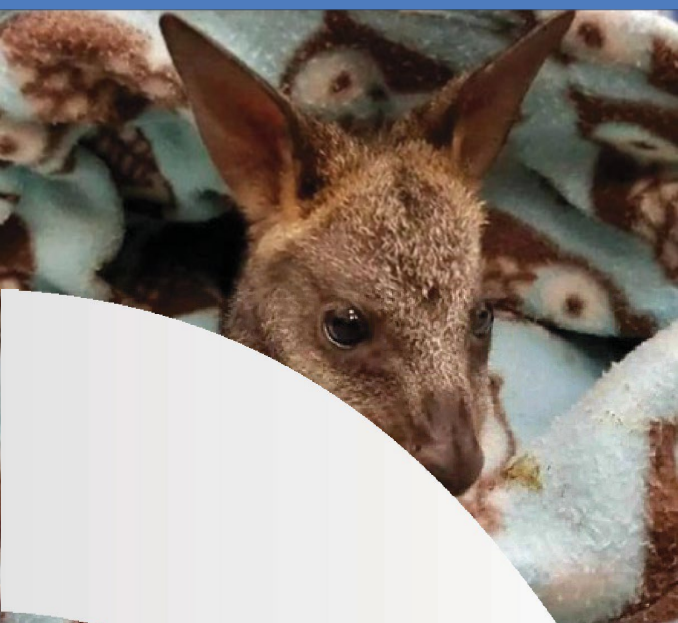


Newsletter

HOME CARE HQ



THE BENEFITS OF VOLUNTEERING



WHAT'S INSIDE

- The Australian Government's new Home Support Program
- A new rights-based Aged Care Act
- Social Connections at Yanada House

Welcoming Autumn: A Special Message for Our Valued Clients!

Hello Everyone,

As the cooler weather of autumn settles in, we are reminded of the warmth that comes from connecting with our community.

In this month's newsletter, we highlight exciting opportunities for senior residents to volunteer, making a meaningful impact and building connections. We also provide important updates on the Australian Government's Home Support Program, including insights into the new Aged Care Act. Additionally, don't miss other engaging content designed to keep you informed and connected.



We are pleased to announce that the Supported & Connected Living Department is applying for **Specialisation Verification for LGBTI+ people**. This framework ensures aged care services are assessed and independently verified for meeting the needs of diverse groups, including older LGBTI+ people. Research evidence tells us that people from the LGBTI+ community are underrepresented in the use of aged care services, and many have faced discrimination and stigma. We want to ensure that people know that we provide inclusive and respectful care and support. To strengthen our commitment, our workforce has recently completed LGBTI+ awareness training. We are dedicated to fostering an environment of dignity and acceptance for all.

We are also proud to announce that we have received verification to provide specialised services to clients experiencing homelessness and insecure housing and to people who are financially or socially disadvantaged. Additionally, we are applying for verification in providing services to older people from culturally and linguistically diverse backgrounds. Staff will receive refresher training in Culture Diversity Awareness over the coming months.

As always, if you ever need support or have any questions, we are here for you.

Warm regards,

A handwritten signature in black ink, appearing to read 'JP' or 'Jeanne Poustie'.

Jeanne Poustie

Manager, Supported and Connected Living

Give us your
feedback on
8470 8828!

The Australian Government's new Home Support Program - and what it means for you

The Australian Government is reforming the aged care system to make it simpler, fairer, and safer for older people. These reforms will make comprehensive changes to improve in-home aged care, including your services.

You are currently receiving services under the **Commonwealth Home Support Program (CHSP)**. CHSP services will be extended until June 30, 2027. After this date, the Government then plans to move the CHSP program and clients to the new Support at Home program. There will be further information about this over the next two years including the final date for this change.

What does this mean for Darebin's CHSP clients?

1. Transition to Support at Home Program:

- From July 1, 2025, the Support at Home program will replace the existing Home Care Packages (HCP) Program and Short-Term Restorative Care (STRC) Programme.
- Darebin as well as other CHSP service providers will transition to the Support at Home program no earlier than July 1, 2027.

2. Standardisation of Services:

- The new Aged Care Act will standardise the CHSP service list. Darebin will introduce new service type names and descriptions over the coming months.

3. Regulatory Changes:

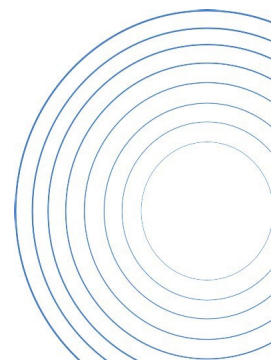
- CHSP providers will be regulated similarly to other aged care programs, ensuring consistent quality standards across services.

4. Assessment and Eligibility:

- The Single Assessment System, introduced with the Integrated Assessment Tool on July 1, 2024, will simplify and improve access to aged care services for older people.

Impact on CHSP Clients:

- **Service Continuity:** Clients will continue to receive support under the CHSP until the transition to the Support at Home program occurs.
- **Service Enhancements:** The transition aims to provide more comprehensive and standardised services, enhancing the quality of care for clients.
- **Preparation for Transition:** Clients are encouraged to stay informed about the upcoming changes and how they may affect their care plans. You can read more on the Government website [health.gov.au](https://www.health.gov.au).



A new rights-based Aged Care Act

The new Aged Care Act will put the rights of older people first. Its goal is to improve how aged care services are provided. The Act includes a **Statement of Rights** for older people using aged care services. This fact sheet gives a summary of those rights.

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About the Statement of Rights

The Australian Government is updating the country's aged care laws. The **Aged Care Act 2024** (the new Act) introduces a **Statement of Rights** that explains what rights older people have when using aged care services funded by the government. This Statement of Rights will replace the current **Charter of Aged Care Rights** on **1 July 2025**.

What the Statement of Rights means for you

The Statement of Rights ensures that you are at the center of your aged care. It gives you the right to:

- Make decisions about your own life
- Have your decisions respected
- Get information and support to help you make decisions
- Communicate your wishes, needs, and preferences
- Feel safe and respected
- Have your culture and identity respected
- Stay connected with your community

Independence, choice and control

You have the right to make your own decisions and have control over:

- The aged care services you use
- How you access those services and who provides them
- Your money and personal belongings

If needed, you also have the right to get support in making the decisions. You also have the right to choose how you live your life, even if there is some personal risk. This includes choices about your social life and close relationships.

Safety and quality

You have the right to safe, quality and fair funded aged care services that treat you with dignity and respect. This includes the right to access funded aged care services that:

- value and support your identity, culture and background
- respect your experience, including any trauma
- are accessible and meet your needs
- are free from violence, abuse and neglect.

You have the right to access funded aged care services from:

- workers with the right training, skills and experience
- providers that meet all the conditions under the aged care laws.

If you ever feel unsafe while using aged care services, you can get free help from lawyers, social workers and other specialists. For more information on protection against elder abuse visit the [Attorney-General's website](#).

Respect for your privacy and information

Your service provider must:

- respect your personal privacy
- protect your personal information, such as information about your health and finances
- allow you to choose when your personal information can be given to someone else, such as an advocate, supporters, or a lawyer.

You have the right to get records and information about your rights and the funded aged care services you use. This includes how much they cost.

Communication that meets your needs

You have the right to:

- get information in a way you understand
- give feedback.

You have the right to communicate in the way that works best for you. This includes using interpreters or communication aids if you need them. You also have the right to meet with your provider and supporters in a way that suits you. For example, you can choose a time that works best for you.



Support to raise issues quickly and fairly

If there are problems with your aged care services, you have the right to:

- Get help from your provider
- Make a complaint without fear of punishment
- Get a quick and fair response to your complaints.

Support and connection with people and community

You might need support to understand your rights, make decisions, or make a complaint.

You have the right to get this support from an independent advocate or someone else you trust. You can talk to your advocate or support person whenever you need to.

Providers should respect the people who are important to you, like family, friends, and carers.

You also have the right to stay connected with:

- The people who matter most to you
- Your community, including joining in activities you enjoy
- Your pets

Aboriginal and Torres Strait Islander peoples have a right to stay connected with their community, Country and Island Home.



The benefits of volunteering

Around 6 million people volunteer across the country every year, so we know a lot about the benefits it brings.

Volunteering helps the people, animals, or community you are supporting, and also has great benefits for your own wellbeing.

It can make you feel like you are part of something bigger than yourself, help you make new friends, teach you new skills, and give you a sense of purpose.

Plus, volunteering has also been shown to:

- Improve quality of life and self esteem
- Improve the ability to carry out activities of daily living
- [Increase life expectancy](#)
- And improve mental health



And what's more, studies that have looked at the mental health benefits by type of volunteering, have not found any significant differences across sectors or roles.

So it really does not make any difference how you spend your time helping others.

If volunteering sounds like something you would like to consider getting involved in, a good place to start is by having a chat with family or your support person about the type of causes that are important to you.

Once you have identified the type of causes that are personally meaningful for you, you can start searching for opportunities via these websites:

[COMMUNITY VOLUNTEER OPPORTUNITIES](#)

[GO VOLUNTEER](#)

There are also plenty of opportunities that enable you to volunteer from home.

6 meaningful ways you can volunteer from home

Whether you have limited mobility or a lack of transportation, there are many wonderful opportunities for volunteering from home.

1. Red Cross Trauma Teddies

Hand-knitted Trauma Teddies provide comfort to children fleeing bushfires, a warm welcome to refugee children, company in a speeding ambulance, and a happy face in a lonely time.

You can either join one of their many groups or simply fill out their [form](#) and they'll put you in touch with a local coordinator so you can make teddies from home.

<https://www.redcross.org.au/act/knitting-for-charity-trauma-teddies/>

2. Translators Without Borders

Translators without Borders is a community that brings together bilingual volunteers from all over the globe who offer their time, language skills and voices to help people get vital information and be heard, whatever language they speak. Through translation, subtitling and the power of their speech, volunteers provide a wide range of information for humanitarian causes.

<https://translatorswithoutborders.org/twb-language-volunteer-role/>

3. Wrap With Love

With millions of people in the world suffering extreme cold, their mission is to distribute wraps to aid agencies and charities for those needing warmth.

When wraps are finished, you can either organise delivery through a local Spotlight store or post them directly to their Sydney warehouse.

<https://www.wrapwithlove.org/knitting-groups/>



4. Australian Museum Digital Volunteers

If you are looking to build your online skills, the DigiVol (digital volunteer) wildlife spotter project may be for you. The program allows you to become a citizen scientist and assist researchers by looking for animals in wilderness photos taken by automated cameras around Australia. Plus, you will be helping to save threatened species and preserve Australia's iconic wildlife!

<https://volunteer.ala.org.au/wildlife-spotter>

You'll also be able to chat with other DigiVols and be rewarded for hitting new goals in their lively community of DigiVol staff and citizen scientists.

<https://australian.museum/get-involved/citizen-science/>

5. Capes 4 Kids

Capes 4 Kids is the first program of its kind in Australia, gifting superpowered capes to our little superheroes. Their carefully crafted capes are gifted to children in hospital so they can wear them whilst they undergo treatments or procedures.

The superpowers contained within the capes enable our little heroes to feel they have a protective barrier of 'superpowers' to help them fight their illness with courage and love.

<https://capes4kidsaustralia.com.au/capes/>

6. Animal Rescue Cooperative Craft Guild

The Craft Guild is the world's largest group of animal rescue crafters who work together to make custom supportive products for animals in need. Regular requests are things like: knitted lamb and dog jumpers, joey pouches and possum cubbies and blankets. They post their most needed items via their lively Facebook group.

<https://www.facebook.com/groups/2414894225229792/>

Patterns and tutorials can be found [here](#) and once you've completed your craft items, you simply get in touch with their team and they'll let you know where to send them.

<https://arcsupport.org.au/donateproduct/>



Social Connection at Yanada House

Meaningful social connection can improve your mood, your mental and physical health! If you are looking to make new friends, stay active, and engage in your community? Darebin City Council offers a range of social connections designed to bring people together in a welcoming and supportive environment.

Why join:

- Meet like-minded individuals and build friendships
- Enjoy fun and engaging activities
- Stay connected and improve your well-being
- Access support and information from experienced facilitators
- Enjoy Social & Recreational outings
- Visit local cafes for lunch outings
- Participate in our facilitated social connection programs, where the activities are designed with you, for you, such as
 - o Arts and crafts
 - o music and dance
 - o gardening
 - o games
 - o gentle exercise
- Enjoy morning tea, lunch & afternoon tea in our centre-based social connection programs
- Receive information and support for Carers
- Dedicated social connection programs for people living with mild to moderate memory loss.
- Subsidised fees apply for all programs

Where are we?

Yanada House - 92 Dennis Street, Northcote, 3072

Call us on 8470 8970

We look forward to welcoming you!



Free events!



Saturday 29 March, 10am - 1pm - Darebin Volunteer Expo

The Darebin Volunteer Expo will bring together over 20 local volunteer-involving organisations and community groups all under the one roof.

From climate emergency and conservation, to disability, aged care, local op shops, migrant services and more, there's a volunteer opportunity in Darebin that's just right for you!

Where: Enter via the Darebin Intercultural Centre in 350 High Street Preston

Getting there: Preston Station, 450m, 10 mins walk.

Wednesday 2 April, 6.30am - Molly Hadfield Social Justice Oratorium

Every year, to celebrate International Women's Day, Darebin hosts the Molly Hadfield Social Justice Oration to honor local resident and community activist Molly Hadfield OAM and her work for a fairer and more inclusive society. You can find more details on the Darebin website and social media channels.

[Visit the Darebin website](#) to find more information and to book your free ticket.

Where: Darebin Arts Centre, Preston

Getting there: Bell Station, 400m, 8 mins walk. On-site parking available.

Thursday 15 May, 10am-2pm - Free, fun and relaxing activities for Carers

Cooking activity and games day.

Call Donna on **8458 6774** to register and to find out more.

Where: Your Community Health, Community Hub, 125 Blake Street, East Reservoir.

Getting there: Bus 566, Stop Laurel St/Tyler St; Bus 567, Stop Crevelli St/Tyler St, 250 m, 5 mins walk. On-site parking available.

Word Search:

Iconic Australian chocolates

H G R V C F V X Z B V I I T
R Y Q B B S I C H E R R Y S
E W D E F K O A S J D Y R C
T F L I P R L R C E U N E B
P R W J I G E R H L L S Z E
O E A E C K T C J Z A L B R
T D F I N C R A K F C V E T
Y D F I I O R R F L X Y K I
I O L P C N Q A C R E X W E
I C E S E U J M E P O S I R
D K M P T Q M E O L Y U D P
A F P I C T Y L O J J M G P
X T F A N T A L E S W J A H
M W C L D T W O P G G P G S

Find the 14 hidden words by searching for only the words in bold

- Cherry Ripe •Violet Crumble •Clinkers •Freckles •Caramello Koala •Jaffas
- Coconut Rough •Freddo Frog •Bertie Beetle •Mint Pattie •Fantales •Picnic
- Scorched Peanut Bar •Polly Waffle

