



Assessment of my needs: Commonwealth Home Support Program

What is the Commonwealth Home Support Program?

The Commonwealth Home Support Programme (CHSP) offers basic support, helping you when you want to stay independent and in your own home but need some help with tasks.

The aim of the CHSP is to help you to live as independently as possible — with a focus on working with you, rather than doing for you. It is about building on your strengths, capacity and goals to help you remain living independently and safely at home.

If you have been injured or have been in hospital you may be eligible for additional services through the program for a short period of time to help you get back on your feet after you return home.

How will the visit to assess my needs be arranged?

A local assessor from the My Aged Care Regional Assessment Service will make contact with you to organise a time to come out and see you.

They will ask you a few questions which ensure your – and their – safety when they visit. They will ask if you will have, or might like to have, someone there when they visit (such as your partner or a family member) that may help during the assessment. They may also ask your permission to talk to people who provide you with support, such as a family member or carer.

Who will conduct the needs assessment?

In Tasmania, there are two regional assessment services: APM and Care Assess. Assessors are fully trained professionals.

Do I need to prepare for the needs assessment?

It would be useful for you to give some thought to these questions:

- How you are currently managing with activities around the home?
- What would you like to be able to do?
- What helps you to feel well and live a good life?
- Is there something that you haven't done for a while that you would like to do again?

Can I have someone with me during the assessment?

Yes.

What will happen during the needs assessment meeting?

When they arrive at your home (or where you usually live), the assessor will ask for your permission to conduct the assessment. They will have the information that you provided when you talked to the My Aged Care contact centre.

The assessor will ask questions, such as:

- what support you are currently receiving
- whether you have any health concerns
- how you are currently managing with activities around the home
- questions relating to your safety in the home.



Support to stay at home

Commonwealth Home Support Program

They will also observe how you move in and around your home.

As part of the assessment process, the assessor will ask whether you have anyone helping you at the moment. This may be a family member or friend, or someone you know to be your carer.

They will ask you questions about;

- the help you receive from your carer
- have there been any recent changes
- are there any difficulties or concerns with the current arrangement.

If your family member, friend or carer is available, the assessor will also ask them the same questions. This helps assessors understand whether the support they currently provide can continue, or whether additional services or support might be required for you or the person helping you.

If you are caring for someone else, such as your partner or another family member, the assessor may ask you to think about how you are going and whether you have any difficulties or concerns with the arrangements. This will help to understand whether you need any further support in your caring role.

Developing a Home Support Plan

The assessor will work with you to develop a support plan, which will help you identify your strengths and your areas of difficulty, your goals and what you would like to achieve. A plan will enable you and the assessor to identify the types of support that will best suit you as you work towards achieving your goals.

This support may be provided by services, or may be support that's already available in your community to access. It may be things you can do yourself to meet your goals.

The assessor will work with you to identify the service provider who will be able to meet your needs. They will be able to send information to a service provider in order for them to deliver the services in line with your support plan.

What happens after the assessment visit?

If you require services, your assessor will give you a referral code. Service providers will need this referral code to allow them to provide services to you.

Hints and tips

Referral Codes: You will need the referral code in the future if you need to change your services so keep it handy.

Questions and answers

Q: How long will the assessment meeting take?

About 45 minutes.

Q: How long will I have to wait to get an assessment?

Approximately 2-3 weeks in most cases.

Q: How long will I have to wait to get the results of the assessment?

Up to 6 weeks.

NEXT STEP: Support Plan and Services

During the assessment meeting a support plan will be developed to help you to achieve your goals and remain living as independently as possible. More information about support plans and services are contained in the Support Plan and Services Helpsheets.