

Home Care Packages in action

Depending on your individual circumstances and requirements you can access a wide variety of services through a Home Care Package. Below are some examples of different ways a Home Care Package could be used.

Our team will work with you to develop a personalised and affordable home care plan

*Dino,
Aged 71*

Dino used to work as a labourer. He now experiences a lot of back pain, especially in the winter. Recently, he started noticing that doing things around the house was becoming a struggle. Knowing he needed to do something, he spoke to his specialist who suggested Dino start thinking about how he can stay living at home if things continued to get worse.

Although Dino didn't think he needed aged care services right now, he thought it couldn't hurt to explore his options. Together with his daughter, Dino looked online and found that he may be eligible for a Home Care Package. After researching some options, Dino decided to contact UCWB for some advice.

Dino learnt that, depending on your circumstances, it can take some time before you can access aged care services. With UCWB's help, Dino contacted My Aged Care to arrange an assessment. After answering some questions about his health concerns and some of the daily tasks he was struggling with, an ACAT assessor came to his home.

He found out he was eligible for a Level 2 Home Care Package. Dino plans to make some minor modifications to help him to get in and out of the shower. He also thinks it will be great to get some help cleaning the floors, putting the rubbish out and mowing the lawn.

Dino's Level 2 Home Care Package equates to 5.1* hours of support per week from UCWB.

Dino initially used some of his funding for home modifications including the installation of hand rails. He then arranged for one hour to have his lawn mowed and the remaining time to help with the cleaning and some cooking.

*Marjory,
Aged 76*

Marjory has lived on her own for the last 15 years after her husband Walter passed away. She had been fairly independent until she lost her balance hanging up the washing. Marjory broke her ankle and got a nasty graze on her hand. After a short stay in hospital, she noticed she wasn't as confident in doing some of the daily tasks that she used to do. She felt she just couldn't get the house clean enough any more and doing her weekly shopping made her ankle ache.

Marjory remembered the nurse mentioning that she could get someone in to help her with some daily chores. Marjory started to investigate options to get some help at home. She called My Aged Care and arranged to have an assessment at her home. Following her assessment she was sent a letter that stated she had been approved for a Level 3 Home Care Package and she had been placed on a waiting list.

Several months later, she was sent another letter from My Aged Care saying she had been assigned a package. Marjory had already been researching providers and decided UCWB best suited her needs. She called UCWB and within a few weeks, a support worker Laura was helping her with the cleaning and her weekly shopping trips.

Marjory's Level 3 Home Care Package equates to 10* hours of support per week from UCWB.

She uses this time to get help with her weekly shopping trip, help with the laundry and cleaning as well as getting to and from appointments. She also enjoys getting help to prepare her meals and baking up a storm for her lawn bowls club.

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Diane and Ken have been married for 58 years and despite the challenges of ageing, continue to live in their family home. They can do this because they decided to research what in-home services they could access as early as possible.

*Diane,
Aged 78*

In Diane and Ken's case, they sought advice from UCWB whose friendly and experienced staff advised them to have an ACAT assessment for a Home Care Package.

Ken, who has dementia, was approved for a Level 4 Home Care Package with a dementia and cognition supplement. Diane, who has some mobility issues due to her diabetes, was approved for a Level 2 Home Care Package. Once the packages were assigned to them, they chose UCWB as their Home Care Package provider and were receiving help within a few weeks.

They are both delighted with the assistance they receive from their support workers, who help them with the cleaning, laundry, transport to appointments and going on social outings.

Diane in particular loves being active and finds that the extra assistance allows her to continue to do the things she enjoys. With UCWB's help, she has also registered as a carer so Ken can access respite services when she visits her sister in Port Lincoln.

Ken's Level 4 Home Care Package equates to 14.7* to hours of support per week from UCWB while Diane's Level 2 Home Care Package equates to 5.1* hours per week.

Diane and Ken use this time to get help with personal care, prompting with medications, shopping, cleaning and getting to and from appointments.

Since her retirement as a nurse ten years ago, Eleni has been enjoying life, volunteering at her local charity shop and seeing her grandchildren when they visit from interstate.

*Eleni,
Aged 70*

Eleni was widowed several years ago and still lives in the family home she shared with her husband and children. Eleni decided she needed to get out more and decided to take a drawing class. She now goes every week and has made new friends.

Her local council already provides her with some assistance to clear out her gutters once a year and help with the pruning. Eleni knows her son worries about her being on her own so she decided to get some more information about help at home in case she needed it in the future.

Eleni asked her friends at her drawing class for their advice. Barbara mentioned she'd been able to get a Home Care Package through UCWB. She now gets assistance with tasks that would normally be too difficult for her to do alone. Barbara also says her daughter is much more relaxed now too which makes catching up with her more enjoyable.

Although Eleni feels comfortable in her own home at the moment, she decided to contact UCWB to find out what services she may be eligible for and get a better understanding of the process for getting help at home.

Once Eleni understood that there can be a waiting period before you are assigned services through My Aged Care, she decided to get things under way as soon as possible. UCWB gave her the guidance she needed to organise an assessment with My Aged Care. An assessor is due to visit her home next week.

***Please Note:** Hours quoted are based on services being provided on weekdays, during core hours of 6am – 8pm. Hours stated above are based on UCWB's pricing.