

# Welcome to Lifebridge

At Lifebridge, we believe in supporting your journey to live independently, with dignity and meaning. Our tailored services are designed to keep you in control of your life.

Let us be your partner in independence.



## How to Contact Us



1800 043 186



[lifebridge.org.au](http://lifebridge.org.au)



The Cottage, Cudgen Rd,  
Kingscliff NSW 2487



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Kingscliff NSW 2487



## AGED CARE SERVICES

Support, Inclusion, Independence



Funded by the Australian Government Department of Health.  
Visit the Department of Health website  
([www.health.gov.au](http://www.health.gov.au)) for more information



## OUR SERVICES

We offer a range of services to help you live life on your terms:

- Transport: Get to appointments and outings safely.
- In-home Personal Care: Help with daily tasks like showering or dressing.
- Home Help: Assistance with general housekeeping, laundry, and gardening.
- Meals: Support with meal prep and cooking skills.
- Nursing & Allied Health: Wound care, physiotherapy, and more.
- Social Support: Connect with others through fun activities and outings.

Whatever your needs, we're here to help.



## Join Our Social Programs

Stay connected with a community that cares! Whether you're joining us for a trip, a live music event, health and fitness programs, or an art session at The Cottage, there's always something fun happening. Make new friends and enjoy life.

- Group outings
- Fun activities
- Personal support

We bring joy to every day.

## The Lifebridge Advantage

Your Lifebridge Advantage- based on human rights principles of:

- Dignity and Respect
- Choice and Independence
- self-determination and self-realisation

Partner with us to live a life that's full of meaning and value.

