

Commonwealth Home Support Programme

Programme Description:

The Commonwealth Home Support Programme at Monash Health focuses on keeping clients independent and strong so that they can live safe and fulfilling lives in their own homes and communities, on their own terms.

Each client is a unique individual who has unique needs. This is why Monash Health provides a single care manager who works with each client to design unique and flexible plans which change as their needs change.

We also care for the Carers by providing support to enable those looking after an older person who is frail, living with dementia, a disability or ill-health, we are here to help.

We also guide our clients through the often confusing aged and health care systems, helping them understand service options, obtain referrals to health professionals and connect with our coordinated health or residential care services.

Monash Health's Access and Support teams are available on request to guide clients through the complexities of the aged care system and to help them find the care and services which best meet their needs

All CHSP programmes warmly welcome Aboriginal and Torres Strait Islander and culturally and linguistically diverse people.

Eligibility

- People aged 65+, or 50+ for Aboriginal and Torres Strait Islanders.
- People whose lives are impacted by ill-health or frailty and experience difficulty in daily living because of chronic health problems or injury.
- Carers of those listed above.

Diversity

The people we see are from the most diverse communities in Australia from over 160 different birthplaces. We welcome people from every nationality and creed and are currently working towards achieving the Rainbow tick.

We also work closely with our Refugee Health and Aboriginal Health services

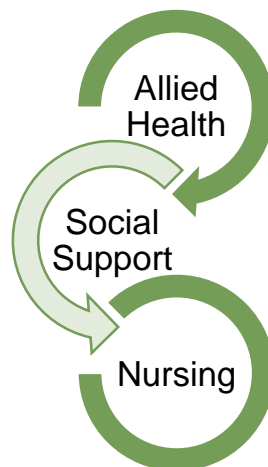
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Why we are different:

- Our approach to care takes time, open mindedness, flexibility and relationship building - everyone has a contribution to make.
- Clients are at the centre of our care and we respect their wishes and choices - we work with our clients to improve their quality of life.
- We work as a team to provide our clients with the best care we can within the constraints of the aged care system.
- We are a single point of contact with the expertise to provide your clients with all levels of care.
- We can provide a range of aged care services in their client's homes or our residences.
- We can provide preventative, assistive, transitional or acute care
- Monash Health is one organisation with many options which makes us ideally suited to caring for people as they age.
- We provide specialist Aboriginal and Torres Strait Islander Access and Support workers.
- We provide

Our community health centres are at:

- Berwick
- Cranbourne
- Dandenong
- Kingston
- Pakenham
- Springvale



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Services Offered:

In the City of Greater Dandenong we provide:

- Safe & Confident Living Program
- Falls, Balance & Mobility Program
- Joint Works – managing the wear & tear of degenerative joint disease
- Cognitive Change Program - Cogs in Motion
- Coordinated Care Program – for those with complex health or social needs
- Allied Health / Community Health Nursing / Social Support

In the City of Casey and Cardinia Shire we provide:

- Occupational Therapy
- Exercise Physiology
- Physiotherapy
- Social Work
- Speech Pathology
- Podiatry
- Chronic Disease Education
- Carer Support
- Dietetics
- Exercise Groups
- Community Health Nursing
- Social Activity Centres

Through Community Support Options we provide:

- Flexible Respite In-Home
- Flexible Respite Centre Based
- Assistance with Care and Housing
- Access and Support

Through Home Based Allied Health we provide:

- Aphasia Support Programmes
- Adult Day Activity Programmes / Centre Based Respite
- Diver Assessment and Advisory with an Occupational Therapist
- Home visiting Allied Health services

Aboriginal Health Services provide:

The Aboriginal Health Team recognise that it is often difficult to access My Aged Care and recommend that clients contact us in the first instance so we can help them navigate the Aged Care system.

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Aboriginal focussed services include:

Diabetes Nurse Educator:

The Aboriginal Health Diabetes Nurse Educator position focuses on diabetes prevention, assessment, management and education. The Diabetes Nurse Educator works in a culturally responsive outreach model of care, providing care in an environments that best suit the client.

Psychologist:

The Psychologist in the Aboriginal Health Team provides assessment, diagnosis, secondary consultation and treatment for our clients with a range of presenting concerns including depression, anxiety, stress, somatic symptom disorders, chronic pain, grief, loss and adjustment issues. The position will be based across our Dandenong site and provide services across the Monash Health catchment.

Dietetics:

The Aboriginal Health Dietician position involves engaging with members of the Aboriginal community to support and empower individuals to make improvements to their health via nutrition. This may be done in a variety of ways and could include individual consultations and/or community education.

Speech Therapy:

The Aboriginal Health Speech Pathologist provides speech therapy for clients of all ages presenting with communication, literacy or swallowing concerns. The outreach position provides care in environment that best suit the client, including local playgroup and schools.

Planned Activity Groups:

Social Support Groups for elders and families. Groups operate on Mondays at DDAACL.

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Referral Pathway(s):

Referrals to CHSP are through My Aged Care.

Waitlist practices:

Waitlists are managed according to My Aged Care guidelines

Accessing services:

Once a referral is received, a team member will contact the person referred to arrange an appointment. Appointments are prioritised by clinical staff according to need.

A comprehensive assessment will be undertaken and a plan made with the client outlining the services to be provided.

Individual and group based programs are available along with a range of different clinical services. Treatment may be provided at one of our centres, the client's own home or another community venue.

Costs:

Fees are according to national guidelines, however, clients facing extreme financial disadvantage will not be refused service.

For more information about the following services please contact:

for services in the City of Casey or Cardinia Shire

PHONE: 1300 342 273 (option 4) EMAIL: agedliving@monashhealth.org

for services in the City of Greater Dandenong

PHONE: 9792 7912 EMAIL: GDCHSAged&Community@monashhealth.org

for Community Support Options Services

PHONE: 9792 7788 EMAIL: CSoptions@monashhealth.org

for Home Based Allied Health Services

PHONE: 9792 7788 EMAIL: CSoptions@monashhealth.org

for Aboriginal Health Services

PHONE: 9792 7948 MOBILE: 0420 312 648 EMAIL: ahs@monashhealth.org

for Access and Support Teams

PHONE: 9791 7747 General Access and Support Team

PHONE: 9792 7948 Aboriginal Access & Support Team