

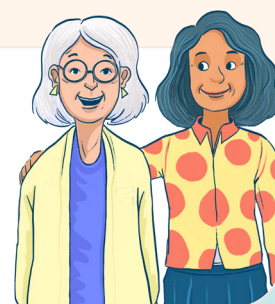
Home care that understands you.

EFFECTIVE
10 August 2026

What's in
our name?

We believe in the power of friendship.

Inspired by the world's longest living cultures, we aim to help our Members lead independent and connected lives.



WHY US

Great home care is all in the details.

You are at the centre of your care

Whether you self-manage or want your services coordinated for you with our Full Service membership, you always have choice and control.

Consistency is key

We match you with a dedicated Helper you can form a genuine connection.

Australia's first technology-enabled provider

Helpers record their visits in real time, and our software reviews those notes and alerts our clinical team if something needs attention.

All your care wrapped up in one simple app

View your help plan, visits schedule, track spending and projected balance, all in one place, right from your phone.

People chosen with care

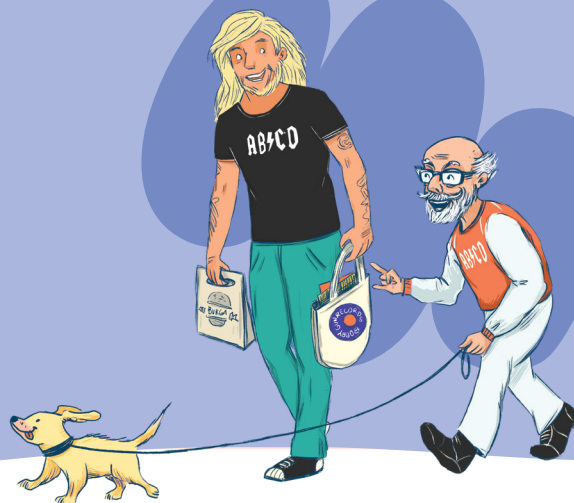
Members have access to a curated pool of over 4,000 care and health professionals who are vetted, qualified, and backed by the governance of the Aged Care Quality Standards and NDIS Quality and Safeguards Commission.

Experts in-house

Over 400 years of combined clinical experience ready to assist you.

SERVICES PRICE

Support at Home Full Service



SERVICE CATEGORY

MON-FRI

SAT

SUN

PUBLIC HOLIDAY

Clinical Supports

Nursing assessments, Allied Health (physio, OT, dietetics), wound care, continence management, prescribed nutrition support.

No co-contribution

Quoted individually – use the

[Budget Calculator at fivegoodfriends.com.au](https://fivegoodfriends.com.au/Budget-Calculator)

Independence Services

Personal care, medication prompts, transport, social support, community access, short-term therapy, respite, overnight care.

From
\$117/hr

From
\$155/hr

From
\$205/hr

From
\$255/hr

5–50% co-contribution

Everyday Living

Cleaning, laundry, grocery shopping, meal prep & delivery, light home maintenance, gardening, minor repairs, home safety checks.

From
\$105/hr

From
\$137/hr

From
\$184/hr

From
\$230/hr

17.5–80% co-contribution



SERVICES PRICE

Support at Home Self-managed



SERVICE CATEGORY	MON-FRI	SAT	SUN	PUBLIC HOLIDAY
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Clinical Supports

Nursing assessments, Allied Health (physio, OT, dietetics), wound care, continence management, prescribed nutrition support.

Quoted individually – use the [Budget Calculator at fivegoodfriends.com.au](https://fivegoodfriends.com.au/Budget-Calculator)

No co-contribution

Independence Services

Personal care, medication prompts, transport, social support, community access, short-term therapy, respite, overnight care.

From \$99/hr	From \$129/hr	From \$169/hr	From \$215/hr
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5–50% co-contribution

Everyday Living

Cleaning, laundry, grocery shopping, meal prep & delivery, light home maintenance, gardening, minor repairs, home safety checks.

From \$89/hr	From \$115/hr	From \$149/hr	From \$192/hr
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17.5–80% co-contribution

Overnight care (12-hr block) and 24-hr care are quoted on request. All rates are all-inclusive – Helper rate, travel, training, supervision, and administration.



CARE COORDINATION & OVERSIGHT

Care Management

Ongoing coordination and oversight to ensure your services, support, and care plan evolve with your needs — making the whole process feel effortless for you.

Typical services:

Creating and reviewing care plans

Matching and scheduling support

Liaising with clinicians

Ensuring quality and smooth communication

Helping you understand your budget and options

Five Good Friends care monitoring

\$150 /hr

10% of your budget is set aside for care management.



MAKE THE MOST OF YOUR FUNDING

Programs *for Living Well*

Our Programs for Living Well are designed to help you maximise independence while staying healthy and connected at home.

They are an innovative way to use Support at Home funding: instead of drawing on services one by one, they bring supports together in a structured way that delivers long-term benefits and helps people remain at home for longer.

For more information, call our team on **1300 787 581**.



Scan the QR Code to read more about our **Programs**.



PRIVATE PAY OPTION

No waiting period —
start within days



MEMBERSHIP · STARTER

\$55.60 /week

INCLUDES

- ✓ Dedicated Care team
- ✓ Tailored Care Plan
- ✓ Family app access

MEMBERSHIP · PLUS

\$113.50 /week

INCLUDES

- ✓ Dedicated care team & specialist
- ✓ Tailored care plan
- ✓ Specialised service access
- ✓ Third-party referral coordination
- ✓ Family app access

SERVICE CATEGORY	MON-FRI	SAT	SUN	PUBLIC HOLIDAYS
Helper hourly rate	\$65/hr	\$93/hr	\$126/hr	\$150/hr

Ready to get started?

Call **1300 787 581** to book a complimentary care consultation.

Use our **calculator** to explore how your Support at Home funding can help you stay active, independent and connected - with a clear view of what's possible.

[Budget calculator](#) →

