

Upwards Living Pricing List

All Home Caring Services Pty Ltd T/A Upwards Living
 ABN: 69 632 923 114
 Address: Level 7/80 George Street, Parramatta, NSW, 2150
 Phone: 1800 965 969
 Email: accounts@upwardsliving.com.au



Pricing as at	1/11/2025
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Service Type	Unit Price	Unit Type
General house cleaning day Mon-Fri	\$ 95.00	HOUR
General house cleaning evening Mon-Fri	\$ 107.00	HOUR
General house cleaning night Mon-Fri	\$ 109.00	HOUR
General house cleaning Saturday	\$ 143.00	HOUR
General house cleaning Sunday	\$ 190.00	HOUR
General house cleaning Public Holiday	\$ 238.00	HOUR
Enrolled nurse clinical care day Mon-Fri	\$ 140.00	HOUR
Enrolled nurse clinical care evening Mon-Fri	\$ 158.00	HOUR
Enrolled nurse clinical care night Mon-Fri	\$ 161.00	HOUR
Enrolled nurse clinical care Saturday	\$ 210.00	HOUR
Enrolled nurse clinical care Sunday	\$ 280.00	HOUR
Enrolled nurse clinical care Public Holiday	\$ 350.00	HOUR
Flexible respite day Mon-Fri	\$ 99.00	HOUR
Flexible respite evening Mon-Fri	\$ 111.00	HOUR
Flexible respite night Mon-Fri	\$ 114.00	HOUR
Flexible respite Saturday	\$ 148.00	HOUR
Flexible respite Sunday	\$ 198.00	HOUR
Flexible respite Public Holiday	\$ 248.00	HOUR
Speech pathology day Mon-Fri	\$ 194.00	HOUR
Speech pathology evening Mon-Fri	\$ 194.00	HOUR
Speech pathology night Mon-Fri	\$ 194.00	HOUR
Speech pathology Saturday	\$ 194.00	HOUR
Speech pathology Sunday	\$ 194.00	HOUR
Speech pathology Public Holiday	\$ 194.00	HOUR
Individual social support day Mon-Fri	\$ 99.00	HOUR
Individual social support evening Mon-Fri	\$ 111.00	HOUR
Individual social support night Mon-Fri	\$ 114.00	HOUR
Individual social support Saturday	\$ 148.00	HOUR

Individual social support Sunday	\$ 198.00	HOUR
Individual social support Public Holiday	\$ 248.00	HOUR
Direct transport (Less than 10km)	\$ 40.00	TRIP
Gardening day Mon-Fri	\$ 111.00	HOUR
Gardening evening Mon-Fri	\$ 125.00	HOUR
Gardening night Mon-Fri	\$ 128.00	HOUR
Gardening Saturday	\$ 167.00	HOUR
Gardening Sunday	\$ 222.00	HOUR
Gardening Public Holiday	\$ 278.00	HOUR
Allied health assistance day Mon-Fri	\$ 87.00	HOUR
Allied health assistance evening Mon-Fri	\$ 87.00	HOUR
Allied health assistance night Mon-Fri	\$ 87.00	HOUR
Allied health assistance Saturday	\$ 87.00	HOUR
Allied health assistance Sunday	\$ 87.00	HOUR
Allied health assistance Public Holiday	\$ 87.00	HOUR
Digital education and support day Mon-Fri	\$ 112.00	HOUR
Digital education and support evening Mon-Fri	\$ 126.00	HOUR
Digital education and support night Mon-Fri	\$ 129.00	HOUR
Digital education and support Saturday	\$ 168.00	HOUR
Digital education and support Sunday	\$ 224.00	HOUR
Digital education and support Public Holiday	\$ 280.00	HOUR
Exercise physiology day Mon-Fri	\$ 167.00	HOUR
Exercise physiology evening Mon-Fri	\$ 167.00	HOUR
Exercise physiology night Mon-Fri	\$ 167.00	HOUR
Exercise physiology Saturday	\$ 167.00	HOUR
Exercise physiology Sunday	\$ 167.00	HOUR
Exercise physiology Public Holiday	\$ 167.00	HOUR
Art therapy day Mon-Fri	\$ 194.00	HOUR
Art therapy evening Mon-Fri	\$ 194.00	HOUR
Art therapy night Mon-Fri	\$ 194.00	HOUR
Art therapy Saturday	\$ 194.00	HOUR
Art therapy Sunday	\$ 194.00	HOUR
Art therapy Public Holiday	\$ 194.00	HOUR
Continence management (non-clinical) day Mon-Fri	\$ 115.00	HOUR
Continence management (non-clinical) evening Mon-Fri	\$ 129.00	HOUR
Continence management (non-clinical) night Mon-Fri	\$ 132.00	HOUR
Continence management (non-clinical) Saturday	\$ 173.00	HOUR
Continence management (non-clinical) Sunday	\$ 230.00	HOUR
Continence management (non-clinical) Public Holiday	\$ 288.00	HOUR
Podiatry day Mon-Fri	\$ 189.00	HOUR
Podiatry evening Mon-Fri	\$ 189.00	HOUR
Podiatry night Mon-Fri	\$ 189.00	HOUR
Podiatry Saturday	\$ 189.00	HOUR
Podiatry Sunday	\$ 189.00	HOUR
Podiatry Public Holiday	\$ 189.00	HOUR

Music therapy day Mon-Fri	\$ 194.00	HOUR
Music therapy evening Mon-Fri	\$ 194.00	HOUR
Music therapy night Mon-Fri	\$ 194.00	HOUR
Music therapy Saturday	\$ 194.00	HOUR
Music therapy Sunday	\$ 194.00	HOUR
Music therapy Public Holiday	\$ 194.00	HOUR
Meal preparation day Mon-Fri	\$ 97.00	HOUR
Meal preparation evening Mon-Fri	\$ 109.00	HOUR
Meal preparation night Mon-Fri	\$ 112.00	HOUR
Meal preparation Saturday	\$ 146.00	HOUR
Meal preparation Sunday	\$ 194.00	HOUR
Meal preparation Public Holiday	\$ 243.00	HOUR
Osteopathy day Mon-Fri	\$ 194.00	HOUR
Osteopathy evening Mon-Fri	\$ 194.00	HOUR
Osteopathy night Mon-Fri	\$ 194.00	HOUR
Osteopathy Saturday	\$ 194.00	HOUR
Osteopathy Sunday	\$ 194.00	HOUR
Osteopathy Public Holiday	\$ 194.00	HOUR
Laundry services day Mon-Fri	\$ 99.00	HOUR
Laundry services evening Mon-Fri	\$ 111.00	HOUR
Laundry services night Mon-Fri	\$ 114.00	HOUR
Laundry services Saturday	\$ 148.00	HOUR
Laundry services Sunday	\$ 198.00	HOUR
Laundry services Public Holiday	\$ 248.00	HOUR
Nursing assistant clinical care day Mon-Fri	\$ 110.00	HOUR
Nursing assistant clinical care evening Mon-Fri	\$ 124.00	HOUR
Nursing assistant clinical care night Mon-Fri	\$ 127.00	HOUR
Nursing assistant clinical care Saturday	\$ 165.00	HOUR
Nursing assistant clinical care Sunday	\$ 220.00	HOUR
Nursing assistant clinical care Public Holiday	\$ 275.00	HOUR
Community and centre based respite day Mon-Fri	\$ 99.00	HOUR
Community and centre based respite evening Mon-Fri	\$ 111.00	HOUR
Community and centre based respite night Mon-Fri	\$ 114.00	HOUR
Community and centre based respite Saturday	\$ 148.00	HOUR
Community and centre based respite Sunday	\$ 198.00	HOUR
Community and centre based respite Public Holiday	\$ 248.00	HOUR
Home support restorative care management day Mon-Fri	\$ 150.00	HOUR
Home support restorative care management evening Mon-Fri	\$ 169.00	HOUR
Home support restorative care management night Mon-Fri	\$ 173.00	HOUR
Home support restorative care management Saturday	\$ 225.00	HOUR
Home support restorative care management Sunday	\$ 300.00	HOUR
Home support restorative care management Public Holiday	\$ 375.00	HOUR
Diet or nutrition day Mon-Fri	\$ 189.00	HOUR
Diet or nutrition evening Mon-Fri	\$ 189.00	HOUR
Diet or nutrition night Mon-Fri	\$ 189.00	HOUR

Diet or nutrition Saturday	\$ 189.00	HOUR
Diet or nutrition Sunday	\$ 189.00	HOUR
Diet or nutrition Public Holiday	\$ 189.00	HOUR
Accompanied activities day Mon-Fri	\$ 99.00	HOUR
Accompanied activities evening Mon-Fri	\$ 111.00	HOUR
Accompanied activities night Mon-Fri	\$ 114.00	HOUR
Accompanied activities Saturday	\$ 148.00	HOUR
Accompanied activities Sunday	\$ 198.00	HOUR
Accompanied activities Public Holiday	\$ 248.00	HOUR
Diversional therapy day Mon-Fri	\$ 199.00	HOUR
Diversional therapy evening Mon-Fri	\$ 199.00	HOUR
Diversional therapy night Mon-Fri	\$ 199.00	HOUR
Diversional therapy Saturday	\$ 199.00	HOUR
Diversional therapy Sunday	\$ 199.00	HOUR
Diversional therapy Public Holiday	\$ 199.00	HOUR
Assistance with home maintenance and repairs day Mon-Fri	\$ 103.00	HOUR
Assistance with home maintenance and repairs evening Mon-Fri	\$ 116.00	HOUR
Assistance with home maintenance and repairs night Mon-Fri	\$ 118.00	HOUR
Assistance with home maintenance and repairs Saturday	\$ 155.00	HOUR
Assistance with home maintenance and repairs Sunday	\$ 206.00	HOUR
Assistance with home maintenance and repairs Public Holiday	\$ 258.00	HOUR
Assistance with self-care and activities of daily living day Mon-Fri	\$ 115.00	HOUR
Assistance with self-care and activities of daily living evening Mon-Fri	\$ 129.38	HOUR
Assistance with self-care and activities of daily living night Mon-Fri	\$ 132.00	HOUR
Assistance with self-care and activities of daily living Saturday	\$ 173.00	HOUR
Assistance with self-care and activities of daily living Sunday	\$ 230.00	HOUR
Assistance with self-care and activities of daily living Public Holiday	\$ 288.00	HOUR
Occupational therapy day Mon-Fri	\$ 194.00	HOUR
Occupational therapy evening Mon-Fri	\$ 194.00	HOUR
Occupational therapy night Mon-Fri	\$ 194.00	HOUR
Occupational therapy Saturday	\$ 194.00	HOUR
Occupational therapy Sunday	\$ 194.00	HOUR
Occupational therapy Public Holiday	\$ 194.00	HOUR
Assistance to maintain personal affairs day Mon-Fri	\$ 99.00	HOUR
Assistance to maintain personal affairs evening Mon-Fri	\$ 111.00	HOUR
Assistance to maintain personal affairs night Mon-Fri	\$ 114.00	HOUR
Assistance to maintain personal affairs Saturday	\$ 148.00	HOUR
Assistance to maintain personal affairs Sunday	\$ 198.00	HOUR
Assistance to maintain personal affairs Public Holiday	\$ 248.00	HOUR
Remedial massage day Mon-Fri	\$ 150.00	HOUR
Remedial massage evening Mon-Fri	\$ 150.00	HOUR
Remedial massage night Mon-Fri	\$ 150.00	HOUR
Remedial massage Saturday	\$ 150.00	HOUR
Remedial massage Sunday	\$ 150.00	HOUR
Remedial massage Public Holiday	\$ 150.00	HOUR

Registered nurse clinical care day Mon-Fri	\$ 160.00	HOUR
Registered nurse clinical care evening Mon-Fri	\$ 180.00	HOUR
Registered nurse clinical care night Mon-Fri	\$ 184.00	HOUR
Registered nurse clinical care Saturday	\$ 240.00	HOUR
Registered nurse clinical care Sunday	\$ 320.00	HOUR
Registered nurse clinical care Public Holiday	\$ 400.00	HOUR
Physiotherapy day Mon-Fri	\$ 184.00	HOUR
Physiotherapy evening Mon-Fri	\$ 184.00	HOUR
Physiotherapy night Mon-Fri	\$ 184.00	HOUR
Physiotherapy Saturday	\$ 184.00	HOUR
Physiotherapy Sunday	\$ 184.00	HOUR
Physiotherapy Public Holiday	\$ 184.00	HOUR
Acupuncture day Mon-Fri	\$ 186.00	HOUR
Acupuncture evening Mon-Fri	\$ 186.00	HOUR
Acupuncture night Mon-Fri	\$ 186.00	HOUR
Acupuncture Saturday	\$ 186.00	HOUR
Acupuncture Sunday	\$ 186.00	HOUR
Acupuncture Public Holiday	\$ 186.00	HOUR
Shopping assistance day Mon-Fri	\$ 99.00	HOUR
Shopping assistance evening Mon-Fri	\$ 111.00	HOUR
Shopping assistance night Mon-Fri	\$ 114.00	HOUR
Shopping assistance Saturday	\$ 148.00	HOUR
Shopping assistance Sunday	\$ 198.00	HOUR
Shopping assistance Public Holiday	\$ 248.00	HOUR
Home support care management day Mon-Fri	\$ 120.00	HOUR
Home support care management evening Mon-Fri	\$ 135.00	HOUR
Home support care management night Mon-Fri	\$ 138.00	HOUR
Home support care management Saturday	\$ 180.00	HOUR
Home support care management Sunday	\$ 240.00	HOUR
Home support care management Public Holiday	\$ 300.00	HOUR
Psychology day Mon-Fri	\$ 233.00	HOUR
Psychology evening Mon-Fri	\$ 233.00	HOUR
Psychology night Mon-Fri	\$ 233.00	HOUR
Psychology Saturday	\$ 233.00	HOUR
Psychology Sunday	\$ 233.00	HOUR
Psychology Public Holiday	\$ 233.00	HOUR
Chiropractics day Mon-Fri	\$ 196.00	HOUR
Chiropractics evening Mon-Fri	\$ 196.00	HOUR
Chiropractics night Mon-Fri	\$ 196.00	HOUR
Chiropractics Saturday	\$ 196.00	HOUR
Chiropractics Sunday	\$ 196.00	HOUR
Chiropractics Public Holiday	\$ 196.00	HOUR
Cultural support day Mon-Fri	\$ 99.00	HOUR
Cultural support evening Mon-Fri	\$ 111.00	HOUR
Cultural support night Mon-Fri	\$ 114.00	HOUR

Cultural support Saturday	\$ 148.00	HOUR
Cultural support Sunday	\$ 198.00	HOUR
Cultural support Public Holiday	\$ 248.00	HOUR
Assistance with the self-administration of medication day Mon-Fri	\$ 115.00	HOUR
Assistance with the self-administration of medication evening Mon-Fri	\$ 129.38	HOUR
Assistance with the self-administration of medication night Mon-Fri	\$ 132.00	HOUR
Assistance with the self-administration of medication Saturday	\$ 173.00	HOUR
Assistance with the self-administration of medication Sunday	\$ 230.00	HOUR
Assistance with the self-administration of medication Public Holiday	\$ 288.00	HOUR
Social work day Mon-Fri	\$ 194.00	HOUR
Social work evening Mon-Fri	\$ 194.00	HOUR
Social work night Mon-Fri	\$ 194.00	HOUR
Social work Saturday	\$ 194.00	HOUR
Social work Sunday	\$ 194.00	HOUR
Social work Public Holiday	\$ 194.00	HOUR
Counselling or psychotherapy day Mon-Fri	\$ 194.00	HOUR
Counselling or psychotherapy evening Mon-Fri	\$ 194.00	HOUR
Counselling or psychotherapy night Mon-Fri	\$ 194.00	HOUR
Counselling or psychotherapy Saturday	\$ 194.00	HOUR
Counselling or psychotherapy Sunday	\$ 194.00	HOUR
Counselling or psychotherapy Public Holiday	\$ 194.00	HOUR
Group social support day Mon-Fri	\$ 99.00	HOUR
Group social support evening Mon-Fri	\$ 112.00	HOUR
Group social support night Mon-Fri	\$ 114.00	HOUR
Group social support Saturday	\$ 149.00	HOUR
Group social support Sunday	\$ 198.00	HOUR
Group social support Public Holiday	\$ 248.00	HOUR
Direct transport (Between 10km to 25km)	\$ 70.00	TRIP
Direct transport (Between 25km to 50km)	\$ 105.00	TRIP
Direct transport (More than 50km)	\$ 140.00	TRIP