



Home Care

If you have been assessed and provided with a **Level 1 package**, read about Stan. This case example will give you an idea of the type of assistance you could expect to receive.

A Level 1 Package Example

Stan is an 83 year old single man who is still driving and active within the community.

He attends social groups, does his own shopping and cooking and has minimal medical appointments as he is in good health for his age.

Whilst not having any major health issues, Stan became aware of increased risk in undertaking some tasks around the home and felt that he needed assistance with some things whilst being able to manage others himself.

Stan was assessed as being eligible for a **Level 1 Home Care Package – the lowest level** – to assist with undertaking some of the more physical tasks around the home.

After a discussion with Our Care Advisor, Stan decided he would coordinate his services himself (Self-Managed), as his needs were not complicated - assistance with gardening, pruning and the occasional extra such as cleaning gutters.

So with the **Self-Managed Service Level**, the Care Advisor assisted Stan to put in place a regular 3-weekly gardening service. Stan can contact the office for any other assistance as required.

Stan is also aware that if his circumstances change, he can contact his Care Advisor to discuss his needs. If he feels his health is deteriorating and he needs further support, the Care Advisor can request a review of the package level on Stan's behalf, through the government My Aged Care portal, resulting in a reassessment if approved.

Stan is aware that he will receive contact from his Care Advisor every six months at a minimum, but he can contact her at any time during business hours if the situation changes and he needs further help.

Services Included



Up to 9 hours of services/month included

Assessment, care reviews, access to qualified nursing and allied health staff.

Optional Services



Additional services

If government funding does not cover all your care needs, we can assist with arranging privately-funded services.

Please refer to the Schedule of Fees for Home Care Package Costings.

What Services do You need?

Home Care funding can be used for the services you need. Whatever you are struggling with, our staff will help you set up your services to make your life easier. Your help needs may be:



Advice and guidance

- Assistance arranging providers who meet your service needs.
- Making or changing appointments/arranging transport.
- Contacting and liaising with the DVA regarding your entitlements.



Mobility and safety equipment

- Purchase of aides and equipment to enable you to remain at home safely, including:
 - Crutches, walking sticks, walking frames.
 - Wheelchairs, electric scooters, lifting hoists, electric beds.
 - Personal alarms.
 - Hand rails, easy access taps.
 - Slide sheet transfer aids, sheepskins, pressure relieving pillows/mattresses.



Healthcare

- Health monitoring of blood pressure, blood sugar, weight and general health in consultation with your General Practitioner and Registered Nurses.
- Medication prompting, administration and management.
- Clinical services such as wound care and dementia screening.



Allied health

- Nursing, allied health and therapy services such as speech therapy, podiatry, occupational or physiotherapy services.



Cleaning services

- Vacuuming, mopping, sweeping, dusting, cleaning toilets, baths and showers, washing dishes, changing/making your bed, putting household items away.



Garden and home maintenance

- Mowing/edging lawns, pruning, weeding garden beds, removing green waste.
- Reviewing/arranging home modifications, such as easy to use taps, shower hoses and bath rails.
- Installing/maintaining smoke alarms, changing light globes, reviewing the overall safety of your home.



Personal care

- Bathing, showering, personal hygiene and grooming.
- Dressing, mobility assistance, getting in and out of bed.
- Toileting, assistance using/managing continence aides and appliances.



Shopping and meals

- Getting to and from shops, assistance to shop and carry shopping bags.
- Meal preparation, help using eating utensils and with feeding if needed.
- Assistance with diet for health, religious, cultural or other reasons.



Social activities

- Help to stay socially connected in person, by computer, through in-home services or activities in the community.



Transport

- Transport to get to appointments, for shopping, banking and social activities such as a trip to the movies.



Emergency Phone Assistance

- For emergency, out of office hours assistance, a 24/7 phone service can be arranged.



Something Unique to You

- You may have a unique requirement that will help you maintain your independence and continue to live at home with confidence.

Contact us today:

T 03 9810 5500

W www.vaseyrslcare.org.au



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