

# **AGED HOME CARE PACKAGES**

## **LIVING AT HOME LONGER**

Despite health and care needs changing as we age most people want to remain living at home.  
Aged Care Packages support people to remain living at home.

### **HOW?**

#### **Step 1**

##### **Decide if you need help**

- How are you really managing at home?
- Are you able to do daily tasks? Are you avoiding tasks which you used to find easy?
- Have the nurses suggested you might benefit from some assistance?
- Informed choices and decisions made well will improve your independence and wellbeing

#### **Step 2**

##### **Register with MY AGED CARE**

- This is the Federal Government's gateway to all government funded aged care services
- Register with My Aged Care through their website [www.myagedcare.gov.au](http://www.myagedcare.gov.au) or their contact centre 1800 200 422
- A nurse is able to assist you if required or you are unsure
- The My Aged Care service provides you with information on aged care

#### **Step 3**

##### **Participate in an assessment**

- If you need help or are considering aged care options, you will benefit from a free assessment by an Aged Care Assessment Service (ACAS) and subsequent report
- An ACAS team member will meet with you and discuss how well you're managing day to day life. You may wish for a nurse to be present for the assessment to act as an advocate
- The report will suggest your current needs and what supports would be helpful
- They will work out your eligibility for a Home Care Package and what level that is.

#### **Step 4**

##### **Choose a service provider**

- The Federal Government holds the national waiting list for Home Care Packages
- Waiting list times may vary and is **determined by the date** of your aged care assessment **and priority** at which you are assessed at (Can be more than 6 months)
- When you receive a letter that says your Home Care package is assigned, now it's time to choose an organisation or "service provider" that will help you plan your care. There are a few that service the Buchan area
- The service provider then delivers the plan by organising the services you need.

Many people fail to make the decision to register for an aged care package until they can no longer manage alone at all. With some assistance earlier most can manage for greater length of time independently.

Talk with the nurses about what benefits you may gain with an aged care package.

#### **Service options may include:-**

<ul style="list-style-type: none"><li>• Social support/companionship</li><li>• Transport</li><li>• Help with technology</li><li>• Counselling</li><li>• Aids and equipment</li><li>• Nursing</li><li>• Showering</li></ul>	<ul style="list-style-type: none"><li>• Physiotherapy</li><li>• Massage</li><li>• Hearing services</li><li>• Vision services</li><li>• Continence products</li><li>• Pain management</li></ul>	<ul style="list-style-type: none"><li>• House cleaning</li><li>• Home modifications</li><li>• General maintenance</li><li>• Gardening</li><li>• Meals</li><li>• Security</li></ul>
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**For more information speak with the nurses at the Bush Nursing Centres.**



# BUSHFIRE PREPAREDNESS

## Why is planning for fire important?



**44% of people who died in the 2009 Victorian Black Saturday Fires were vulnerable**

**It is important that people who live in high fire risk areas have a fire plan.**

This is especially true for people with a chronic or acute health condition, physical/cognitive disability or those of older age. This is also true for people who are socially isolated. These people can be at greatest risk as they can find it difficult to leave their homes and may face significant barriers to attending CFA community meetings and accessing fire safety information. CFA has a Bushfire Survival Plan template available online ([www.cfa.vic.gov.au/leaveearly](http://www.cfa.vic.gov.au/leaveearly)) or you can contact your local CFA for additional copies.

**Fire danger ratings** help you understand how dangerous a fire would be if one started on a given day. Fire Danger Ratings alert you to the fire risk so action can be taken before a fire starts and there is any danger. There are recommended actions for each level of Fire Danger Rating below.

Fire Danger Rating	
<b>CODE RED</b>	These are the worst conditions for a bush or grassfire.
<b>EXTREME</b>	If a fire starts and takes hold, it will be uncontrollable, unpredictable and fast moving. Spot fires will start, move quickly and come from many directions.
<b>SEVERE</b>	If a fire starts and takes hold, it may be uncontrollable.
<b>VERY HIGH</b>	
<b>HIGH</b>	If a fire starts, it can most likely be controlled in these conditions and homes can provide safety.
<b>LOW-MODERATE</b>	

**Remember, leaving early is always the safest option. You must plan your own survival.**

On a day rated as Severe, Extreme or Code Red your clients can stay informed through:



The VicEmergency App on their phone or tablet. They can set a watch zone on the app for a certain radius around their house. The app is designed to alert them with a notification if a fire starts close by.



Listening to ABC Radio or a local emergency broadcaster.



Monitoring CFA's Twitter (@CFA\_Updates) and Facebook page ([facebook.com/cfavic](https://facebook.com/cfavic)).



Monitoring the VicEmergency Website ([www.emergency.vic.gov.au](http://www.emergency.vic.gov.au)).



Calling the VicEmergency Hotline **1800 226 226**.  
Your client can also contact VicEmergency through the National Relay Service **1800 555 677** or the Translating and Interpreting Service **131 450** if they need.



Watching Sky News TV.



Using their eyes, ears and nose. Being alert to signs of fire in the area.

As part of your bushfire plan, put together an emergency kit that contains:

- Overnight bag with change of clothes and toiletries
- Medicines and first aid kit
- Important information, such as passport, will, photos, jewellery
- Mobile phone and charger
- Adequate amount of water
- Wool blankets
- Contact information for your doctor, council and power company
- Additional masks
- Hand sanitiser
- Antibacterial wipes

