Staying in Your Own Home

Aged Care Services to support you and how to access them

The session provided by Ku-ring-gai Council was supported by the Australian Government funding. Visit the Department of Health website (www.health.gov.au) for more information.

For information on services go to www.myagedcare.gov.au

Presented by:

Jenny Bray Training & Consulting
There are 3 broad aged care programs. 2 of the programs are delivered to your home.

In 2011, most people aged 65 years and over lived in private dwellings (94%).

Australian Bureau of Statistics, 2011 Census
‘Where and how do Australia’s Older People live?’

Higher level support (home based)
Basic low level support (home based)

To access these services you have to call My Aged Care

myagedcare 1800 200 422 Mon-Fri 8am - 8pm Sat 10am - 2pm
My Aged Care will assess what program you are eligible for.

Assessors decide what level you are eligible for (Home Support or Home Care Package)

You can’t “choose” between basic level or Packaged care level.
Residential Care

No-one HAS to go to residential care if they don’t want to.

Where a person’s decision making ability in in question (such as if they have dementia) a useful publication is:

Capacity Toolkit

What is ‘capacity’?
How do I decide whether a person has the capacity to make their own decisions?
Information for government and community workers, professionals, families and carers in New South Wales.

Copies are also available in a range of languages

Get more information about services
www.myagedcare.gov.au
or
Call 1800 200 422

To get access to aged care services you MUST contact
My Aged Care
Examples of Services

Help with housework (domestic assistance)

Domestic assistance is a popular service. There can be a wait list.

Staff are not allowed to climb ladders to clean, or to move heavy furniture (because of Work Health and Safety Laws).

Transport
There are shopping shuttle buses, and individual transport

myagedcare 1800 200 422 Mon-Fri 8am - 8pm Sat 10am - 2pm
Services

To access services you must first be assessed as eligible. To do this you must call My Aged Care (see number below).

- Home delivered meals, or community restaurants
- Social Support (individual)
  e.g. Shopping with you, going with you to doctor’s appointments

Contact Information:

[Image of contact information]
To access services you must first be assessed as eligible. To do this you must call My Aged Care (see number below).

- social support groups
  (seniors groups)

- personal care
  (help with bathing, showering, or sponging)
Services

To access services you must first be assessed as eligible. To do this you must call My Aged Care (see number below).

Home modifications
(grab rails near stairs or in the bathroom; installing ramps; modifying bathrooms)

Help with equipment

Minor home maintenance
(changing light bulbs, or tap washers)

myagedcare 1800 200 422 Mon-Fri 8am - 8pm Sat 10am - 2pm
Services

To access services you must first be assessed as eligible. To do this you must call My Aged Care (see number below).

- **Nursing Care**
- **Allied Health** (podiatry, dietician, occupational therapy etc)
- **Respite** (giving a break to a carer)
You pay a contribution

Services must tell you what the contribution cost is before delivering the service.

If you are experiencing financial hardship, you can ask the service provider to reduce the fee until your situation improves.

These hardship agreements are time limited.

If you need further help, your service can refer you to a financial counselling service.

My Aged Care
Help at home: costs explained
Home Care Packages

Home Care Packages

Govt Pays

<table>
<thead>
<tr>
<th>Level</th>
<th>Amounts Paid per fortnight (every 2 weeks)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 4: very high care needs</td>
<td>$1,875.86</td>
</tr>
<tr>
<td>Level 3: higher care needs</td>
<td>$1,233.96</td>
</tr>
<tr>
<td>Level 2: lower level care</td>
<td>$561.26</td>
</tr>
<tr>
<td>Level 1: lower level care</td>
<td>$308.56</td>
</tr>
</tbody>
</table>

These rates apply from 1 July 2016 to 30 June 2017
## Home Care Package - Fees

<table>
<thead>
<tr>
<th>Level</th>
<th>Govt Pays</th>
<th>You Pay*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 4 very high care needs</td>
<td>$1,875.86</td>
<td>$139.02</td>
</tr>
<tr>
<td>Level 3 higher care needs</td>
<td>$1,233.96</td>
<td>$139.02</td>
</tr>
<tr>
<td>Level 2 lower level care</td>
<td>$561.26</td>
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<tr>
<td>Level 1 lower level care</td>
<td>$308.56</td>
<td>$139.02</td>
</tr>
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</table>

Amounts are per fortnight (every 2 weeks)

These rates apply from 1 July 2016 to 30 June 2017

- You pay the same amount of fees for all levels.
- *If you are Self Funded Retiree, earning more than the pension amount, you are asked to pay slightly more.*
Home Care Packages
Government Contribution and Client Fees

Govt provides $ amount
(e.g. Level 2 = $561.26 per fortnight)

You pay a fee
(e.g. Basic fee $139.02)
Annual and lifetime caps apply

$700.28
Your Home Care Package of funds to spend on services

You BUY the services from a provider out of your package
You get a monthly statement so you know how much is left.

(every 2 weeks)
Calculating what fees you will be asked to pay

My Aged Care
Help at home: costs explained


<table>
<thead>
<tr>
<th>Fee Paid by Clients</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fortnightly</td>
<td>$139.02</td>
</tr>
<tr>
<td>Per Annum</td>
<td>$3,614.52</td>
</tr>
</tbody>
</table>

**Income Threshold for the Income Tested Care Fee**

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<table>
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<tbody>
<tr>
<td>Individual Person Per Annum</td>
<td>$25,659.40</td>
</tr>
<tr>
<td>Couple (combined income) Per Annum</td>
<td>$39,821.60</td>
</tr>
</tbody>
</table>

**Maximum Income Tested Care Fee Contribution Cap**

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<table>
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<tbody>
<tr>
<td>Annual Cap Per annum</td>
<td>$10,375.96</td>
</tr>
<tr>
<td>Annual Cap for Part Pensioners</td>
<td>$5,187.97</td>
</tr>
<tr>
<td>Life time Cap</td>
<td>$62,255.85</td>
</tr>
</tbody>
</table>
Finances and aged care financial advice

It’s important to plan ahead for your finances. Here are some places to go when you need help and guidance on money matters, or if you need some aged care financial advice.

Financial information and education

If you want basic information on managing your finances, you can go to the Department of Human Services’ free Financial Information Service. This confidential service can help you make informed decisions about investment and financial issues for your current and future needs. It also provides education and information on lifestyle issues.

The people who provide advice within the Financial Information Service are not financial planners and do not give or sell advice or purchase investment products.
How to access subsidised aged care services:

1. Call My Aged Care
   - Centre staff will ask some questions to determine if you are ELIGIBLE and start the talk about what you need

2. You will then be referred to an in home assessment (see next slide).

3. Then the provider will call or visit you to arrange the details of the service and a Service Agreement.
Step 1. Call My Aged Care

They decide on eligibility. Then will arrange an assessor to come to your home. This may be the Regional Assessment Service OR the Aged Care Assessment Team (ACAT).

Step 2. In-home assessment

Regional Assessment Service comes to your home to ask what you feel you need to maintain your independence

Aged Care Assessment Team Member comes to your home, or you go to them

OR

Step 3. Service Agreement

Home Support Program (entry level) Service ‘first visit’ Forms a Service Agreement with you

Home Care Package Provider Forms a Service Agreement with you You decide what services you want
How do I choose the service provider?

Home Support (entry level):

The assessment officer will tell you what services deliver the services you want in your area. You can choose. Some service types (e.g. Transport) have only one provider. You can also look on the web at My Aged Care.
How do I choose the Home Care Package provider?

Home Care Packages (second level):

The ACAT will give you a list of providers that hold available packages. Or you can search on My Aged Care (see below).

From February 2017, you are given the package (in the form of a number that you take to a provider to activate). You can choose from any approved provider. They should all have ‘availability’ then.
Get more information about services
www.myagedcare.gov.au
or
Call 1800 200 422

To get access to aged care services you MUST contact
My Aged Care
Stay Active and Healthy
(no need to go through My Aged Care for these)

Seniors Exercise
www.activeandhealthy.nsw.gov.au

Stepping On
A Falls Prevention Program, based on the latest Scientific Research, for people 65 and over

steppingon@royalrehab.com.au
Mobile: 0401 715 845

Stepping On
The Stepping On program is a free program where older people attend regular group sessions facilitated by local specialist health professionals and invited guest speakers.

Stepping On is designed for people who are living at home and who have fallen or are fearful of falling. Participants must be able to walk by themselves or with a walking stick.
Council - Affordable, Enjoyable

Help staying active, interested and socially engaged – **No need** to go through My Aged Care for these

Seniors in Action events

We run a range of fun and interesting seminars and events for seniors throughout the year.

**Volunteer**

There's lots you can do to reach out and make a huge difference in a senior's life.

Seminar - Master Your Mind

Event details

For: Seniors

Where: Kuring-gai Council, Council Chambers Level 3, 818 Pacific Hwy, Gordon

Cost: $7 includes morning tea from 10am

When: Thu 24 Nov 2016 at 10:30 AM - 11:30 AM

Contact details:

Kuring-gai Council

9424 0000

Website: Seniors in Action
No need to go through My Aged Care for these.

Library events and activities

Assets tests changes at Turramurra Library
Monday 24 October, 10.30am - 11.30am
Join us for an information session presented by Centrelink Financial Services on the assets test changes that come into effect next year. Call 9424 0480 or email turra.library@kmc.nsw.gov.au to book your spot.
Cost: Free

- **Knitting groups**
  Are you a nifty knitter who could lend your skills for a good cause?

- **Tech days at your library**
  Do you want to learn how to browse and access e-books, E-information, E-audio books, downloadable music, E-magazines and streaming films?

- **Cryptic crossword and scrabble clubs**
  Meet up with others to crack crosswords or enjoy a game of scrabble.

- **Book, film and recipe clubs**
  Ku-ring-gai Library hosts a number of free interest based clubs for adults.
Council- Active and Interested

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