

Social work



Support when life gets challenging

At BlueCare, we understand that health and wellbeing aren't just physical. Life transitions, grief, loneliness, or major changes in health can all affect your emotional and mental wellbeing. Our compassionate social workers are here to support you through those moments—practically and emotionally.

We listen, guide and connect you to the right services, helping you feel stronger, more supported and in control.

Helping you feel heard, understood and supported

We provide support with:

- Coping with illness, ageing or disability
- Adjustment to life changes or new diagnoses
- Grief, loss and bereavement
- Family and carer support
- Mental health and emotional wellbeing
- Social isolation or loneliness
- Accessing community resources and services

Support is available in your home, over the phone, or at selected BlueCare centres.

How social work can help

We can help you:

- ✓ Talk through life changes or emotional challenges
- ✓ Strengthen your coping skills and resilience
- ✓ Navigate the aged care or disability system
- ✓ Access financial or housing support services
- ✓ Connect with community programs and networks
- ✓ Support your family or carer relationships

Whether you're facing a major transition or just need someone to talk to, we're here.

Explore our full range of allied health services

Exercise physiology • Physiotherapy • Music therapy
Occupational therapy • Dietetics • Podiatry
Psychology and counselling
Speech pathology



Our social work services are available through:

- Support at Home
- Department of Veterans' Affairs
- Fee-for-service

Let's get you moving

Speak with us today to learn more or to book a personalised assessment.



1300 258 322



bluecare.org.au



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in good hands



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