

Seniors' Living, Health & Lifestyle

Remaining independent at home as you age

HOME CARE PACKAGES

Home Care Packages have been around in various forms for over 20 years. They are a Federal Government subsidy that can be used by older people to pay for help, support and services that allows them to stay living independently in their own community. People prefer to stay in their own homes as long as possible as they age, and supporting them to do so is the future of aged care.

The first step is to register online or over the phone with **My Aged Care** - <https://www.myagedcare.gov.au>. Once that happens, it can

take from **6 to 12 weeks** to get assessed. If it is an emergency it can happen within a week, for example if you have just been discharged from hospital.

A Home Care Package is also tailored to each individual's needs.

You can use **Home Care Package** money to pay for services that YOU choose. Support falls into categories from **nursing to domestic assistance, social support, home modifications or assistive technology** to make getting around your house safer and easier. It's up to each person

to talk with their provider to put together a package of support that best suits them, within the budget provided. A good provider, like **Your Side**, will help someone work out what services will work best and review the mix regularly.

"I have a Level 2 Home Care Package. I have a cleaner, medical help, and my carer Deb goes shopping with me.



She's lovely and we've become friends. She spoils me!" says 87 year-old **Gloria**.

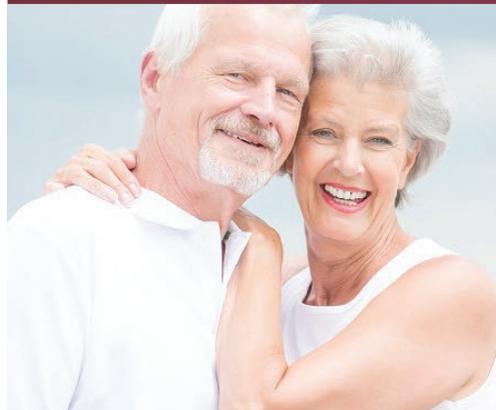
Contact **Your Side** today on email at hcp@yourside.org.au or via phone on **1300 134 332**.
Photographer: Bec Lewis

The Compassionate Collective

Elisabeth Anne Stofka Counsellor, PACFA

I am a counsellor with experience offering support and guidance for people experiencing depression, anxiety, mood disorders and those looking to make a positive change in their lives. Offering a holistic and integrated approach to mental health. Client confidentiality is priority.

Contact: 0424 244 505 ~ elisabethstofka@gmail.com



For over 50 years...
Adventist Aged Care Sydney has been meeting the needs of Senior Australians



Care,
WITH LOVE & DIGNITY

Wahroonga - Kings Langley - Hornsby



Independent Living

- Attractive, secure villas and apartments surrounded by the lavish garden and bushland and equipped with emergency call points for self care residents



Residential Care

- Supported living in a home-like setting
- Full accredited facilities caring for physical, emotional and spiritual needs of the frail
- 24/7 Registered Nurse on site

WAHROONGA (02) 9487 0600 - KINGS LANGLEY (02) 8834 6100

www.aacsyd.org.au