



Amaranth Foundation

What do I do now?

Sourcing support if you or a loved one is coping with living with a chronic life limiting illness.

Seeking support from My Aged Care (aged 65 and older)?

The Australian Government's *My Aged Care* contact centre and website is the starting point to access aged care services, ranging from home support to residential options. <https://www.myagedcare.gov.au/>

Step 1: Organize an ACAT Assessment (differs by state)

* **Aged Care Assessment Team (ACAT) in NSW;**

www.myagedcare.gov.au/eligibility-and-assessment/acat-assessments

* **Aged Care Assessment Services (ACAS) in Vic.**

www2.health.vic.gov.au/ageing-and-aged-care/aged-care-assessment-services

This assessment, which is free, is essential to access support subsidised by the Australian Government. A member of ACAT will come and talk to the individual/carer about their current situation and assess their eligibility.

Online Contact Centre: www.myagedcare.gov.au/contact or Ph: 1800 200 422

Step 2: Find out what services you may be eligible to receive. Go to:

www.myagedcare.gov.au/getting-started Four types of care are available :

- **Home Care Package** (4 levels : L1 Basic care needs to L4 high-level care needs). Each level provides a different subsidy amount.

www.myagedcare.gov.au/help-home/home-care-packages

- Transition Care
- Respite Care
- Residential Aged Care Home

Step 3: End of Life care at home. If you are caring for someone who is nearing the end of their life, there is help and support available during this difficult time. There are a number of aged care services that may help a person nearing the end of their life to stay in the comfort of their own home.

www.myagedcare.gov.au/help-home/end-life-care-home

Services to help at home include: nursing care (local Community Health Nurses), domestic assistance, personal care (bathing, hair care etc), meals, transport and health support such as podiatry and physiotherapy.

Palliative Care aims to achieve the best possible quality of care for the person with a life-limiting illness. Either contact your local GP to source information about local services or go to *National Palliative Care Service Directory* for a listing and search the available support. <http://palliativecare.org.au/directory-of-services/>

'You matter because you are you,
and you matter to the end of your life.
We will do all we can not only to help you
die peacefully,
but also to live until you die.'
Dame Cecily Saunders

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Commonwealth Home Support Programme

www.myagedcare.gov.au/help-home/commonwealth-home-support-programme

The Commonwealth Home Support Programme (CHSP) is an entry level home help program for older people who need some help with daily tasks to live independently at home. You do not need an income assessment to access CHSP services and your age pension will not be affected by your contributions to the cost of your services. You will need to discuss and agree to any fees with your service provider before you receive services.

You may be eligible for services under the Commonwealth Home Support Programme if you are:

- 65 years or older, or 50 years or older and identify as an Aboriginal and Torres Strait Islander person, or 50 years or older and on a low income, homeless or at risk of homelessness
- still living at home in need of help at home to continue to live independently.

Services available include: domestic assistance, personal care, home maintenance, social support, transport, food services, allied health support, respite care and nursing care.

Palliative Care Program

People with chronic illness may be able to access palliative care services, specifically pain and symptom management, through their Local Health District.

Community Health Nurses

Community health nurses work with people and their families to help prevent disease, maintain health and treat any existing health problems. Community nursing aims to support and maintain patient independence, safety and healthy lifestyle, at the same time as providing assistance to carers.

Services a community health nurse is able to provide include:

- care after a hospital stay
- general nursing care, including assistance with chronic conditions
- 'hospital in the home' services, which provide hospital type care outside of the hospital
- palliative care nursing assistance, for people who have a life limiting illness and require support to stay at home
- wound management.

Another Helpful Website: palliAGED

www.palliaged.com.au/

Launched May 2017, this website provides evidence-based information and resources to support all those involved in caring for older Australians approaching the end of their life.

Chronic medical condition assistance

www.humanservices.gov.au/customer/subjects/chronic-medical-condition-assistance

Medicare Services

Medicare Safety Net—when you reach the threshold, you may get higher Medicare benefits for your out of hospital medical costs. The doctor visit will cost the same, but you receive a higher benefit back. The Safety Net is calculated on a calendar year. If you are single you are automatically registered; but couples and families need to register. Register online through the myGov site: <https://my.gov.au/>

The PBS Scheme—(*Pharmaceutical Benefits Scheme*) to get cheaper medicine when filling a prescription show your **Medicare card/ concession card/ healthcare care/ DVA care or PBS Safety Net Card**.

The RPBS (Repatriation PBS) gives access to PBS items and more, for eligible veterans, war widows/widowers and dependents.

Sickness Allowance— this fortnightly allowance is available if you temporarily can't work or study because of illness, injury or disability. You must be over 22yrs but under pension age, and have a job or get ABSTUDY or Austudy as a full time student and meet an income and assets test.

www.humanservices.gov.au/customer/services/centre-link/sickness-allowance

Chronic Disease Management Plan

If you have a chronic medical condition, your doctor may suggest a **Chronic Disease GP Management Plan**. If you need treatment from two or more health professionals, your doctor may also put a **Team Care Arrangements Plan** in place for you. This may allow Medicare benefits for specific allied health services eg physiotherapy, podiatry.

- A Medicare rebate is available for a max of 5 allied health services per patient each calendar year from eligible providers.

www.humanservices.gov.au/customer/subjects/chronic-medical-condition-assistance

Aids and Equipment

State and Territory aids & equipment schemes were established to provide appropriate equipment to assist residents live and participate within their community: agedcare.health.gov.au/aids-and-equipment.

There are differences between the schemes in each state and territory. A **co-contribution cost** could be requested.

The NSW link is www.enable.health.nsw.gov.au

IPTAAS

(Isolated Patients Travel and Accommodation Assistance Scheme)

This NSW Government initiative provides financial assistance for NSW & Lord Howe Island residents. It is a co-contribution scheme supporting travel and accommodation costs when a patient needs to travel for specialist treatment that is not available locally.

<http://www.enable.health.nsw.gov.au/services/iptaas>

Carer Support

A carer is a person who provides regular and ongoing care and assistance to a dependent person. Often, a carer is a family member, partner, friend or neighbour who freely and willingly provides this support without payment. The carer may give care for a few hours a week, or all day every day, depending on the level of support needed. Care could be provided within the person's home, a residential aged care home or at your home. Caring for someone can be challenging, both emotionally and physically. From time to time carers may need some extra help and support. Support could include counselling or independent aged care advocacy for you as a carer, or respite services for the person you care for – which would allow you to take a break.

www.myagedcare.gov.au/caring-someone

Counselling & support for Carers

Counselling and support services may help you to understand and manage situations, behaviours and relationships that can be a part of being a carer. This help could, in turn, reduce the stress you may be feeling in your caring role, and perhaps help you to continue in this role for longer.

www.myagedcare.gov.au/caring-someone/counselling-and-support-carers

Carer Allowance from Centrelink

An extra payment (approx. \$124.70) every 2 weeks for giving daily care to someone who has a disability or serious illness or is frail aged. There is no income or assets test and it does not add to your taxable income.

Carer Payment from Centrelink

Income support every 2 weeks for people giving constant care, in a private home, to someone with a severe disability, illness, or is an adult who is frail aged. The carer must not be on another income support payment, must give constant, daily care in a private home and spend no more than 25hrs away from caring (eg for work, study or training). The Carer and the person getting care must be under the income and assets test limits.

<https://www.humanservices.gov.au/customer/subjects/caring-someone-illness-or-disability>

Carer Gateway

Carer Gateway is a national online and phone service that provides practical information and resources to support carers. The interactive service finder helps carers connect to

local support services.

<https://www.carergateway.gov.au/>

Free Call: 1800 422 737

Bereavement Payment (Centrelink)

Helps ease the adjustment to changed financial circumstances after the death of your partner, child or person you were caring for.

For some payments, such as *Carer Payment*, *Wife Pension* and *Partner Allowance*, the payment may continue for 14 weeks following the death to give you time to seek other income support if necessary.

If you are receiving *Carer Allowance* for an adult who dies, and an income support payment other than Carer Payment that does not qualify you for Bereavement Payment, you may receive a Carer Allowance Bereavement Payment. This payment, of up to 7 instalments of Carer Allowance, is paid as a lump sum.

www.humanservices.gov.au/customer/services/centrelink/bereavement-payment

Advocacy Services

If you're concerned about the quality of your aged care services and want to speak to someone about this, an advocacy service may be able to help.

Advocacy services are free. They offer confidential and independent advice and support for people receiving aged care services. An advocate can:

- give you information about your rights and responsibilities
- listen to your concerns
- help you to resolve concerns or complaints with your aged care service provider
- speak with your service provider on your behalf
- refer you to other agencies when needed.

www.myagedcare.gov.au/quality-and-complaints/advocacy-services

Early Release of Superannuation

Superannuation (super) are savings for when you retire. Your super fund normally can't let you have the money until then.

You can apply to get it earlier if, for example, you have a terminal illness, or you meet a compassionate ground.

Early release of super is only for **unpaid** costs. It cannot be used if you have already paid, even if you used a loan, a credit card or money from family/friends.

www.humanservices.gov.au/customer/services/centrelink/early-release-superannuation

Services offered by local volunteer groups and charitable organisations

- **St Vincent's de Paul Society** (www.vinnies.org.au) may help with one-off payments for eg rent, electricity
- local community transport

“HOW PEOPLE *Live* MATTERS”

... it really does.

COROWA COUNSELLING CENTRE

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COROWA NSW 2646
Fax: (02) 6033 3507

HEALTH & WELLBEING CENTRE

46 Peter St
WAGGA WAGGA 2650
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We are on the web:

www.amaranth.org.au



[@AmaranthOz](https://twitter.com/AmaranthOz)

“I did not understand what help was available. We had never needed assistance before—while aware of its existence, we didn’t realise what it really was.

We are just so grateful for all the help we received...”

Carer/daughter

“I know the sessions talking to you really helped me find more ways to deal with what my body and mind were going through.”

A

Support for the under 65s.

Carer Support

Some aged care programs provided by the Department of Health may also be able to give you some help and support if you care for somebody who is not aged.

NDIS

Younger people currently accessing aged care services may become eligible for supports through the National Disability Insurance Scheme (NDIS), as it rolls out across Australia.

People under 65 years of age living in residential aged care may be eligible to receive support under the NDIS, including:

- a planning conversation to explore goals
- assistance with care-related costs charged by an aged care provider (excluding daily living expenses)
- supports to access social, civic and community activities and sustain informal support networks with family, friends and carers
- therapy including allied health supports (e.g. occupational therapy, speech pathology and physiotherapy) which have been shown to improve independence, social and economic participation in the community.
- specialised equipment supports related to a person’s on-going functional impairment which are not part of the residential aged care package or which may be provided in the treatment of a medical condition.

Until the national roll out of the NDIS has been finalised, younger people already in residential aged care are asked to pay their aged care fees (including the basic daily fee, any applicable means-tested or income tested fee and daily accommodation payment or contribution). The NDIS will provide some additional supports for participants who are younger people in residential aged care .

agedcare.health.gov.au/programs/providers-with-younger-people-in-residential-aged-care

Amaranth Foundation

Advanced Chronic Illness and Palliative Care Program

The Amaranth model of care is focussed on the needs of the individual. Our services are provided in a holistic, family centered way with people of all ages, and all stages of their diagnosis, to help them achieve their best possible quality of life.

The experience of illness challenges people’s beliefs about themselves, about other people and the world. It stimulates a search for meaning. Research clearly shows that recognition of this, together with structured support significantly improves both quality of life and psychological well-being.

Our support is individualized. It may include sessions with an Amaranth Mental Health accredited Social Worker; case management; sourcing equipment; advocacy and support; counselling and therapy; Dignity Therapy, Grief and Trauma Therapy and Advanced Care Planning.

We also work directly with families and caregivers to enable them to provide care to people living with a life limiting illness, in a supportive and empowering environment, recognizing that carers and families have their own personal journey.

Amaranth bulk bills on receipt of a GP referral/ MHTP.