@nt.gov.au or
itsnt.dlqcs@nt.gov.au



Home Wellbeing Program

Supporting your mental health journey

Home Wellbeing Program

A home should be safe, comfortable and easy to get around, but keeping it that way can get harder over time, for all sorts of reasons.

The Home Wellbeing Program is practical, respectful support for older people whose home has become hard to manage, in a way that is affecting their wellbeing, independence, health or safety. Whether that's for you, or someone you care about, our work is about much more than the home itself.

Our Approach

At TeamHEALTH, we start by listening.

There are all sorts of reasons a home can become harder to manage: physical health, mental health, grief, isolation, or a change in life circumstances, and what matters to us is the person in front of us, not how things got this way.

From there, we work at a pace that feels comfortable, alongside you rather than around you. You stay in charge of every decision, what happens, what stays, and what changes, with your dignity, choice and control respected at every step.



What We Offer

Support is shaped around each person, and can include:

- **A space to talk things through** - overwhelm, grief, loss, isolation or life changes
- **Confidence and motivation** - moving towards goals that matter, at your own pace
- **Everyday skills and routines** - practical ways to keep the home manageable
- **A safe, easier home** - improving access, comfort and everyday use
- **Sorting belongings and spaces** - gradually and respectfully, always in your control
- **The right supports around you** - health, aged care, housing, family and carers

What Makes Us Different

- **Territory-based** - we understand life here, because we live here too
- **Culturally safe** - support that respects your culture and background
- **Flexible** - we adjust as your needs change, at your pace
- **People first** - we take the time to build trust

Who is it for?

The Home Wellbeing Program is for older people who'd like support to keep their home safe and comfortable. Generally, that's someone aged:

- 65 or over, or
- 50 or over and Aboriginal and/or Torres Strait Islander

Getting started

The first step is a free aged care assessment through My Aged Care, online or by phone.

Once approved, you'd be able to choose TeamHEALTH as your provider.

Phone: 1300 780 081

Website: www.teamhealth.asn.au

Email: teamhealth@teamhealth.asn.au

