

National Seniors

AUSTRALIA

ADELAIDE NORTH-WEST BRANCH

NEWSLETTER

February 2026

Meeting at 1.30 pm on the fourth Wednesday of each month at
Lockleys Baptist Church house, 244 Henley Beach Road, Underdale (parking at rear)

COMMITTEE

President..... Brian Mibus (0417 887701)	Committee Jeanette Molde
Vice-President....Trevor Molde (0417 838740)	Jenny Mathews
Secretary Kathy Hancock (0432 101372)	Mavis Smith
Treasurer..... Dawn Thomas	Newsletter Trish Mibus (0407 605091)
Activities Coordinators	
• Outings Annie McCall	
• Speakers..... Heather Dowling	

2026 CALENDAR

DATE All dates are Wednesdays	ACTIVITY	AFTERNOON TEA
2026 February 25, 2026 1.30 pm	GUEST SPEAKER – KATHY HANCOCK – MyGov, Linking Departments, My Aged Care (originally scheduled for March meeting) Please note change of speaker – due to death in family of speaker from Asbestos SA. A new date for this speaker is being arranged.	Jack and Jan Dixon
March 11, 12 noon	LUNCH AT LIGHTHOUSE HOTEL, PORT ADELAIDE and Port Walk	
March 25, 1.30 pm	GUEST SPEAKER – To be advised	Kati Barancek
April 8, 11 am	LUNCH – PALAIS HOTEL, SEMAPHORE	
April 22, 1.30 pm	GUEST SPEAKER – ROD BARTON – What it’s like to be a spy.	Lucie Bray
May 13, 12.30 pm	LUNCH – LOOSE CABOOSE RESTAURANT, BOWDEN	
May 27, 5.30 pm	NIGHT MEETING – ROYAL HOTEL, TORRENSVILLE and guest speak (to be advised)	
June 10, 12 noon	LUNCH – Venue to be advised	
June 24, 1.30 pm	GUEST SPEAKER – To be advised	Dawn Thomas

Our November Guest Speakers

Belinda, Cassandra & Grace from Life Care

'Navigating the Aged Care System'

Step 1 – Register on the My Aged Care website – www.myagedcare.com.au or call 1800 200 422.

It takes a while to get through the system. Even though you may not need it yet, start now

Step 2 – Assessment – An assessment organisation will contact you, usually in 2 – 6 weeks to do a home support assessment to determine what level of funding support is most suitable for you to remain at home. These assessments are usually done in the home, but may be done over the phone. Be as open as you can, because if you don't mention things that you need or are struggling with, they will not be included.

While you are waiting for your assessment, it is recommended that you contact Services Australia (1800 227 475) to request an Income and Assets Assessment to understand your co-contribution to Support at Home (SAH).

The **Commonwealth Home Support Program (CHSP)** will exist for another couple of years.

If you need additional support for the Home Support Program, you will need to be reassessed.

Step 3 – Approval – After you have been assessed, you need to wait for your assessment outcome letter, which will confirm your eligibility for subsidised aged care services and the funding type you are eligible for.

Funding types may include entry level CHSP and/or one of the new 8 levels in the Support at Home program. However, approved funds are not available straight away and there may be a waiting period.

Step 4 – Assigned – Once you have waited for the required length of time for funding to become available, you will receive an assignment letter advising your funding has been 'assigned'. The funds can then be accessed, and you can now engage a provider.

Step 5 – Find a provider – Use the My Aged Care's Find a Provider tools on their website to explore local providers that best meet your needs. Once you have chosen a provider, they

will prepare your Support Plan and you can start receiving services.

Life Care is happy to help you navigate the system. Their phone number is 1300 555 220.

Be mindful that if you cannot find a provider on the 'Find a Provider' site, they are probably not registered – do not use them.

From November 1 2025, Home Care Packages (HCP) were replaced by Support at Home (SAH).

Commonwealth Home Support (CHSP) will remain for a couple of year – at least until July 1, 2027.

What does Support at Home include?

- 8 levels of support, based on your care needs – up to \$78,000 per year.
- Quarterly budgets instead of yearly.
- A clear and consistent list of services available.
- Price caps on services starting from around July 2026. Until then, providers can continue setting their own prices.
- A 10% limit on care management fees, so more of your funding goes to your care.

If you were approved before September 12, 2024, you will be placed into a Support at Home classification level that matches your current HCP level. No new assessment is required, and you will be protected by a 'no worse off' rule. Any unspent funds will carry over to Support at Home but will be limited to \$1,000 or 10% of your quarterly budget (whichever is greater).

If you were approved after September 12, 2024, you will be assessed and placed into a Support at Home funding level.

If your care started after November 1, 2025, you will receive a quarterly budget from the beginning. You can also carry over \$1,000 or 10% of your quarterly budget (whichever is greater).

Payment Contributions will be based on your income and personal situation.

There is a co-contribution lifetime cap of \$130,000, after which you don't have to pay any more.

OUR FIRST MEETING FOR 2026 WAS A DINNER MEETING AT THE ALBERTON HOTEL



**Our Guest Speaker was South Australian author,
Jennifer McKenzie Dunbar.**

Jennifer's bio in her first book *'Missing Pieces'*, says 'Jennifer writes novels and short stories drawing on her love of history, music and mythology to explore the stories left untold in conventional historical accounts'. In addition to *'Missing Pieces'*, Jennifer has also published *'Stolen'* and *'Vivaldi's Lost Concerto'*.

Jennifer spoke to us about researching and writing a novel.

IN FEBRUARY WE ENJOYED LUNCH TOGETHER AT LA VITA RESTAURANT, KIDMAN PARK

