

SA - EAST

# YOUR ESSENTIAL GUIDE TO Aged Care



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# WELCOME TO AGED CARE MADE EASY



**As you enter your senior years, the types of care and services available to you can be very confusing, particularly if you can't or are having trouble accessing information online.**

Our passion is to help you understand the **My Aged Care** process and this essential step by step guide does just that.

This guide outlines the types of care, funding and home care packages that may be available to you. This will also provide you with information to help you navigate the Aged Care process. More importantly, it features local services which you can directly connect with, whether you are looking for in-home help, independent living or residential aged care.

To begin your Aged Care Journey, the first step is to contact **My Aged Care** on **1800 200 422** and register for an Aged Care assessment

Upon your successful assessment you will be given a referral code, which can be used to access services from an aged care provider. Aged Care Made Easy have done all the research for you - the service providers listed on page 5 are all local to your area and are happy to assist you in any way they can.

If any of this process confuses you or you need more help please call our **National Helpline 1800 811 188.**

## ACKNOWLEDGEMENT OF COUNTRY

### **Aged Care Made Easy**

acknowledges the Traditional Owners of Country throughout Australia and their continuing connection to land, sea and community. We pay our respects to them, their cultures, and to Elders past, present and emerging.

Aged Care Made Easy  
PHONE 1300 078 688

admin@agedcaremadeeasy.com.au  
www.agedcaremadeeasy.com.au

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*\*Please note the information contained in this booklet was current at the time of printing 10/2023*

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Care



Aged  
Care



Dementia  
Care



Disability  
Care



Rehabilitation  
Services



Mobility  
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# Contents

- 2 Home Care: *YNA*
  - 3 Welcome to Aged Care Made Easy
  - 4 Home Care, Dementia Care: *Home Caring*
  - 6 Home Care: *Five Good Friends*
  - 7 Types of Care Available
  - 8 In Home Care: *Living Choice Home Care*
- 
- 9 How to apply for Government Assistance
  - 10 Residential Home Care Lifestyle & Wellness: *Bene Aged Care*
  - 11-13 Home Care Information
  - 15 How to choose your Home Care Provider
  - 16 Home Cooked Delivered Meals: *The Family Cook*
  - 17 Self-managed Home Care
- 20 Residential Care Home: *Regis Aged Care*  
In Homecare, Meals Service: *Greek Welfare*
  - 21 Respite Care
  - 22-23 Aged Care Homes
  - 25 Tips on choosing your Aged Care Home
  - 27 Flowchart
  - 28 Mobile Nail Technician: *Adelaide Mobile Nails*  
Support Service: *Beyond Blue*
  - 31 DVA Aged Care Service
  - 33 Check List for My Aged Care Support Helpline: *Aged Care Made Easy*
  - 34 Important phone numbers
  - 35 Residential Care Home: *Amber Aged Care In Paradise SA*
  - Back Mobile Beauticians: *BedsideBeauty & Wellness*
- 



# Australia's most innovative home care provider is here to help!



Inspired by the world's most long-lived cultures, our mission is to help people live vibrantly, connected to their family, friends and communities, doing what they love.

## **Expert advice when you need it.**

Our team of skilled advisors are experts in navigating the range of government funding available for aged care and disability and can help with any questions, including:

- ♥ Discussing and establishing care and nursing needs.
- ♥ Navigating the process of registering with My Aged Care.
- ♥ Compare your current support if you are already receiving services.
- ♥ Advise on personalised private support plans, if government funding is not an option.

Call our free advice line 1300 787 581  
[www.fivegoodfriends.com.au](http://www.fivegoodfriends.com.au)



## TYPES OF CARE AVAILABLE

- Help at home
- Respite care
- Aged care homes

### What types of Services are available:

#### Services that keep you well and independent:

- Meals and other food services
- Personal care services
- Nursing care services
- Allied Health / Therapy services
- Specialised support services

#### Services that keep you safe in your home:

- Domestic assistance
- Home maintenance services
- Home modification services
- Goods, equipment and assistive technology
- Assistance with care and housing

#### Services that allow you to interact with your community:

- Transport services
- Social Support services

### Are you eligible for government-subsidised aged care services?

To be eligible you must be aged 65 years or older, or 50 years or older if you are Aboriginal or Torres Strait Islander.

### You may also be eligible if you are:

- On a low income, homeless or at risk of being homeless, and aged 50 years or older (45 years or older for Aboriginal and Torres Strait Islander people).
- Find you are struggling to remember or perform daily tasks.
- Been diagnosed with a medical condition or you have reduced mobility.
- Experienced a change in family care arrangements or if you have suffered a recent fall.
- Have recently returned home from a hospital admission.

To find out if you are eligible, you will need to have an assessment.

If you meet the requirements, you can either apply for an assessment online or call My Aged Care on 1800 200 422 and organise with them for an Aged Care Assessor to visit you at home to carry out an assessment. They will talk to you about your circumstances and needs and work with you to identify what services might suit you best.



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## APPLYING FOR GOVERNMENT ASSISTANCE

### What do I need to apply for Government Assistance?

You just need your Medicare card. The application takes at least 10 minutes, so make sure you have a little time to spare.

### What will they ask me?

The first step is an eligibility check. Their priority is getting you the help you need. To do this, they will ask about:

- Your health
- How you are managing at home
- Any support you're currently receiving.

*(Experience has shown us you have to talk about your worst day not your best day as the assessor may assume you are fine and don't need help).*

Your answers will help them understand your needs and whether you are eligible for a face-to-face assessment.



If you are eligible, they will ask you for a few details to complete your application.

My Aged Care will keep a record of your application, so you won't have to provide the same information again at your assessment.

*(Please note they may call you back from an unlisted or private number and they will only call you back twice so ensure you answer).*

If you find that you are not eligible and want more information, you can call My Aged Care to discuss your situation.

*(You may want to consider looking at providers who are not government-funded, ie. private care).*

### How does the Help at Home Subsidy work?

The Australian Government subsidises the cost of home support services that you may receive in the comfort of your own home. What you need to pay depends on your services and in some cases, your financial situation.

### How do I access these services?

Depending on your care needs, services can be accessed through the Commonwealth Home Support Programme or a Home Care Package. The assessment process determines what program is more suitable for you.

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Residential Care | Home Care | Lifestyle & Wellness

# HOME CARE INFORMATION

There are 2 types of care needs for help at home:

## Commonwealth Home Support Programme (CHSP) (Entry-level care)

If you are able to manage, but need support with a few tasks, you could be eligible for subsidised support services through the Commonwealth Home Support Programme (CHSP).

This program aims to help those who need a low level of support to keep living independently.

## Home Care Packages (HCP) (More complex care)

Home Care Packages are for those with greater or more complex care needs. If you need care and support services on an ongoing basis, you may be eligible for a Home Care Package.

A Home Care Package can provide a wide range of services that are designed to help you to continue to live independently in your own home longer.

After your face-to-face assessment, the Aged Care Assessment Team will send you a letter.

The letter will contain:

- the assessment decision - confirming whether you are eligible for a Home Care Package
- the level of package you have been approved for, if eligible
- the reasons and evidence supporting the decision
- a copy of your support plan developed during your assessment. (what assistance you require moving forward).

## Next step if you are eligible

There is a lot of demand for Home Care Packages. So, although you are approved for a package, there may be a wait before one can be assigned to you. Packages are allocated fairly through the national priority system, based only on date of approval and priority for care. You are placed in the system from the date stated on your approval letter.

Once you decide to make an application the wait for approval is often difficult or distressing so it is always wise to start your application before your care needs become critical. You can move up to a higher level of care as your needs change. *(You will need to be reassessed).*

## Home Care Package levels, funding and approximate waiting time

### Home Care Package Levels;

**LEVEL 1** Basic Care Needs - \$10,271.10 a year (may take 3 – 6 months)

**LEVEL 2** Low Level Care Needs - \$18,063.85 a year (may take 9 – 12 months)

**LEVEL 3** Intermediate Care Needs - \$39,310.50 a year (may take 9 – 12 months)

**LEVEL 4** High Level Care Needs - \$59,593.55 a year (may take 9 – 12 months)

Funding for the Level 1 - 4 Packaging and approximate waiting time for a medium priority is as follows:

### Priority level

Those with urgent circumstances are approved as high priority. This ensures they get access to care much quicker.

As well as the level of package you are eligible for, your letter also indicates your priority for receiving services. Your assessor assigns your level of priority after considering your needs and situation.

If you disagree with the level you have been given, you can appeal the decision. Your letter will have your assessor's contact details.

If your waiting to find your place in the national priority system and you're expected wait time:

**Call My Aged Care on 1800 200 422.**



**Tip:** If you have been in hospital and feel you need short term help at home, speak to a Social Worker at the Hospital, who will organise help at home while you recover.

## NEED CARE SOONER?

There are a few options you can explore to get help earlier:

### Interim packages

You may be able to get help sooner by choosing to receive an interim package. An interim package is a Home Care Package of a lower level than the one you're approved to receive. Wait times can be shorter for lower package levels. Agreeing to an interim package means you'll be able to access care services sooner, while you wait for your approved Home Care Package to be allocated.

### The Commonwealth Home Support Programme (CHSP)

Another option is to seek help through the Commonwealth Home Support Programme. Tell your assessor if you would like to explore this option, and they will help you find out if you're eligible for specific services.

## How will I know when my package is available?

You'll receive a letter about three months before you receive your first package.

Your next letter will include your referral code, which is your key to receiving services, your provider will ask you for this to proceed. They will then be able to see your assessment information, support plan and package level.

*(You have 56 days to enter into a Home Care Agreement with your chosen provider or your package will expire).*

## What if I need more help at home?

If you've had a face-to-face assessment in the past, there may come a time when you need to be reassessed. The assessment you had would have been based on the needs that you had at that time. However, circumstances can change. Perhaps some other daily tasks have become more difficult for you.

- You should contact your current services provider to review your care plan.
- They will review your care plan and see if there's something more they can do to support you.

Your service provider will contact your My Aged Care assessor. Your assessor may amend your support plan to meet your changing needs or they may determine that a reassessment by ACAT is required.

## If you are not eligible - what can you do?

If you're not eligible for a Home Care Package, your letter will tell you why, and who to contact for help. If you want to fund your own care, please call your local private service provider.

## Private Aged Care

If you require help around the home and you are not eligible or don't want to wait for Government funded aged care, then private home care may be for you.

There are private services available that can provide you with high quality care.

There is generally no waitlist to access support through a private provider, so the help you require at home can begin right away, which can be so beneficial when you need help urgently and cannot wait.

There is no limit to the number of hours you can receive and you can increase and decrease the hours as your needs change and as you can afford.

Private aged care is different from funded service providers due to no Government funding or regulation.

No assessment and no need to declare your private income and information with the Government.

Private home care can sometimes work out more cost effective than the normal Government route.

Most aged care service providers offer private care.

# The Healing Power of Pets



Nothing compares to the joy of coming home to our loyal companions. The love of a pet can do more than keep you company. Pets may also decrease stress and anxiety and have been known to improve heart health, and help us with emotional and social skills.

Interacting with animals has been shown to decrease levels of cortisol (a stress-related hormone) and lower blood pressure. Animals can reduce loneliness and boost your mood.

As we lavish love and affection on our pets, we should also remember to prioritize their health and well-being, then we can enjoy a mutually fulfilling bond that lasts for many years.

Our connections to our pets can help us emotionally and physically with the simple but powerful act of love. We can learn so much from our pets as they offer, and teach us unconditional love and provide us with the comfort we need.

They are also there to remind us of the incredible power of touch and affection, it is a basic human need and our wonderful pets are there to remind us and bring us the love and affection we crave.

If you know someone living alone maybe you could visit them with your pet. Ask them to pet-sit for you. See if they'd be interested in fostering a pet as there are so many that need to be taken in and loved.

Animals benefit from adoption too, particularly when seniors adopt older pets. "These lucky animals go from the pound to paradise. Retired adopters tend to have lots of time to devote to a previously unwanted pet, forming a lasting bond.

Your relationship with your pet can be one of the most important relationships in your life.

That connection can lead to a longer and happier life — for both you and your pet.



## HOW TO CHOOSE YOUR HOME CARE PROVIDER

Thanks to Consumer Directed Care, you now have greater choice, more flexibility and the ultimate control over your home care services. You can choose your level of involvement including the self management of your package.

Shortlist the providers in this guide who you think may meet your needs, then organise a meeting or phone call to discuss their services with you.

### Important Questions to ask

- How are their Home Care Services different from the others?
  - What are their Core Values?
  - How long have they been providing Home Care for?
  - What are their Care Management and Package Management fees per month?
  - What is their hourly service rate?
  - How would your funds best be allocated?
  - Will you receive monthly statements?
  - Can they show you what your support plan would look like?
  - Can you have the same Care Giver every time?
- How hard would it be to change the Care Giver if you are not happy with them?
  - How do they check the quality of Care given by their Staff?
  - What do you do if you have a complaint about the quality of the service you are receiving?
  - If you need to be re-assessed to receive more care will your Care Manager organise it?



**Tip:** Every dollar you save on Admin or Care Management fees enables you or your loved one extra money to spend on the help you really need.



# the family cook



## LIVING AT HOME WITH MEAL SUPPORT

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*"I own a million cookbooks & I'm a really good cook. But the idea of choosing things, making things, committing to it, doing the dishes, the things I've done every single day since I moved out as a teenager, things I enjoyed... meal planning, nourishing other people, using food as a love language.*

*Now, it's an impossible Task.*

*Grief, depression, divorce, whatever it is, sometimes just renders us suddenly incapable of doing routine things. And eating poorly or not at all is such a vicious cycle - everyone knows they'll feel better when they eat better, just sometimes the tools are gone from the toolbox.*

*If there's any way you can show other people the real support you can provide - the nourishment, the nurturing, the protein & veg & freshness & palatable & quality & feels like someone cooked for you, removing the chores, the decisions... Do it! Thanks again" Louise*

**The Family Cook | 103 Reid Ave, Hectorville, SA | (08) 7095 2222**  
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# HAVE YOU GOT A HOME CARE PACKAGE AND LOOKING TO COORDINATE YOUR OWN CARE?

## Self-managing your Home Care Package

By self-managing your Home Care Package, you can find your own care team.

### What is self-management?

Self-management is a great way to keep control over how your Home Care Package is spent. It doesn't mean you have to go it alone, but rather offers the flexibility to get help with as much or as little of the process as you choose. That might include support to:

- Design your care plan and budget
- Gain more control over how your funds are spent

- Choose the support workers you want, and when you want them
- Find services at rates that are acceptable to you
- Increase your care hours as you need, with lower hourly rates

### Why self-manage?

One of the main reasons why people choose to self-manage is because it gives you absolute control over who provides your care and services; you can ensure you're surrounded by the people you choose and receive only the service you want.

Call our helpline so we can help you find your local service provide who can help you self-manage.





# Exploring the Enriching Benefits of Art Therapy FOR SENIORS



“Aging is a natural part of life, bringing with it a wealth of experiences and wisdom. However, it can also present challenges, particularly when it comes to maintaining mental and emotional well-being. In recent years, the field of aged care has embraced alternative therapeutic approaches, and one that stands out is art therapy. This creative and holistic practice has shown remarkable benefits for seniors, enhancing their overall quality of life and promoting emotional expression.

## Unlocking Self-Expression

Art therapy offers seniors a unique avenue to express themselves without the limitations of verbal communication. As individuals age, they may encounter difficulties in articulating their thoughts and emotions. Through art, seniors can communicate their feelings, memories, and stories using colors, shapes, and images. This form of nonverbal expression can be liberating, enabling seniors to convey their inner worlds in ways that words might fail to capture.

## Stimulating Cognitive Function

Engaging in art can be a powerful tool for stimulating cognitive function in seniors. The process of creating art involves various cognitive skills such as problem-solving, decision-making, and spatial awareness. These activities help to keep the mind active and agile, potentially reducing the risk of cognitive decline and related conditions such as dementia. Furthermore, experimenting with different art techniques can challenge seniors' minds, encouraging them to adapt and learn new skills.

## Fostering Emotional Well-being

The emotional benefits of art therapy for seniors are profound. Creating art provides an outlet for expressing complex emotions, reducing feelings of isolation, anxiety, and depression. The act of creation can release endorphins, the body's natural feel-good chemicals, which can uplift seniors' moods and enhance their sense of well-being. In group art therapy sessions, seniors also have the opportunity to connect with others who share similar experiences, fostering a sense of community and mutual support.



## Preserving Identity and Autonomy

Aging can sometimes bring about a sense of loss of identity and independence. Engaging in art therapy allows seniors to reconnect with their sense of self and retain a feeling of autonomy. Through the process of creation, seniors can tap into their past experiences, interests, and talents, reaffirming their individuality and life narratives.



## Promoting Physical Dexterity

Art therapy isn't solely about the mind—it also engages the body. For seniors, using their hands and fine motor skills in activities like painting, sculpting, or crafting can promote physical dexterity and coordination. This is particularly valuable for maintaining functional independence and performing everyday tasks.

## A Holistic Approach to Care

Art therapy transcends traditional medical approaches by focusing on the holistic well-being of seniors. It addresses not only physical health but also emotional, social, and cognitive aspects. By incorporating art therapy into aged care programs, facilities can provide a well-rounded approach that nurtures seniors' overall quality of life.

“Art therapy is a powerful and effective means of enriching the lives of seniors. Its capacity to unlock self-expression, stimulate cognitive function, foster emotional well-being, preserve identity, promote physical dexterity, and provide a holistic approach to care makes it a valuable addition to aged care programs. As the field of aged care continues to evolve, embracing innovative approaches like art therapy can lead to happier, more fulfilling lives for our beloved seniors.



## Finding the smile in every day

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### At Regis, we're here to keep you connected with the things that matter most to you.

We understand that everyone's situation is different. That's why we're proud to offer a diverse range of care options that are tailored to your needs, including permanent and respite residential aged care.

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*Creating a caring community  
supporting those in need.*



## RESPIRE CARE

Respite care means taking a break from caring, while the person you care for is looked after by someone else. This could be your husband or wife or a family member who you help care for. By having a break, this allows you to recharge and stops you from becoming exhausted and run down. There are lots of respite care options.

### In home respite

This is where a care worker will come to your home and look after your loved one while you go out for a few hours. Alternatively, the carer can take your loved one out for a coffee, a bit of shopping or a walk while you stay home and catch up with tasks that needed doing. This type of respite is available during the day or overnight. This respite is great knowing your loved one is in safe hands and will be cared for while you are having a break.

### Centre based respite

This respite care enables you to attend social and recreational activities in a centre-based setting for a couple of hours during the day. You might go to a day club or respite centre for group activities where the staff are trained respite workers. These are usually available from 10am to 3pm.

### Overnight or weekend respite

A respite care worker will come and stay in your home overnight to look

after your loved one while you take the night off. This can be for a couple of days or just overnight in a respite house or cottage.

### Community respite

This respite is provided either individually or in a group. A care worker will take your loved one to a community-based activity like an organised outing or social events where they have the opportunity to have a social experience and interact with others. Staff will help your loved one to build stronger relationships with people while re-engaging with the community. Community respite also provides the opportunity to engage in fun activities with like-minded people.

### Residential respite

This is an option when you the care giver, needs to go to hospital or would like to go on a holiday but your loved one needs help every day. Your loved one can move short term into an aged care home for a short stay to receive care and they can return home once the care giver has come home. Access to residential respite is available for up to 63 days a year but can be extended to an additional 21 days if approved by your aged care assessor

### Emergency respite

If you need respite urgently call – Carer Gateway on **1800 422 737**. This is the government hub for carers support and assistance Nationwide.

## AGED CARE HOMES

An aged care home is for elderly people who can no longer live at home and need ongoing help with everyday tasks and ongoing health/nursing care.

Leaving your own home and entering an aged care home isn't an easy decision, nor does it have to be a daunting experience. An aged care home can give you the care and provide services you need to maintain your quality of life. It's a great opportunity to forge new friendships, pursue new hobbies and improve your social life.

The government funds a range of aged care homes across Australia that can provide care and support services. Each aged care home is different, so it's important to choose the right one for you.

### What can an aged care home provide?

Aged care homes can help you with everyday tasks, personal care, and nursing care. They provide:

- **Accommodation**

Your room comes fully furnished with bedding which you can personalise and your own touch.

- **Hotel-type services**

Services to meet your day-to-day needs such as meals, laundry and social activities. This includes the services that maintain the aged care home. This covers cleaning, heating and cooling, and maintenance of the grounds and building.

- **Care services**

Personal care such as bathing, eating, help with taking medications, and carrying out health treatments. Clinical care according to your needs. This can include special bedding, nursing services and therapy services such as speech therapy, podiatry (foot care) and physiotherapy.

### How does it work?

The Australian Government subsidises a range of Aged Care homes in Australia to make care more affordable. This means affordable care and support services can be accessed by those who need it. The subsidies are paid directly to the aged care home. The amount of funding that a home receives is based on:

- an assessment of your care needs by the home

*(Using a tool called the Aged Care Funding Instrument or AN-ACC).*

- how much you can afford to contribute to the cost of your care and accommodation

*(Using a means assessment).*



**TIP:** Our advice is to seek a financial Aged Care Specialist as your decision can affect your Centrelink/DVA entitlement.

## What will it cost?

Each home sets their own prices, within a prescribed limit, and costs will vary. How much you will have to pay depends on the place you choose and an assessment of your income and assets.

Typically, there are three types of costs associated with all aged care homes:

- A basic daily fee (the maximum is currently \$58.98 per day). A maximum amount that everyone pays for the hotel services they receive.
- Accommodation costs. A varying cost for your room based on a means assessment. (the maximum is currently \$259.26 per day)
- Costs – Basic Daily Fee / Accommodation Costs dependent on a means assessment / Possibly a Means Tested Care Fee based on means assessment.

Some aged care homes don't receive subsidies from the Australian Government. There are a wide range of private aged care homes that offer great flexibility and choice.



Know your loved ones financial assets position before you start looking for a care facility. The care facility may assume you can afford to pay A RAD (Refundable Accommodation Deposit) Seek Legal advice from an Aged Care Financial Specialist before you make any financial decisions. Sometimes selling your family home isn't the answer.

## Am I eligible for a subsidised place?

Eligibility is based on need, determined through a face-to-face assessment.

Your financial situation doesn't affect your eligibility to live in a government-subsidised aged care home. It will impact the amount you may have to pay.

## How long does it take?

Finding the right aged care home for you can take some time, so it's best to start early. To find out if you are eligible, call My Aged Care to request an assessment of your care needs or find out more about what's involved.

## What else do people ask at this step?

I'm eligible for an aged care home. What happens now?

When you find out you're eligible, there are two things you should do next:

- Have a look through our Essential Aged Care Guide and start looking around your chosen area.
- Connect with an Aged Care Home that meets your needs. (some of them allow you to bring your pets, have hairdressing salons and so much more).
- Connect with an Aged Care Consultant who can assist in finding appropriate accommodation and explain all costs.



# DISCOVERING THE TIMELESS JOYS OF GARDENING



## CULTIVATING HEALTH AND HAPPINESS

Embracing the golden years can often lead to a renewed appreciation for life's simple pleasures. Among these, gardening shines as an activity that not only brings forth vibrant blooms but also nurtures the well-being in remarkable ways.

### PHYSICAL HEALTH

Gardening is a delightful form of low-impact exercise, promoting flexibility, strength, joint mobility and contributes to heart health, weight management, and better bone density.

### MENTAL WELLNESS

Tending to a garden offers a sanctuary for the mind. The serene environment reduces stress, anxiety, and depression, while enhancing focus and mental clarity.

### CONNECTION WITH NATURE

A deeper connection with nature can foster a sense of peace and belonging. Gardening provides an opportunity to immerse oneself in the natural world, fostering a renewed appreciation for the cycles of growth and the beauty of the changing seasons.

## NUTRITIONAL REWARDS

Planting your own fruits, vegetables and herbs allows you to harvest fresh produce rich in nutrients which promotes a healthier diet and a greater awareness of the benefits of homegrown, organic food.

## SENSE OF ACCOMPLISHMENT


Watching your garden flourish under your care installs a profound sense of accomplishment. Witnessing the growth from seed to plant, and eventually to blooming beauty or fruitful yield, offers a unique form of satisfaction.

## CREATIVE EXPRESSION

Designing your garden layout, selecting plants, and deciding on colour schemes are all creative processes as your garden becomes a living canvas that reflects your personal style.

## OUTDOOR ENJOYMENT

Gardening provides a reason to spend time outdoors, soaking up sunlight and fresh air. This exposure to natural light contributes to increased vitamin D levels, promoting health and boosting your mood.



Embracing gardening at any age can be a journey that enriches your life on multiple levels. It offers the chance to cultivate not only flowers and vegetables but also lasting health, happiness, and a profound connection with nature through the timeless joy of gardening.



## TIPS ON CHOOSING THE RIGHT AGED CARE HOME FOR YOU OR YOUR LOVED ONE

### The best aged care homes make their residents their top priority at all times.

The best way to establish whether the aged care home is right for you or your loved one is by taking a tour of your chosen homes and ask as many questions as you feel to.

First impressions count, if it feels good, if it looks good, if the residents look happy, if the staff are engaged with the residents, these are all good signs. Chat with a few of the residents while you are there to see what they have to say.

### What is important for you or your loved one? Shortlist your priorities as they are different for everyone.



### Good questions to ask:

- How many staff are on duty over night? If there are any concerns, how are they dealt with?
- What are the Registered Nurse ratios to patients? Is there a visiting Doctor?
- Are there regular activities, outings and events? Does the home offer weekend and evening activities? Do they have a book or social club?
- Are special dietary requirements like allergies, cultural foods catered for? Is there a chef onsite? Do they have extended meal times? Are there onsite cafes?
- Are their gardens that you can help with if you love gardening, are their sheltered outdoor areas? How can the room be personalised? Do they have ensuite rooms?

Choosing the right aged care home can take the stress out of managing your health on an ongoing basis.

You can make new friends and enjoy a wonderful social life. You are able to receive help with everyday tasks, Imagine never doing the dishes or cleaning the house again. Stay safe and secure with all of the comforts of home.

There are lots of wonderful aged care homes out there, doing your research early is always in your best interest as it is always best to find the right home early so you get exactly what you are looking for.

# The Importance of Nutrition

## Unveiling the Silent Struggles: Malnutrition and Dementia/Alzheimer's among the Elderly

In the realm of ageing, two silent challenges often go unnoticed but wield significant impact: malnutrition and the looming spectre of dementia/Alzheimer's disease. As our population ages, understanding and addressing these intertwined issues become paramount for the well-being of our elderly loved ones.

### Malnutrition: The Unseen Culprit

Malnutrition, far from being limited to hunger, is a complex condition where the body lacks essential nutrients. Factors such as reduced appetite or impaired absorption of nutrients can contribute to this silent threat. The consequences extend beyond physical health, affecting energy levels, immune function, and overall quality of life.

### Dementia/Alzheimer's: A Cognitive Shadow

Dementia and Alzheimer's, often used interchangeably, are neurodegenerative disorders that impair memory, thinking, and behaviour. Alzheimer's involves the accumulation of abnormal proteins in the brain, disrupting its normal function. These conditions can be devastating, leading to a progressive loss of independence and cognitive abilities.



### The Intricate Link

Recent research underscores a crucial connection between malnutrition and dementia/Alzheimer's. Malnutrition can hasten cognitive decline. Conversely, the cognitive impairment associated with dementia can lead to difficulties in maintaining a balanced diet, exacerbating malnutrition. This interplay creates a challenging cycle that requires targeted intervention.

### Breaking the Cycle: Strategies for Support

**Nutrition Education:** Raising awareness about the importance of a nutrient-rich diet among caregivers, families, and healthcare professionals.

**Regular Screening:** Healthcare providers should assess the nutritional status of elderly individuals, identifying signs of malnutrition and cognitive decline.

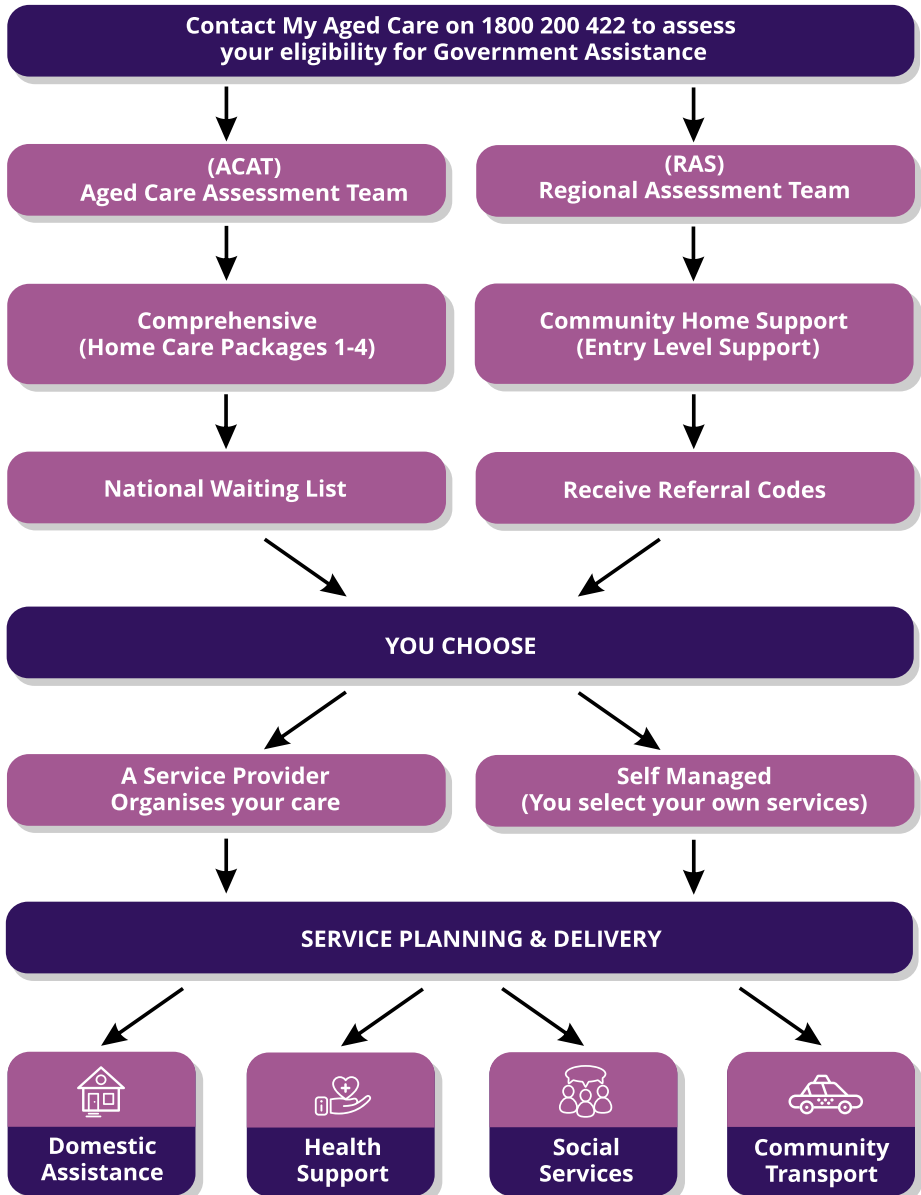
**Tailored Diets:** Crafting diets rich in essential nutrients that support cognitive health can have a profound impact.

**Engagement and Socialisation:** Encouraging social activities will help with both mental well-being and healthier eating habits.

**Early Intervention:** Detecting malnutrition and cognitive decline in their early stages can open doors for timely medical and lifestyle interventions.

In the symphony of ageing, malnutrition and dementia/Alzheimer's are crucial notes that need attention. By acknowledging the intricate relationship between these issues and fostering a comprehensive approach that combines nutrition, healthcare, and emotional support, we can empower our elderly population to age with dignity, vitality, and enhanced cognitive well-being.

# TO APPLY FOR GOVERNMENT ASSISTANCE FOR HOME CARE AND/OR AGED CARE FACILITIES



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**SNS** full set on natural nail or extensions, refill

**ACRYLIC** full set shellac or normal polish, refill

**PEDICURE** shellac or normal polish

**MANICURE** shellac or normal polish



# Beyond Blue

## Beyond Blue Support Service



1300 22 4636



Email or



chat online

[beyondblue.org.au/getsupport](https://beyondblue.org.au/getsupport)

# WHAT'S ON IN YOUR COMMUNITY



**Worship on  
Sundays** 10am

**Market Place**  
Mon at 10-11am  
A variety of fresh and  
other foods as donated  
and available on the  
day, a gold coin donation is  
appreciated

**Community Lunch**  
Mon 12.30pm  
We serve lunch for  
anyone who comes in,  
a gold coin donation is  
gratefully accepted

**Community Coffee 2 Connect**  
10am-2-30pm  
Mon, Tues, Wed, Fri  
10am-12noon Sat  
(only during school terms)  
70 MARION ST UNLEY  
**FOR BOOKINGS**  
**PH 8271 2839**



## Australian Red Cross

**PH 8100 4673**

**FOR CARE SUPPORT TEAM & DETAILS**

### **What is the Aged Care Volunteer Visitors Scheme?**

The Aged Care Volunteer Visitors Scheme is a free service where a Red Cross volunteer visits you regularly to spend time together. You can: have a cup of tea, have a chat and a laugh, read together, watch sport, play cards, listen to music or do another similar activity that you both enjoy.

### **Is this program for you**

Red Cross volunteers visit people who: live in an aged care home, or live at home and receive a Home Care Package, and don't have regular contact with family or friends and would like a regular visitor - someone to talk to and spend time with.

### **About the service**

You will be matched with a caring and friendly Red Cross volunteer. All Red Cross volunteers are vaccinated and have undergone training and police checks

### **AIRPORT OVER 50'S CLUB INC. COFFEE AND A CHAT**

Cards, BBQ's, Line Dancing,  
Table Tennis, Bus Trips, & Outings  
Mon, Tues, Wed, Fri 9.30am  
Come and join us

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 **agedcare** made easy

# VETERANS HOME CARE

*The Veteran's Home Care program helps eligible veterans and their dependents who need low level care at their own homes. They must have a Veteran Gold Card or Veteran White Card.*

## What the program offers:

The VHC program provides home care services to maintain the health, wellbeing and independence of eligible veterans and their families.

## Services Include:

- Domestic help
- Personal care
- Respite care
- Home and garden maintenance (safety related)
- Lawn mowing (does not need to be safety related)

*Veterans may also benefit from Coordinated Veterans Care (CVC) Social Assistance which is a short term service to help them engage in community life through social contact or accompaniment to a social activity*

## Who can get home care:

The target group for VHC service are clients who:

- Hold a Veteran Gold Card
- Have a Veteran White Card with an accepted service related condition
- Are living at home
- Need low levels of care

*A VHC assessment agency can assess your client and decide if they qualify for home care*



For General Enquiries about the VHC program call our Health Provider Line on:

# 1800 550 457

## DVA AGED CARE SERVICES

If you are a senior veteran or a war widow/widower, you may be able to get aged care services from the Department of Veterans' Affairs (DVA) and My Aged Care at the same time, as long as you don't get the same service from both.

Department of Veterans' Affairs services - DVA's aged and community care services are usually 'entry level' services for lower care needs - they are generally not suitable for more complex care needs.

Eligible veterans or war widows/widowers may be able to receive services under the following DVA programs:

### Veterans' Home Care (VHC) Program

- domestic assistance
- personal care

- safety related home and garden maintenance
- respite care (in-home, residential and emergency).
- Community Nursing Program
- medication management
- wound care
- help with hygiene.

### Other services for the veteran community

- aids and appliances through the Rehabilitation Appliance Program
- allied health services
- Veterans' and Veterans' Families Counselling Service (VVCS)
- Veterans' Access Network.

For more information on services and payments you may be eligible for as a veteran or war widow/widower, call DVA on **1800 555 254** or visit **[www.dva.gov.au](http://www.dva.gov.au)**



## COPING WITH DEMENTIA

### Helpful Tips on coping with and understanding Alzheimer's and Dementia.

Seniors with Alzheimer's or Dementia commonly upset the people closest to them. It is important to remember that they are not doing this intentionally to hurt you. Their brains are failing and the delusions are symptoms of the disease.

People with dementia and Alzheimer's often feel anxiety, frustration, and a sense of loss. Those feelings, plus memory loss and confusion, can

also lead to paranoia. This happens because of their declining cognitive abilities. They're trying to make sense of their reality as best they can. Focus on reassuring them and show them that you care about how they're feeling.

#### ***Don't argue or use logic to convince***

- Arguing will only make them upset and more insistent. Instead, let them express their feelings, and opinions. It helps if they feel heard and validated.

#### ***Use a calm, soothing tone***

- Bring the adrenaline level down by speaking in a gentle, calm tone, or offer a gentle touch or hug. ***Create a calm environment*** - This will help reduce the tension and stress. Reduce noise and commotion by turning off the TV, asking others to leave the room, or playing relaxing music at a low volume. Aromatherapy is another way to create a soothing environment.

#### ***Stick to simple answers as to not overwhelm them or cause more agitation or confusion.***

#### ***Distract them with activities they enjoy***

as soon as possible after sympathizing with them. This will help them to stop obsessing. Maybe offer a favourite snack or drink. Or see if they want to go for a walk.

Seek support and advice from people who understand - ***remember you are not alone***, there are so many support groups and people that can help.





## CHECKLIST

- Contact My Aged Care and register for an assessment
- Have you been referred for Regional Assessment Service (RAS) or an ACAT assessment?
- Did you receive referral codes over the phone so you can access services?
- Have you received your letter from My Aged Care stating what packages or services you are eligible for?
- Have you reviewed the local services in this guide or found one local to you that meets your needs?
- Have you clarified the fees and costs associated with the delivery of your care and services?
- Have you reviewed your Home Care Agreement with a family member, carer, friend or advocate?
- Have you entered into your Home Care Agreement and started receiving services?



**Tip:** Before the Assessor leaves your home, ask what help you will be receiving and when

## Need help and support with **MY AGED CARE?**

### Finding Support Services? Types of Care Available?

We are here to give you all the support you need in navigating the Aged Care Process

- > **FREE PHONE SUPPORT**
- > **AUSTRALIAN COMPANY**
- > **PEOPLE WHO CARE**
- > **PEOPLE WHO LISTEN**

For free advice or just a chat, we are here for you...

**CALL OUR HELPLINE TODAY**





Australian  
Red Cross



## A phone call each day to check you're OK

**Red Cross** can provide you with a daily telephone call to check on your wellbeing through a service known as **Telecross**.

This provides peace of mind if you live alone and are at risk of an accident or illness that may go unnoticed, such as falling and being unable to call for help. The volunteer will check to see that you are well and provide a friendly voice to wake up to each morning or within a nominated time frame each day.

Friendly volunteers make calls each morning, 365 days a year. If the call is not answered, **Red Cross** will take action to make sure you are OK. Even if you have visitors during the week, a phone call first thing in the morning can make a difference if an emergency response is required. The calls provide reassurance as well as help to maintain independence. This is also available for people who need temporary assistance in the absence of a carer.

This social support program is funded through the Commonwealth Home Support Program and is available nationally through MyAged Care referrals.

**Call My Aged Care on 1800 200 422** to get a referral code then call **Telecross on 1300 885 698**, if you are on a Home Care Package let your provider know you want this service.

## IMPORTANT PHONE NUMBERS

Aged Care Advocacy	<b>1800 700 600</b>
Aged Care Complaints and Safety Commission	<b>1800 951 822</b>
Anxiety Support	<b>1300 794 992</b>
Asthma Australia	<b>1800 278 462</b>
Beyond Blue	<b>1300 224 636</b>
Cancer Council Helpline	<b>13 11 20</b>
Carers Australia/Emergency Respite	<b>1800 422 737</b>
Centrelink Older Australians	<b>13 23 00</b>
Continence Foundation of Australia	<b>1800 330 066</b>
Department of Veterans Affairs	<b>1300 838 372</b>
Diabetes Australia	<b>1300 136 588</b>
Disability and Sickness Carers Line	<b>13 27 17</b>
Elder Abuse Helpline	<b>1800 353 374</b>
First Nation Support Line	<b>1800 959500</b>
Friendline	<b>1800 424 287</b>
Homeless Helpline	<b>1800 474 753</b>
Lifeline	<b>13 11 14</b>
National Dementia Helpline	<b>1800 100 500</b>
Veterans & Families Counselling Services	<b>1800 011 046</b>

**Small intimate homes that support close personal relationships with families & consumers.**



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**Amber**  
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# BedsideBeauty&Wellness®

WE COME TO YOU



DISABILITY CARE



HEALTH CARE



AGED & HOME CARE



WE COME TO YOU

Bedside Beauty & Wellness is a professional service specialising in the Aged Care, Home Care, Health Care and Disability Care sectors.

Bedside Beauty & Wellness understands that it's difficult to see someone you love struggle to take care of themselves. We know first-hand that personal care and grooming are fundamental to one's basic needs as well as their mental and emotional wellbeing and we are passionate about making a positive difference to the lives of those we serve.

We make it possible for everyone and happily work around the personal and health care needs of every individual, tailoring our services to suit.

Specialising in hand and foot nail care, therapeutic massage to assist with pain relief, mobility, and circulatory issues, as well as waxing, skin care and hair services, we take great pride in caring for clients in the comfort and familiarity of their own surrounds.

Our therapists are suitably qualified, experienced, specially trained, and fully equipped to provide services safely and professionally at home, in hospital or in care, for those who find it difficult to get out.

Bedside Beauty & Wellness aims to help our community and ageing Australians live happily, safely, and independently for longer.

Speak to us today about how we may be able to assist you or someone you love with your grooming needs and how you may be able to access our services through a Home Care Package or NDIS funding.

**PHONE 0422 629 447**

Email [info@bedsidebeauty.com.au](mailto:info@bedsidebeauty.com.au)  
[www.bedsidebeauty.com.au](http://www.bedsidebeauty.com.au)