

About us

Community Based Support is a not-for-profit Tasmanian organisation that has been helping older people live the life they choose for more than 30 years.

We offer a wide range of services in your home and out in the community to help you or your loved one maintain independence and stay connected.

Our caring, qualified team completes thorough security checks so you can feel confident you are supported by people you can trust.

We know how important it is to remain in the place you know and to keep close to family and friends, so our services are designed to make this possible.

Whether it is for you or someone you care about, we are here to help you enjoy life and keep living independently at home for longer.



If you have a hearing or speech impairment, you can contact us through the National Relay Service.

For more information, visit: www.relayservice.gov.au or www.tisnational.gov.au

cbsaust.org.au

1300 227 827



**community
based support**

maximising client independence



Aged Care Services

We all want to stay independent as we get older. Community Based Support offers practical, personalised assistance to help you live the life you choose, at home. We work with you to plan the right mix of services and guide you through the process.

**domestic support | social support |
personal care | home modifications |
home maintenance | spring cleaning |
garden maintenance | social hubs**

Our Services

We offer a wide range of support to help you keep living life your way in the comfort of your own home.

Domestic Support

Help with everyday household tasks such as housework, shopping, meal preparation and bill management. If you need a hand with something else, just ask and we will work with you to find the right support.

Personal Care

Assistance with daily routines such as showering, dressing and grooming, delivered with dignity and respect. Our trained staff help you maintain independence and wellbeing at home.

Home Modifications and Maintenance

From ramps and handrails to full bathroom upgrades, we make your home safer and easier to navigate. We also offer general maintenance to support safe, independent living.

Garden Maintenance and Spring Cleaning

Cleaning and gardening can quickly become overwhelming. Our annual services make it easier for you to enjoy your garden and admire the view through freshly cleaned windows.

Safety in your home

Installation of smoke alarms, key safes and personal falls alarms for added safety and peace of mind for you and your loved ones.

Ageing Backwards

A gentle, low-impact exercise program to improve strength, balance and flexibility. Stay active and support your wellbeing in a welcoming group setting.

Social Hubs

A place to connect, learn new skills and enjoy activities in a fun, friendly environment. These groups focus on wellness and reablement, helping you stay independent and socially engaged.



**Your life,
your choice,
our focus.**