

Home Care Packages and CHSP

Your guide to living independently at home with the support you need

If you're not ready to move into residential aged care, but you need more support to continue living independently at home, then you might benefit from the Commonwealth Home Support Programme or a Home Care Package. These services provide in-home support for people over the age of 65, or Aboriginal and Torres Strait Islander people over the aged of 50.

Aged Care Assessment Team (ACAT)

You will need to have an ACAT assessment in order to receive assistance in your own home or to enter into an aged care home. You can ask to be assessed for respite care, residential care, and/or a Home Care Package during your ACAT assessment. For more information on getting an ACAT assessment read our blog: [Guide To Assessment.](#)

A member from the Aged Care Assessment Team will visit you in your home to understand more about your care and lifestyle needs. With your permission they will contact your doctor and possibly your next of kin to gather information about your medical and social history. They will create a Support Plan for you with this information.

It is important that you give your home care provider a copy of your Support Plan, so they can determine what your care and social needs are and how they can deliver the best possible services to you.

How often do you need to be ACAT assessed?

You might need another assessment if your personal circumstances or care needs have changed and you need to be approved for a higher level of care.

Home Care Packages

A Home Care Package is a coordinated package of services tailored to your specific care needs. The package is coordinated by an approved home care provider, with funding provided by the Australian Government. There are four levels of Home Care Packages:

- Home Care Level 1 – to support people with basic care needs
- Home Care Level 2 – to support people with low level care needs
- Home Care Level 3 – to support people with intermediate care needs
- Home Care Level 4 – to support people with high care needs

The objectives of the Home Care Packages Program are to assist people to remain living at home for as long as possible; and to enable consumers to have choice and flexibility in the way that care and support is provided at home.

Consumer Directed Care

All Home Care Packages are delivered in accordance with the Aged Care Quality Standards and since 1 July 2015, all packages have been delivered on a Consumer Directed Care (CDC) basis. CDC allows you to choose how much involvement you would like to have in managing your package. This gives you choice and control over the types of care and services you receive, how the care is delivered and who delivers it.



You will receive a budget allocation for your home care package with the total funded by the government and the total of your home care provider's fees. You can then choose how the funds are spent (within legal and safety requirements) - your provider will hold the funds and coordinate your services. You should receive regular expenditure statements from your home care provider to see how the money has been spent.

Your chosen home care provider will consult with you and/or your nominated representative to determine a Care Plan appropriate to your assessed needs, goals and preferences and within the Specified Care and Services. The Care Plan will be monitored and will be reviewed at least annually - if there are any changes, they will be implemented in a way that is consistent with your rights under the Act and the Charter of Aged Care Rights. All approved home care providers will have systems in place to identify and ensure compliance with all relevant legislation, regulatory requirements, professional standards and guidelines

Services that can be provided in the Home

There are a range of care options and services available across all levels of a home care package, some of these include the following:

Allied Health Care - Professional health care services (e.g. podiatry/foot care, occupational therapy, physiotherapy, speech pathology, social work or dietetics).

Behaviour/Specialist Intervention - Range of services relating to the management of challenging behaviours and dementia.

Case Management - A collaborative and person-focused process for managing support to people with chronic, ongoing or complex conditions or situations.

Centre Based Day Care - Structured group activities to assist with social interaction which are conducted in a centre-based setting, this may include bus trips and outings.



Domestic Assistance - Assistance with housework and chores (e.g. cooking, cleaning, dishwashing, clothes washing and ironing, shopping and bill paying).

Home Maintenance - Assistance with home or yard upkeep and repair to ensure it is a safe place to live (e.g. changing light bulbs, carpentry, replacing tap washers, replacing roof guttering).

Home Modifications - Assistance with renovations or alterations to your home to help you move safely around the home (e.g. installation of handrails, ramps, emergency alarms, removal of shower hobs).

Meals - Preparation and delivery of meals, which contribute to your daily nutrition requirements and to meet special dietary or cultural needs (e.g. Meals on Wheels either hot and ready-to-eat or with instructions for heating, or in a community restaurant centre-based setting).



Nursing Care - Support in the management of particular health problems by a registered or enrolled nurse in the home or in a centre (e.g. diabetes or continence management, changing bandages, and administering medication).

Other Food Services - Assistance with meal preparation and cooking in your home, and provision of advice on nutrition, storage or food preparation.

Personal Care - Assistance with daily self-care tasks (e.g. eating, bathing, toileting, dressing, grooming, getting in/out of bed, and moving around the house – this may also include monitoring and administering medication).

Goods & Equipment - Loan or purchase of goods and equipment that help you with your mobility, communication, personal care or health care (e.g. wheelchairs, appliances, and continence pads).

Respite Care - Support to carers through the provision of flexible and responsive alternatives to the usual care arrangements (e.g. a worker or volunteer going to your home or with you on an outing).



Social Support - Assistance in the home or community to meet your need for social contact and to help you participate in community life (e.g. visits, telephone monitoring, letter-writing).

Transport - Assistance with travel to and from essential appointments and social activities, either directly (in a car or bus) or indirectly (through a taxi subsidy or voucher).

Home Care Package Fees and Charges

Depending on your circumstances and the services you ask your home care provider to provide, you may be required to pay the following Fees and Charges:

- a. Basic Daily Care Fee determined by the Government - this is an amount you pay as your contribution to your daily care costs. The Basic Daily Care Fee is dependent on the level of care you are receiving, for new recipients who start to access home care from 20 September 2021 the fees are:
 - Level 1 - \$9.88 per day
 - Level 2 - \$10.44 per day
 - Level 3 - \$10.74 per day
 - Level 4 - \$11.02 per day
- b. Interim Care Fee - this is an amount that you may be asked to pay until your Income Tested Care Fee is determined by Centrelink or DVA.
- c. Income Tested Care Fee as determined by Centrelink or DVA - this is the amount you may be asked to contribute towards your costs of care. This fee is applicable for people who don't receive a full pension. There is an annual cap of \$11,516.92 (indexed) if your assessable income exceeds the upper income threshold. There is also a lifetime cap of \$69,101.75 (if you transition into permanent residential aged care this fee is called the Means Tested Care Fee and the lifetime cap still applies and is indexed).
- d. Fees for any Additional Services you request.



Please note, fees are indexed each year on 20 September and 20 March.

What is the waiting time for a Home Care Package?

Currently there is a national waitlist to receive a Home Care Package. After you've been ACAT assessed and approved for a Home Care Package, the amount of time it takes for the package to be available depends on the level of care you've been assessed for and your personal circumstances. As of August 2021, for people with a medium priority, the expected wait time for an approved Home Care Package is 3-6 months for a Level 1 package, or 9-12 months for Levels 2, 3 and 4.

If you require help immediately to live safely at home, you can ask the ACAT assessor to assess you for interim services through the Commonwealth Home Support Programme (CHSP).

Commonwealth Home Support Programme (CHSP)

The CHSP provides small amounts of entry-level support to assist seniors to remain living at home and in their community. The program places a strong focus on activities that support independence and social connectedness and consider each person's individual goals and choices.

The CHSP can provide government subsidised services such as: domestic assistance, transport, meals, personal care, home maintenance, social support, nursing, allied health, and home modifications. CHSP services may be short-term, intermittent, or ongoing, and you will be required to pay a fee depending on the service you receive.

You can receive a variety of CHSP services at the same time from different providers. By combining multiple CHSP services, many people can maintain their safety and independence in their home for longer.

There is less of a wait time with CHSP services, and you will usually receive approval and referral codes a short time after being assessed. Once you have



CHSP approvals, you will need to find an approved provider that has availabilities and is taking new clients. You can do this through the 'Find a Provider' page of My Aged Care.

Once your Home Care Package becomes available and you have found a provider, you will no longer be eligible for CHSP services as these services would now need to be funded by your Home Care Package. The reason for this is to ensure that other people without access to a Home Care Package can have access to support through CHSP services. There are a few exceptions to this, and one instance is that someone attending a Social Support Group through the CHSP can continue doing so in order to maintain friendships and support.



Respite Care

With respite care, you can stay in a residential aged care home on a temporary basis with the intention to return home afterwards - you will usually book a period of time to stay with the aged care home.

In a residential aged care home, you have access to 24-hour nursing care and support, your meals will be provided, cleaning and laundry will be taken care of, and you'll have access to a range of lifestyle activities to spend your day how you please. Respite care can be a fantastic option for someone waiting for a Home Care Package, especially in the following scenarios:

- If you have been in hospital, and require additional assistance while you recover
- If your carer or family is unavailable to assist you for a period of time (e.g. going on holidays, or if they too are unwell and can't take care of you)
- Your care needs have increased, and you need additional support to get back on your feet
- While you get modifications done to your home to make it safer
- If you or your carer/family simply needs a break

To be eligible for respite care, you will need to be approved by an ACAT assessor and been given referral codes for residential respite care from My Aged Care. Once approved, you can access up to 63 days of subsidised care in a financial year. Each aged care home is different and may not be able to offer you the full 63 days, so chat with the aged care home before booking to see how many days of respite they are able to provide.

If you haven't been approved for respite care but find yourself in an emergency situation where you require care immediately, Emergency Respite might be an option. Please call us on 1300 509 992 and we can assist you through this process.

Top Tip for My Aged Care

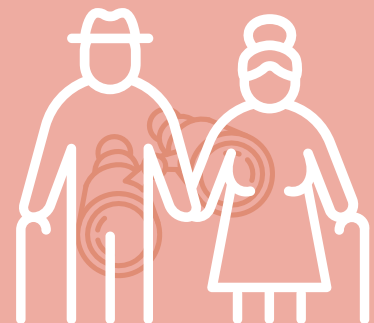
If you enter into respite care you will automatically be taken off the waiting list for a Home Care Package. But don't worry, you won't lose your spot, you simply need to call My Aged Care and request to be put back on the national waitlist. You can make this call while in respite care, or when you have been discharged and returned home.

Need help finding respite care near you? Contact us today at Find Aged Care to find the perfect aged care home for you for your respite care needs and visit www.findagedcare.com.au

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in real time today

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