

## Eastern Suburbs Community

### Options

Provides case management and co-ordinates a range of services which can include nursing, personal care, domestic assistance, meals etc. This service is for older people, people with dementia, people with disability and the carers of these people. This service is for people requiring a range of services to meet their needs and who live in the Local Government Areas of Botany, Randwick, Waverley & Woollahra. **9365 6122**

### Other Services

**Veterans Home Care** **1300 550 450**  
Specific care services for veterans

**Palliative Care Services** **9206 2094**

**The Brown Nurses** **9518 6466**  
Providing nursing and care services to the homeless and disadvantaged.

**Alleena Home Care**  
Aboriginal Home Care Service **9245 1822**

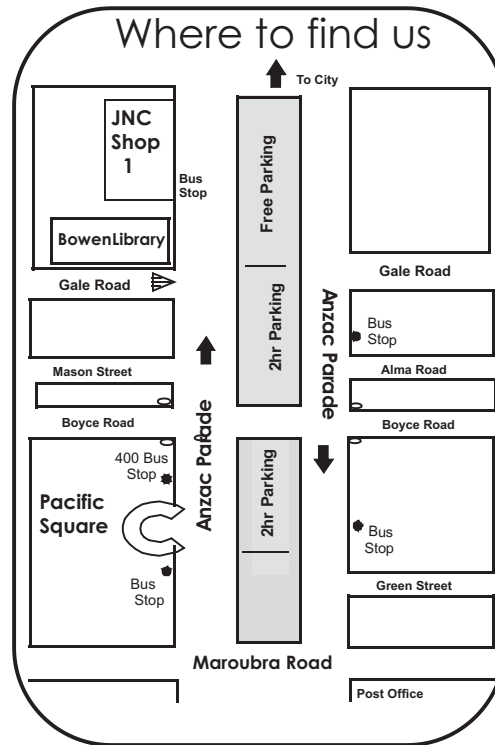
**Sydney Multicultural Community Services**  
Culturally specific CACP's **9663 3922**

**ESMAP** **9700 8872**  
Assistance in accessing HACC services

**Australian Chinese Community Assoc.**  
Chinese CACP's & other services **9281 1377**

**SLASA**  
Spanish Community Services **9724 2220**

**Co As It**  
Italian CACP's & other services **9564 0744**



## SHOP 2

(Bowen Library Building)

**669-673 Anzac Parade,  
Maroubra Junction, 2035**

**Hours: Mon-Thur & Fri 9am - 4.30pm**

**Wednesdays 9am - 12noon**

**Phone: 9349 8200**

**Fax: 9344 7294**

**Email: info@jnc.org.au**

**Website: www.jnc.org.au**

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the  
**J**unction  
neighbourhood centre  
information brochure



domestic assistance  
& personal care  
at home

this brochure contains general information as well as information specific to Sydney and the Eastern Suburbs

## **Needing domestic assistance, personal care or complex help to stay in your own home ?**

There are a number of services available for the frail aged, people with a disability and the carers of these people, to help them remain in their own homes. Some people may just need assistance with housework (known as domestic assistance). Others may need help with showering, toileting & dressing (known as personal care). The aim of this brochure is to inform you of the different options that are available so you can find the service that best suits your needs.

### **Home & Community Care Services (HACC)**

The HACC Program is jointly funded by Federal and State Governments and includes a lot of the services listed in this brochure. The NSW Department of Ageing, Disability & Home Care administers the funding to these services. You may be eligible for HACC services if you are a frail, older person; a person with a disability; or a carer of a frail older person or a person with a disability. HACC services are affordable for people on pensions and you cannot be denied a service because of your inability to pay. HACC booklets providing info on all HACC services in the Inner Sydney and Eastern Suburbs can be obtained by calling **9698 7784** or **9349 8200**

### **Home Care Service of NSW**

Provides domestic and personal assistance such as cleaning, shopping, laundry and personal care to HACC eligible persons. Maximum service is generally 10 hours per week, however some provision does exist for extension of these hours to people with high level needs. Apply to Home Care Referral and Assessment Centre on: **1800 350 792**

### **Catholic Healthcare**

Provides one and a half hours of domestic assistance per week and personal care services for HACC eligible residents of City of Sydney, Botany and Eastern suburbs.  
**1800225 474** **9310 1201**

### **Community Aged Care Packages (CACP's)**

Frail, elderly people needing a combination of services to enable them to continue living at home may be eligible for a CACP. The type of services provided with a CACP can include personal care, housework, shopping, meal preparation, medication supervision and transport. Those wishing to apply for a CACP need to be assessed by an Aged Care Assessment Team (ACAT) as requiring low level care. ACAT can source the CACP for you or once an assessment has been done, you can apply to the agency of your choice. For referral to the ACAT teams for City of Sydney, Randwick, Waverley, Woollahra & Botany LGA's contact:

**The Northern Network Access & Referral Centre**  
**9369 0400**

For ACAT in other areas contact:  
**Commonwealth Carelink Centre**  
**1800 052 222**

### **Extended Aged Care at Home (EACH)**

The EACH program enables frail aged people needing high level care to remain in their homes by coordinating a range of services to meet their needs. An ACAT assessment and referral to an EACH provider is required. Use the same contacts as for CACP's

### **ComPacks**

ComPacks is a case managed package of care for up to 6 weeks after discharge from hospital. To be eligible you must require two or more community services to facilitate discharge eg. domestic assistance, personal care, meals, transport or other specific services. Referral can only be made from staff within a participating hospital. ComPacks is available in most general hospitals. Patients need to advise the ward nurse or social worker that they are unable to care for their own needs after discharge and wish to apply for ComPacks. Service cannot be arranged prior to admission.

### **Attendant Care Programme**

This programme is administered by the Department of Ageing, Disability & Homecare and provides paid attendants to assist with personal care and related domestic assistance. Eligible participants must have a physical disability, be of working age (16-64), require up to 35 hours care per week and be able to direct their own care. **9374 3612**

### **Carer Payment or Allowance**

Many people are choosing to live independently rather than going into residential care. If they still need full time care or supervision they can investigate the option of a carer who receives the Carer Payment from Centrelink. This can be a relative, friend or an applied for position. To be eligible the care recipient must be approved by Centrelink as requiring 'full time care'. The carer must live with or within 10kms of the care recipient and fulfill all Centrelink requirements. Contact Centrelink on **13 2717**