

The Federal Government provides funding to eligible Australians over the age of 65, and Aboriginal and Torres Strait Islanders over the age of 50, to help them live at home for longer. This funding pays for a 'package' of services, known as a 'home care package'.

If you get a home care package, you can use that funding to buy services that will help you continue to live a full and active life at home. Common examples include cleaning help, assistance with showering and getting ready each day, mowing the lawns, or help with your shopping.

As your home care package provider, the team at Latrobe Community Health Service can help to plan your care and then organise the services you need.



What's included in my home care package?



 **CALL US**
1800 242 696

 **LEARN MORE**
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What can I spend my home care package funding on?

We can explore any service or equipment that helps you continue living at home, enjoying a full and active life.

These are some of the services or equipment you could spend your home care package on.

Health and independence

- **Personal care:** Help with bathing, showering and toileting (and equipment to make these tasks easier)
- **Devices that keep you safe:** Equipment that helps with getting in and out of bed, your car or the bath, or getting on and off the toilet or a chair – these include bed rails, slide sheets and frames
- **Equipment that keeps you mobile:** Walking frames, wheelchairs or mobility scooters
- **Continence management:** Clinical assessments, healthcare support and aids like bed pans and commodes
- **Skin care:** Bandages, dressings and lotions that maintain healthy skin
- **Meals:** Meal preparation, meal delivery and eating and drinking utensils
- **In-home respite care:** A support worker can stay with you while your primary carer takes a break
- **Technology:** Personal alarms, motion sensors and devices that keep you safe, and alert your family if something is amiss

Help around the house

- **Housework:** General house cleaning such as vacuuming, mopping, changing linen, cleaning wet areas, laundry and ironing
- **Gardening and home maintenance:** Support workers keep your home and garden in a safe, functional condition

- **Home modifications:** Minor renovations that improve your safety at home, such as the installation of easy-access taps, bath rails or ramps (following an occupational therapy assessment and recommendation)
- **Home assessments and advice:** Expert advice on major home renovations and how to reduce your risk of falls

Community connections

- **Transport:** Help to get you safely to and from the shops, and attend appointments and social activities – this could be in the form of a support worker driving you where you need to go
- **Shopping:** A support worker goes shopping with you, or does your grocery shopping on your behalf
- **Personal interests:** Access to community-based groups, such as the men's shed or country women's association, and someone who can go for a walk with you or take you to the movies

Clinical care and equipment

- **Nursing, allied health and therapy services:** Speech therapy, podiatry, occupational therapy and physiotherapy
- **Specialised care:** Services, aids and therapy that help to prevent or manage particular conditions, such as vision, hearing or cognitive impairments
- **Medications:** These need supporting evidence from your doctor. Medications already subsidised by the government are not included
- **Medication support:** Medication packs that store your medication, so you take the right medication at the right time
- **24-hour on-call access to emergency assistance**

What isn't included in my home care package?

There are government guidelines around what can and can't be purchased through a home care package. These rules are from the Commonwealth Government and apply to all home care packages, regardless of your provider.

You cannot use your home care package to pay for things that aren't related to your care or which you'd normally buy using your general income.

Here are some of the goods or services that are not covered by your home care package:

- Bills, including utilities, mortgage repayments, insurance, vehicle registration and groceries
- Home renovations or capital items (such as a new TV) that are not related to your care needs
- Travel and accommodation for holidays
- Entertainment, such as club memberships, streaming services like Netflix or Stan, or tickets to sports events
- Services and goods the Australian Government fully or jointly funds. This includes all services the government already subsidises, such as medical or specialist appointments covered by Medicare and medicine listed on the Pharmaceutical Benefits Scheme.

Deciding how to spend your home care package can be overwhelming, but we are here to take the confusion out of the process.

If you'd like to learn about the options available for you, call the friendly team at Latrobe Community Health Service on 1800 242 696.