

February 2026

In-Home Aged Care is Not Lost Independence

It's a common worry. The words 'aged care' can sound like a big step, and many people assume it means giving up control, changing how they live, or having strangers take over. In reality, in-home aged care support often means the opposite.

In-home aged care is primarily designed to help older people stay safe, stay confident, and keep doing the things that matter most, in their own home and on their own terms.

Independence looks different for everyone

Independence is not always about doing everything alone. For many people, it means choosing how they spend their day, staying connected to the community, and feeling comfortable at home. Sometimes a little support with the practical stuff makes all the difference!

Small help can prevent big setbacks

A few hours of help each week can reduce the risk of falls, exhaustion, and health issues that can lead to hospital stays or a loss of confidence. **Support might include:**

- ✓ Help with showering, dressing, or getting ready
- ✓ Light housework, laundry, and meal preparation
- ✓ Transport to appointments or the shops
- ✓ Support to stay socially connected and active
- ✓ Reminders and routines that make life feel easier

These are not 'takeover' services. They are the kind of support that helps people keep their normal life going.

You are still in the driver's seat

Good aged care is person-centred. That means staying involved in the decisions. The goal is to understand what matters most, routines, and priorities, and then build support around that. It might be a little help now, and more later if needs change. The point is flexibility and choice.

It can also support families and carers

In-home aged care support is not just for the person receiving services. It can ease pressure on partners, adult children, and carers who are juggling work, family, and worry. Having reliable support in place can bring peace of mind and reduce stress for everyone.

Getting support early is a strength

Many people wait until they are at breaking point to ask for help. But reaching out early often helps people stay well and independent for longer. It can be as simple as starting with one service and seeing how it feels.

If you or someone you love is exploring aged care support, we are here to help. You can start with a conversation, ask questions, and learn what options might suit your needs.

To get started, call 1300 523 985 or get started online at: www.catholiccarecq.com

Find us on 



With platinum sponsor

**Champ
Group**

Supporting local kids for back-to-school



January saw our annual School Savvy program open pop-up shops across our region, offering second-hand uniforms and essential booklist stationery at extremely low cost, assisting families and children struggling to cope with the rising cost of living.

School Savvy 2026 by the numbers...



**Pop-up
Shops**



Visitors



**2670+
Children
helped**



**160+
Haircuts**



**5365+
Glue Sticks**



Find out more at: www.schoolsavvyqcq.com



The **CEO's** Corner

A big part of my role at CatholicCare is looking ahead, so we can keep showing up for our community in the ways that matter most.

When we plan for the future, we do not do it from a boardroom alone. We do it by listening to the people we support, the carers and families who walk alongside them, and the local communities we serve.

Your feedback helps shape our priorities and keeps us focused on what matters most.

This year, you can expect three clear things from us:

1. We will keep delivering warm, respectful, person-centred support that helps you live well.
2. We will keep strengthening partnerships across the region, so you can access the right help at the right time.
3. We will keep improving how we work, so we can put more time, care, and resources where they belong – with you.

We look forward to sharing more stories throughout the year, and showing the impact that community care can make.

Until next time,

Robert Sims

CatholicCare Chief Executive Officer

CatholicCare Consumer Advisory Body Session Dates

CatholicCare's Consumer Advisory Body is an opportunity for our aged care consumers, along with their carers and families, to provide direct feedback and ideas.

Bundaberg

Monday 9th March ~ 2pm – 4pm
79 Woongarra Street

Rockhampton

Wednesday 25th March ~ 10am – 12pm
16 Bolsover Street

RSVP...

Call 1300 523 985 or
email: advisorybody@catholiccarecq.com



Compliments Complaints & Suggestions *We hear you...*

Visit: www.catholiccarecq.com/feedback

Email: admin@catholiccarecq.com

Call: 1300 523 985

Need to make a disclosure?

CatholicCare has robust whistleblower protections in place.

Whistleblower protections are a key part of the new Aged Care Act and help to make sure we identify and address issues. We believe in a safe and more transparent aged care system.

Email our Whistleblower Protections Officer: wbpo@catholiccarecq.com

**You
matter**



RECIPE

Love Heart Jam Tarts

Jam tarts so adorable anyone who sees and smells them will be instantly smitten and fall madly in love with them!

Ingredients...

250g plain flour
125g butter chilled and diced
Pinch of salt
1 medium sized egg
1 vanilla pod, seeds scraped (optional)
100g jam or marmalade of your choice

Source: bbcgoodfood.com

Just six easy steps:

1. Put the flour, butter and a pinch of salt in a bowl and bring together with your fingertips.
2. When the mixture feels like fresh breadcrumbs, stir in the egg and vanilla seeds. Add 1 tbsp cold water, then start to bring the dough together in one lump with your hands.
3. Wrap in cling film and chill in the fridge for 30 mins.
4. Heat oven to 200C/180C fan/gas 6. Butter a 12-hole tart tin. Unwrap and roll out the chilled pastry so it's about the thickness of a \$2 coin, then use a straight or fluted round cutter to cut out 12 circles, big enough to line the holes in the tin.
5. Add 1-2 tsp of jam into each one. Cut out little pastry hearts and pop them on top.
6. Bake for 15-18 mins or until golden and the filling is starting to bubble a little. Leave to cool in the tin for a few mins then carefully transfer to a wire rack to cool completely.



WONDERWORD

Valentine's Day

Feel the love and see where your heart takes you with this Valentine's Day inspired Wonderword

BE MINE

LOVE

FEBRUARY

CHAMPAGNE

BOYFRIEND

ROMANCE

RED ROSES

BOUQUET

VALENTINE

GIRLFRIEND

CUPID

SWEETHEARTS

ADMIRER

CHERUB

DATE

CHOCOLATES

E	B	C	H	O	C	O	L	A	T	E	S	V	Q
Y	D	N	E	I	R	F	L	R	I	G	T	A	H
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S	E	I	E	O	P	D	D	E	R	E	C	D	H
B	E	N	T	B	A	E	A	Q	C	I	A	C	G
E	W	E	T	E	U	Q	U	O	B	T	E	R	A
E	S	B	C	A	Y	R	A	U	R	B	E	F	H



Need a hint or looking for the solution?

Scan the QR code or visit:

www.catholiccarecq.com/wonderword