

Newsletter CHSP CONNECT



SOCIAL CONNECTIONS



WHAT'S INSIDE

- Social Support programs through Darebin Council
- Celebrate Seniors Festival in October
- Falls prevention
- Handy quick fixes in your home

Spring Update: Social Connection, Seniors Festival Preview

Dear Clients,

I am pleased to share an important update about the **Commonwealth Home Support Program** (CHSP). The Australian Government has announced that CHSP will remain a separate program, with funding extended for a further two years until 30 June 2029. This means your current CHSP services will continue as they are. We will continue to keep you informed about any future changes that may affect your services.



If you move from CHSP to Support at Home in the future, you can still choose to keep receiving your Council services and, where possible, continue with your trusted Council support workers. To do this, you can choose **Care Connect** as your Support at Home provider. Care Connect can help you understand your options and support the transition. Please contact Care Connect on **1800 692 464** to discuss this further.

Spring is also a wonderful time to get out, reconnect and enjoy everything our community has to offer. This October, **Darebin's Seniors Festival** will feature more than 50 free and low-cost events and activities for older people. It is a great opportunity to meet new people, try something new and enjoy being part of the community.

For clients who would like some **extra support to participate in Seniors Festival events**, our Social Support and Community Engagement service can help you attend community activities, reconnect with hobbies and interests, or build confidence to get out and about with the support of a trusted worker.

If you are receiving Darebin services but do not have a Social Support and Community Engagement referral, speak with your Community Support Worker or call us on 8470 8828. You can find more information about accessing a referral through My Aged Care in this newsletter.

I hope to see many of you enjoying this year's Seniors Festival.

A stylized, handwritten signature in black ink, appearing to read 'JP'.

Jeanne Poustie

Manager, Supported and Connected Living

**Give us your
feedback on
8470 8828!**

Social Support Programs: Groups or One-to-one

We often talk about the value and benefits of being socially active and engaged due to the positive physical and mental health outcomes. We are all different, so it is important to know that whatever your personality and circumstances, there is something that is right for everyone.

In addition to mainstream community activities, groups and associations, there are also some more structured activities and groups that suit people who have personal care needs, chronic illness, physical limitations, cognitive impairments and so on.

Darebin Council offers a range of subsidised Social Support options under the Commonwealth Home Support Program (CHSP). We help our clients to maintain or make new connections, with the added security of having professional and caring staff to support any particular care needs a person may have.

Social Support Groups:

These group-based activities are held at the historical Yanada House in Northcote. The Centre provides structured and planned activities, lunch & morning/afternoon tea, transport to and from the centre if required, and professional staff support and supervision.

Individual Social Support or In-home Respite:

Support Workers can come to your home and spend time doing activities that you enjoy, or they can assist you in getting out & about and involved in activities in your local community.

In these program types, each person is supported to set goals to increase their participation and to build on their skills, strengths or abilities. Family carers can also receive a well-deserved break, knowing their loved one is having a good time in a supported and enriching environment.

Depending on your circumstances, you may be eligible to use one or both of these social support programs.

Call our friendly team on 8470 8828.

We will explore your options with you.



Handy quick-fixes to make life at home easier and safer

Our Home Maintenance Officers can carry out a range of handyman tasks that do not require a licensed tradesperson. Many of our clients tell us it is the small changes at home that make the biggest difference to their day-to-day independence and safety.

Some of the quick fixes include:

- Replace cupboard door knobs with pull handles
- Replace round door handles with lever-style handles
- Replace round taps with lever taps (mixer taps cannot be replaced)
- Elevate the toilet seat
- Install a hand-held shower
- Replace or install smoke detector batteries and new detectors
- Light up dark areas: eg. increase bulb wattage, install light strips, night-lights & sensor lights that don't require an electrician, especially hallways & stairs
- Replace standard locks on external doors where there is a security concern
- Use magnetic door stops to hold open doors in place
- Install anti-slip tape on step edging, inside and outside

For more significant home safety changes, our service can also install grab rails, handrails, and banister rails as prescribed by an Occupational Therapist.

Depending on your care needs, you may be eligible for CHSP-funded support, including Allied Health assessments, aids and equipment, home adjustments, or home maintenance.

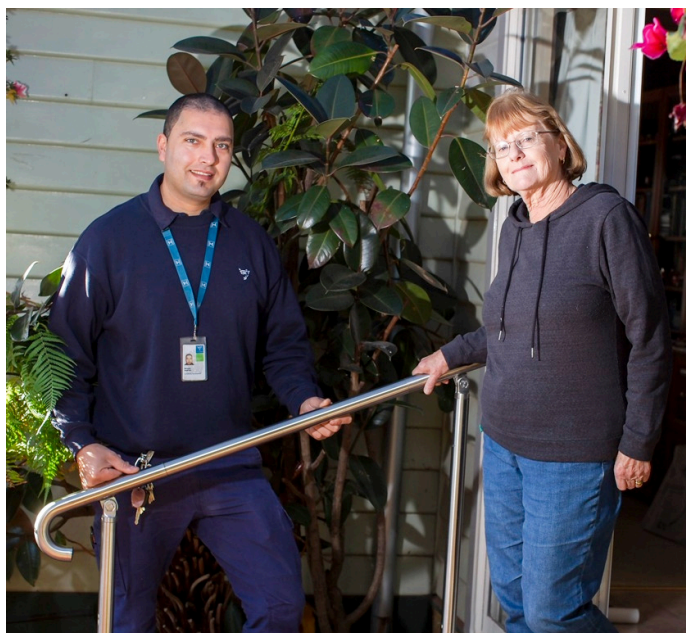
There may be some out-of-pocket costs, and materials are charged at cost.

Both will be discussed with you at the time of your assessment.

There may be some out-of-pocket costs to access these supports and this will be discussed with you at the time.

To find out if you are eligible for Council's Home Maintenance Service, call My Aged Care on **1800 200 422**.

If you are already eligible and need our assistance, please call us on **8470 8446**.



1800 MEDICARE:

Free access to registered nurses

Did you know that free advice from a Registered Nurse is available 24 hours a day, 7 days a week, just a phone call away?

These registered nurses can provide non-emergency health advice when you are not sure what to do. They can help advise whether you should see a GP, manage your condition at home, or go to a hospital emergency department.

Examples of when you might call the helpline may include:

- You or someone you are caring for is injured or feeling unwell
- It is late at night and you are not sure if you should seek medical help
- You are away from home or situated a long way from medical help
- You simply want advice or information about health services in your area

While the helpline is known as 1800MEDICARE nationally, it is also known as NURSE ON CALL on 1300 60 60 24 for immediate health advice.

Is the advice provided by these services safe?

Yes, you can be confident that the advice given is safe. Staff are supported by state-of-the-art clinical advice that is constantly reviewed and updated to ensure information is accurate and clinically sound.

To help make it easier to access important health information, 1800MEDICARE also includes a free companion app. When linked to My Health Record, the app allows you to see your electronic prescriptions, pathology and diagnostic results, and immunisation records, all in one place. It is available for both mobiles and tablets, with more features being added all the time.

You can access the [**1800MEDICARE app here**](#).





FALLS PREVENTION

Are you at risk of a fall? Plan what you would do if you fell over.

If you spend a lot of time alone, it is worth thinking about what to do after a fall, how to get up from the floor and how to get help in an emergency.

Here are some ideas:

Be prepared

- Make daily contact with a relative, friend, neighbour or carer. They will check if you need assistance if they don't hear from you.
- Ensure you have a mobile phone with you.
- Consider getting a personal alert system so that you can attract attention quickly in an emergency.
- Leave a spare key with someone you trust or install a key safe outside your house. This means someone will be able to reach you.
- Discuss your plan with someone you trust.

What to do if you fall

- Stay still and slow your breathing.
- Check if you have injuries.
- Look for any hazards such as broken glass or electrical cords before you move, or before you allow anyone to help you up.
- Decide if you will try to get up: think how you will get up off the floor if you do not manage the first time, rest before trying again.

Seek medical attention if you are hurt.

How would you get up from the floor if you are not badly hurt?

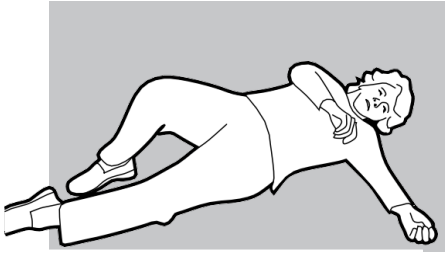
- There is a suggested way to get up from the floor on the next page. It may be a long time since you tried to get on and off the floor, so it is a good idea to practise this when someone is with you, so that you know what to do.
- Check with a physiotherapist or occupational therapist to find the method that best suits you and to help you to practise it safely.

If you can't get up

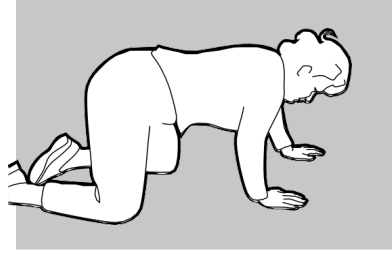
Call for help by using your personal alert, a phone or calling out. While waiting for help:

- Stay as warm and comfortable as possible by using nearby pillows, blankets or towels.
- If you are outside, drag yourself under shelter and try to move out of direct sunlight and off hot paving.
- If you need to urinate, find something absorbent to use, so you protect your skin.
- If you can, change position from time to time to take pressure off a part of your body.
- If you can, drink to prevent dehydration.

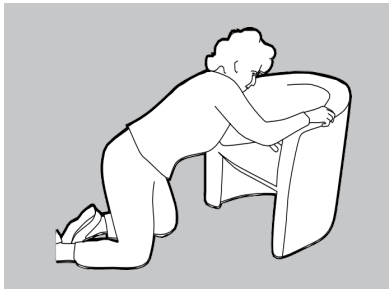
A suggested way to get up if you are not badly injured



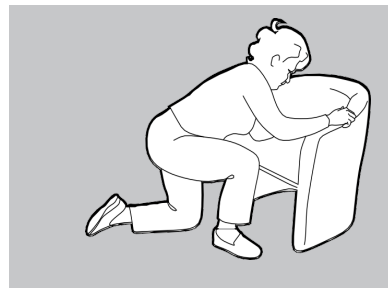
1. Roll onto your side



2. Get onto your hands and knees and crawl or slide to a sturdy piece of furniture like a chair, stairs or rail



3. From a kneeling position, put your arms up onto the furniture



4. Bring one knee forward, putting that foot on the floor



5. Push up with your arms and legs, pivot your bottom around



6. Sit down. Rest before trying to move

What you should do after a fall:

- **Get medical help urgently** if you feel confused, have a bad headache, vomiting, blurred vision, weakness, a stiff neck or unusual tiredness.
- **Write down what happened**, including when, where and how you fell.
- **Tell your doctor or health professional** about the fall as soon as possible, even if you are not hurt. This is especially important if you take blood thinners.
- **Talk to your health professional** about ways to prevent another fall and stay confident and independent.
- **Tell your daily contact person** about the fall and keep in touch, as some injuries may not appear straight away.

Who can help?

- Your GP (doctor), about your fall, safe use of medications and for referral to a Falls and Mobility Clinic
- [My Aged Care](#), call Tel. [1800 200 422](#)
- [Personal Alert Victoria](#)
- Your doctor or [pharmacist](#), about the safe use of medications
- An [occupational therapist](#), about making your home environment safer
- A [physiotherapist](#), about suitable exercise programs and walking aids
- An [optometrist](#), about checking your eyesight
- A [podiatrist](#) about footcare and footwear
- A [dietitian](#), or community nurse about eating a healthy diet
- Community health organisations, about managing specific chronic health conditions, e.g. [Your Community Health](#)
- [Commonwealth Respite Carelink Centres](#) Tel. [1800 052 222](#)
- [Carers Australia](#) Tel. 1800 242 636
- [Seniors Information Victoria](#) Tel. [1300 13 50 90](#)
- [Independent Living Centre Victoria](#) Tel. [\(03\) 9362 6111](#)

Avoiding falls

- Take steps to improve safety in and around your home. This includes removing trip hazards, improving lighting, installing handrails and secure mats in wet areas. A home visit from an occupational therapist can help to identify what needs to be done to reduce your risk of falls.
- Look after your health. Stay up to date with routine [health checks](#), eat a [healthy diet](#), and exercise to improve your balance, strength and flexibility. Try to [stay active](#) - home or group exercise programs and tai chi are good options.
- Wear shoes that are comfortable and fit well - they should be wide enough in the toe area, have low or no heels, and have slip-resistant soles.
- Get your eyesight routinely checked.

More information is available on betterhealth.vic.gov.au

October is Seniors Month!



Discover more than 50 diverse activities and events celebrating older people across our community this October. From social activities and creative workshops to health, wellbeing, music and recreation, there is something for everyone.

Pick up your free Seniors Festival brochure and start planning your October! Brochures are available from your local community centre and other community locations.

Come along, try something new, meet new people and celebrate everything that makes getting older a positive experience.

Celebrate Seniors Month. Get involved. Stay connected.

Thursday 1 October, 11am-1pm

Preston Market

Join us at the Preston Market on Thursday 1 October to celebrate the official launch of this year's festival. Bring your friends and family and join in on fun activities, listen to live music, meet and greet the stallholders and find out what activities are planned in your neighbourhood this October.

Info: 8470 8114

Growing Stronger: celebrating community and ageing

Wednesday 7 October, 9.30am-12pm

Preston Town Hall

284 Gower Street, Preston

Join Ged Kearney MP, Darebin Council and others for a morning tea and services expo.

Info: 8470 8724

You can call us on **8470 8828** to receive the brochure with the full festival program in the mail. You can scan the QR code or [visit the Darebin website](#) to find out more.



Word Search: helpful aged care peak bodies and experts

O	K	C	O	T	A	K	G	H	H	Y	I	T	P
U	L	G	O	P	A	N	Q	A	M	L	Z	V	W
D	E	G	N	M	Y	A	R	N	C	U	C	Z	S
I	W	D	M	C	N	U	J	F	Q	B	T	A	L
V	I	Z	E	G	G	S	W	V	B	R	D	J	S
E	N	S	A	N	M	T	M	E	V	O	Q	R	L
R	S	A	N	I	G	R	Y	C	A	R	E	N	B
S	T	F	I	T	A	A	P	J	Q	D	O	N	Q
I	I	E	N	O	T	L	G	L	L	I	L	F	J
T	T	T	G	Y	E	I	O	E	S	Y	Z	A	W
Y	U	Y	F	G	W	A	S	I	M	B	X	U	N
K	T	J	U	C	A	T	V	F	Y	E	D	C	Y
I	E	P	L	Q	Y	F	A	O	U	U	N	C	M
L	S	Y	B	J	W	U	L	J	N	X	B	T	J

Find the 12 hidden words by searching for only the words/acronyms in bold

- **OPAN** • Council of Elders • Dementia Australia • My Aged Care • Carer Gateway
- Aged Care Engagement Hub • **COTA** • Centre for Cultural Diversity in Ageing
- Vision Australia • Aged Care Quality and Safety Commission
- Meaningful Ageing Australia • National Ageing Research Institute

