

Home Care

If you have been assessed and provided with a **Level 2 package**, read about Leo. This case example will give you an idea of the type of assistance you could expect to receive.



A Level 2 Package Example

Leo is a 74-year old veteran who is married to Ellen. Leo takes a keen interest in lawn bowls and loves spending Saturday afternoons at his local RSL with his friends.

Recently, Leo had some serious health issues and was worried he wouldn't be able to take part in his favourite activities anymore.

Leo was assessed by the Aged Care Assessment Team (ACAT) as eligible for a **Level 2 Home Care Package**. He wanted to manage his own care, but needed help to decide what services would give him the most benefit within his allocated budget.

After meeting with our Care Advisor to discuss the Service Level options available, Leo and Ellen chose the **Self-Managed option**.

With the Self-Managed Service Level option, our Care Advisor supported Leo to set up his Personalised Care Plan that he and Ellen could manage independently.

As a result, Leo now receives:

- Occupational therapy to guide him on special equipment he can purchase with his allocated funding, which will help him get back to playing lawn bowls.
- Regular transport, which he books himself, so he can get to local community events and services, including his weekly RSL trips.
- **Three visits per year** from our Care Advisor to review his Personalised Care Plan with him and help him make any adjustments needed.
- For added peace of mind, Leo also chose after-hours emergency phone assistance: this service puts him in touch with medical, emergency or trades people to resolve any problems.

Leo and Ellen now have the help and reassurance they need to manage Leo's services themselves.

Recovering well, Leo remains independent and is pleased to be regularly back on the bowling green.

Services Included



Up to 18 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:

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W www.vaseyrslcare.org.au



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