

IT'S ABOUT YOU

How Home and Community Care services can work with you

Are you growing older and worrying about being able to stay at home? Are you living with a disability? Are you caring for a family member or friend?

The Home and Community Care (HACC) Program funds a range of services designed to support you, or the person you care for, to stay active and independent and living at home for as long as possible.

Helping people stay active, involved and doing as much for themselves as possible is proven to help people stay more independent with a greater sense of wellbeing. This is the approach we take in working with you.

Depending on what is available in your local community and your needs, HACC services can include:

Around the house: Working with you to keep your house clean and safe and helping you with basic maintenance tasks inside and out.

Eating well: Helping you to eat well by assisting you with shopping; working beside you to prepare meals, or providing delivered meals.

Out and about: Connecting you with an interest group or social opportunities; helping you get to places you want to go.

Self-care: Working with you to manage personal tasks such as having a shower and getting dressed.

Managing your health: Access to a range of professional services such as nursing, physiotherapy, occupational therapy and podiatry in your home or at a centre. These professionals can help you manage your health issues, offer advice and connect you to other support such as aids and equipment or fitness programs to build your strength and ability to stay active.



We work with you, and the people who support you, to find out the things that you want to achieve and the things that are important to you. We then help to put in place the right solutions with you.

We want to ensure that you are at the centre of every decision.

We will help you do as much as you can for yourself to help maintain your independence.

How we will work together

1 Listening

We start by listening to you and exploring:

- what you can do for yourself
- what you need help with to stay safe and well at home
- what you want to be able to do or keep doing.

2 Making a plan

We then make a plan with you. This lists what you want to achieve and the supports and services available to help maintain and strengthen your ability to remain living at home and in your community.

Plans will vary depending on each person. We will regularly review your plan with you.

We aim to work in partnership with other people who support you such as family, friends, local community groups, your doctor and other health professionals.

We prioritise services to those most in need.

3 Setting up support

Depending on what is important to you and what is available in your local area, you may need HACC services or we can help connect you to other services and groups.

Sometimes our support will only need to be for a short while until you get back on your feet. Sometimes our support will be ongoing. It can change over time as your circumstances change.



For more information