

# Aged Care Support in Campaspe

Helping you to live your best life at home



## YOUR GUIDE TO HOME CARE SERVICES IN CAMPASPE



To register for government assistance to support you to live at home, have your Medicare card ready and call **My Aged Care on 1800 200 422**. You will be asked questions about your current needs and circumstances. Depending on information you give during this call you might then be referred for an assessment to better understand your needs. My Aged Care may contact you to arrange an assessment so it is important to answer your phone even if it is a number you do not recognise. There may be a waiting time for this assessment.



The assessment will take place where you usually live and you will be asked questions about your health, how you are managing day to day and what supports you think you need at home. This will take about 45 minutes. You will be notified by mail about what happens next. You may be eligible for a **Commonwealth Home Support Program** or if your needs are more complex, for a **Home Care Package**.



Your letter from My Aged Care (Australian Government, Department of Health) will tell you about the result of the assessment and what type of supports you are eligible to receive. There are likely to be waiting times until your support will be available. It is important to keep any letters you receive.



When your **Commonwealth Home Support Program** or **Home Care Package** becomes available you will be notified. There may be costs for these services which will depend on your financial circumstances.



If you have been assigned a **Home Care Package** you will need to choose an organisation to arrange the package. My Aged Care can assist you with this or you can find your own local package provider. If you have been assigned **Commonwealth Home Support Program** services, the assessor who completed your assessment can assist you.



Any time you are unsure of what stage you are at or if your needs change contact **My Aged Care on 1800 200 422**. To learn more about aged care go to <https://www.myagedcare.gov.au/>

## Preparing for an Assessment



### Think about:

- How you are currently managing at home
- What you would like to be able to do
- What you think you need help with
- What helps you to feel well and live a good life
- Who you would like to have with you when you have the assessment
- If someone wants to speak on your behalf they need your permission.

## Commonwealth Home Support Program

### Includes basic services such as:

- House work assistance
- Social support
- Assistance with meal preparation
- Shopping
- Assistance with personal hygiene
- Home maintenance
- Installation of rails and other minor home modifications
- Nursing
- Transport
- In home respite
- Allied health services eg podiatry, physiotherapy

Eligibility for this program is assessed by the Regional Assessment Service (RAS).

## Home Care Packages



For people with complex needs who require a number of different support services.

There are 4 levels of packages (1-4) and a specific amount of funding is allocated for each level of package.

Eligibility for a Home Care Package is assessed by the Aged Care Assessment Team (ACAT).

A case manager or advisor assists you to work out a plan that suits your individual needs and preferences.

## Costs



The cost of **Commonwealth Home Support Services** or **Home Care Packages** depends on your financial circumstances.

A Centrelink assessment is required to receive a government funded **Home Care Package**.

## Private Services



Finding private assistance is a solution for some people. This does not require an assessment through My Aged Care.