

Live Well Longer

ageing at home



Understanding home care

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Welcome and Introduction

- Navigating Australia's aged care system to support living at home
- An overview of the support available
- Tips and strategies to remain living at home
- Practical resources to help plan

Navigating Australia's Home Care System

- Home care options
 - Personal networks and community
 - Privately purchased services
 - Government subsidised





Government Subsidised Home Care

- Commonwealth Home Support Program – for basic or short-term needs
- Home Care Packages – higher support and longer-term needs
- Access is via My Aged Care – 1800 200 422



Commonwealth Home Support Program (HACC)

- Managing ok, but need some help with daily or occasional tasks
- Provides help such as transport, cleaning, meals, social support, showering, dressing, home modifications, respite for carers
- Free at home assessment by the Regional Assessment Service required
- Fees not income-tested



Home Care Packages

- Long term support for high need/more complex needs
- Four levels of care – level 1 (basic care) to level 4 (high care)
- Subsidy ranges from \$8,000 level 1 to \$49,500 for level 4
- Requires ACAT assessment
- Fees are income-tested



Consumer Directed Care

- You chose your provider; the supports you need; how the funding is spent
- The provider manages your funding, spends it according to an agreed plan
- You can change your provider if not happy



Finding a Service Provider

- Use My Aged Care website (search by postcode/service type)
- For example, 100 approved home care package providers listed for postcode 6076
- Can choose own provider – must be approved providers if accessing subsidy



Summary Subsidised Care

- Both programs require assessment through My Aged Care
- CWHSP – low level support; low cost; not income tested
- HCP – high level, more complex needs; four levels; more flexible; income tested



Other Helpful Programs

- After-hospital transition care program – up to 12 weeks support at home
- Short-term restorative care program – up to 8 weeks if you need help with everyday tasks and want to stay living independently at home
- Respite for carers – Commonwealth Respite and Carelink service



Privately Purchasing Services

- A rapidly growing market of fee for service providers
- No assessment required
- You can purchase additional services on top of your government package
- Find through local newspaper, yellow pages, word of mouth

Getting Started

- Taking the first step can be the most difficult
- Often hard to acknowledge help might be needed
- Accessing a little bit of support earlier can help the transition to higher level support as needs increase





Lessons Learnt

- Demand is high for government programs, expect to be placed on a waitlist
- Have a plan B for the interim
- It can be helpful to have someone with you when you are being assessed
- Research home care options and possibilities sooner than later

More Lessons Learnt

- Government processes are complex, be organised
- Appoint a representative, a trusted friend or family member, who knows and understands your wishes
- Start the conversation sooner rather than later – and have a plan!

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A goal without a plan is just a wish!





Reasons to plan

- Security and peace of mind
- Everyone on the same page
- Minimises crisis responses
- Encourages exploration of options
- Gives everyone time to consider
- Spreads the load and builds on strengths

Live Well Longer Planning Process

- Planning Approach
- Sample Plan
- Planning template



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