



Am I eligible? Commonwealth Home Support Program

You may be eligible for services under the Commonwealth Home Support Programme if you are:

- 65 years or older (50 years or older for Aboriginal and Torres Strait Islander people)
- 50 years or older, homeless, or at risk of homelessness, on a low income and prematurely aged (45 years of older for Aboriginal and Torres Strait Islander people)
- in need of help at home to continue to live independently.

Next Step: Support Plan & Services

Example of CHSP at work:

Joyce's son comes to visit her and notices that she is not eating well and seems unhappy. When they talk about it, Joyce says that her closest friend has moved to be with her family. Joyce misses her company and feels lonely. Since she no longer drives, she has not been to see her other friends at the local seniors' centre.

Joyce and her son call My Aged Care and they arrange for Joyce to have an assessment of her needs with the Regional Assessment Service (RAS).

The RAS assessor comes to visit Joyce and talks to her about her needs and goals.

The assessor prepares a support plan that includes:

- *Appointments with a dietician on a short term basis to discuss Joyce's diet and nutrition.*
- *Community transport to the local seniors' group where Joyce can catch up with friends.*

This support helps Joyce to re-connect with her community, improve her physical and emotional health and continue to live at home.

What is the Commonwealth Home Support Program (CHSP)?

The CHSP helps older people living in the community to maintain their independence through the delivery of basic entry level support services that take into account individual strengths, needs and preferences. The services promote wellness and build on your strengths and abilities. CHSP service providers help people to achieve their goals to remain independent and live safely at home.

Entry level support can be provided on a short term (ie, after leaving hospital) or on an ongoing basis.

The CHSP also supports carers by providing planned respite services for eligible older people to allow carers to take a break.