

Is it time to start getting help at home?

Asking for help is never easy, but the earlier you reach out for help at home the easier it can be to maintain your independence in the long term.

When it comes to getting home care, many people think about the higher end nursing care and personal care, but it's worth knowing that if you are over 65 and starting to find things more difficult around the home that there is help available for you too.

Getting help at home doesn't mean you can't keep living an active and independent life, in fact in many ways it can help you maintain this lifestyle for as long as possible.

According to My Aged Care, you may be eligible to receive services such as:

- ✓ Transport
- ✓ Home modifications, such as handrails or ramps
- ✓ Meal preparation
- ✓ Household jobs such as cleaning and gardening
- ✓ Social activities
- ✓ Allied health, including physiotherapy and nursing
- ✓ Personal care

How do I see if I'm eligible for home care services?

To be eligible for home care services, you need to be over 65 and finding it harder to do some of the things you used to do.

The first step is to call My Aged Care, they will organise a face-to-face ACAT assessment of your care needs to see if you're eligible for a home care package and what level that care package will be.



Depending on your care level, you may then enter the national home care queue while you wait for a home care package at your assessed care level. There is a long waiting list, so that's an even better reason to start the process even if you think you're not quite ready yet.

How do I choose a home care provider?

Once you get offered a home care package, it will be up to you to choose a home care provider who suits your needs.

Choosing a home care provider can be a confusing exercise, with each provider having different fee structures and methods of providing services.

It's worth shopping around for a home care provider that suits you. Please refer to our Home care provider checklist, to help you decide. Overall, you should be looking for a provider who will listen to your needs and offer services in a way that fits in with your life.

Will I need to pay for home care services?

Home care packages are funded by the Australian Government, but you are expected to help contribute to your care costs. The amount you pay differs depending on your household income and assets. You will need to complete a formal income and assets assessment as part of the application process.

What if I'm a carer that needs help?

Often it can be a family carer who is feeling the pressure of providing care and running errands for a family member around other aspects of their life. If this is you, it may be time to have a conversation with your loved one about how home care can help relieve some of this pressure.

Getting help at home can be beneficial for both carer and those being cared for and can help your relationship in the long term.

Call us to find out

- ✓ How much more you could be getting from your care with Envigor.
- ✓ Let us know if you have questions about aged care at home, NDIS for seniors, DVA Nursing, how to access help and how it works.

Whether you already have care funding – Government or private – are on the wait list or want to learn more about accessing care.