

## Take control and self manage.

Take control and confidently chart your own course. We'll support you with all the tools you need to successfully achieve your goals in the home and community you love.

Lean on the Five Good Friends team as much or as little as you like for coaching and assistance in navigating your home care journey.

You've got everything you need at your fingertips to discover, shortlist, propose and negotiate with our network of Helpers. You get to design & coordinate a schedule that works for you.

Keeping trusted family and friends informed is easy. We know that it takes a village. Five Good Friends aims to make it simple for support networks to share the burden and the journey.

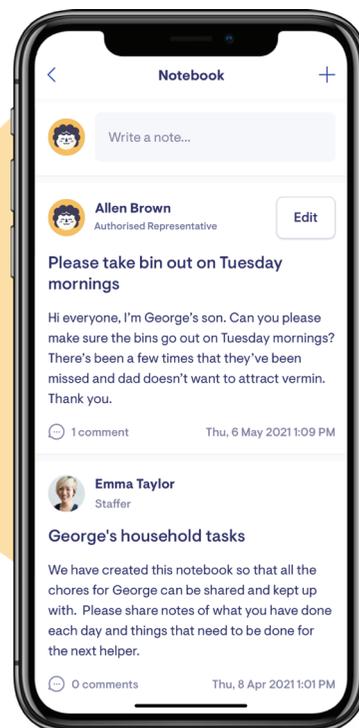


## Magic technology to make us more human.

Our members and their families love our app. It's feature rich and contains everything needed to collaborate on a Member's schedule, budget, goals, health outcomes and communication with staff.

The Five Good Friends app helps make our service more human. By having all the important information securely centralised in one, easy to use platform, everyone can spend less time on administration and more time focusing on achieving the outcomes that matter for our Members.

Magic!



# Membership Pricing

Self Managed  
Self Funded Membership



Live well at home.

Call 1300 787 581

[www.fivegoodfriends.com.au](http://www.fivegoodfriends.com.au)

## Pricing

	STARTER	PLUS	PAY AS YOU GO
<b>Membership Fee</b> This is the amount charged to administer your care depending on what level of care you need.	<b>\$10 / week</b>  A helping hand for those who just need a little care.	<b>\$25 / week</b>  Personalised care for those with higher needs.	<b>\$0 / week</b>  Utilise the Five Good Friends app to directly book Helpers for adhoc, short-term or irregular visits.
<b>Coaching &amp; Support</b> Our self management team can assist you with setting up and managing your services.	✓	✓	✓
<b>Tailored Help Plan</b> A living document that is shared with your Helpers so they know exactly what to do in all scenarios to help you.	✓	✓	✓
<b>Access to Specialised Services</b> E.g. medication management, nursing, manual handling, hoisting, etc.	✗	✓	✓
<b>Third Party Referrals</b> We can refer you to nursing and allied health professionals as required.	✗	✓	✓
<b>Remote Care Intelligence</b> Our technology that provides oversight into changes in health and wellbeing.	✓	✓	✓

## Helper rates

### Recommended hourly rate

The recommended rate our Helpers charge for their services per hour Monday - Friday.

**\$46.00**

### 12 Hour Overnight Block

Ideal for people who need on-call care through the night.

**\$260**

### 24 Hour High Care Block

For care needs that require round-the-clock attention.

**\$500**

\*Rates may vary depending on individual circumstances.

## What's in a name? Everything.

There are a few places on earth where people live longer, happier and healthier lives than the rest of the planet. These areas are called Blue Zones.

The people living in these zones share a key thing in common: friendship. On average people in these zones will travel through life with Five Good Friends. The stress shedding power of friendship is believed to be the key contributing factor in a better, longer quality of life.

This understanding is not only reflected in our name – it is our guiding philosophy.