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Living at home as you get older

The Australian Government may subsidise the cost of support services for older people who need a low level of support to live independently. You can contact My Aged Care on 1800 200 422 or contact a local representative of the providers who will help you register.

Eligibility is based on need, so if you've

- noticed a change in what you can do or remember
- been diagnosed with a medical condition or reduced mobility
- experienced a change in family care arrangements
- experienced a recent fall or hospital admission, it may be time to make the call.

It may help if you have a family member or friend with you when you make the call. You will probably be asked questions about

- your health
- how you're managing at home
- any support you're currently receiving.

How do you tell the difference between a quality home care provider and one that may not have your best interests at heart?

Compare all fees and costs. Some providers charge additional fees such as entry and exit fees. Administration fees can vary widely. Compare the total package, not just a portion of it

How easy will it be to contact

the provider? Will you have a direct number to your carer, or a 1800 number? What time can you call? Office hours or when you need help? If you have a direct number, it may go to an answering service while the carer is helping someone else. But how long does it take until they call back?

Will it usually be the same carer. Sure, they have holidays and change jobs, but once you find a carer that you find helpful will they come back for most visits?

Will they come at a time that suits you, or do you have to fit into their program?

Ask the provider representative,

- Do they offer competitive admin fees or do they charge an entry or exit fee?

- Are they an accredited provider and are all care staff required to hold a minimum qualification in Aged Care?

- Do they give you the mobile number of your local care partner, or a 1800 number?

Do they offer flexible appointment-based services?

If you need help navigating the home care system, Envigor's care partner for Central Queensland Michelle Boon is available by appointment at Oak Tree Retirement Villages in Norman Gardens on Mondays. Call Michelle on 0472 863 194 or visit envigor.com.au/central.

Upcoming Events

Our Regular Monthly Meeting – September 24th 2019 – 10.30am – Have a Holiday in Your Own Backyard

This month's guest speaker, Vic Vajda from Bayview Tower, Yeppoon will talk about local tourist attractions, events and special offers leading up to Christmas.

His talk is guaranteed to be entertaining and fun and will leave you feeling a renewed sense of pride in what we have to offer in our region. Vic will also offer discount vouchers and lucky door prizes.

As always our meetings and morning tea are free to attend with option to pay and stay for lunch for \$10.

Join us

Looking for ways to contribute? Consider joining CNSA.

You have a voice and can have genuine input into a range of issues concerning older Central Queenslanders.

Meetings are held on the fourth Tuesday of the month from 10.30am.

Unless otherwise stated, events and meetings are

held at Oak Tree Retirement Village Community Centre, 40 Foulkes St, Norman Gardens. Limited parking and disabled parking is available on site with ample parking in the street.

Optional RSVP lunch - \$10.

<https://nationalseniors.com.au/about/branches/capricornia-rockhampton>

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