



# Support plan and services: Commonwealth Home Support Program

### What is a Support Plan?

Your support plan will be put together by an assessor from the Regional Assessment Service based on the discussion with you at the assessment meeting. They will talk with you about your goals and priorities in relation to remaining well and living independently at home. Your views are important in designing the support plan. Family members and carers can also be part of the planning.

The plan will include your goals and the actions and services required to achieve them. The services can include those funded and delivered through a service provider as well as informal support provided by friends and family or through services available in the community. It is more than just a list of services to be delivered.

### Thinking about your priorities for the support plan

You might want to think about some of these questions before your meeting with the assessor:

- 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?

### Wellbeing

Feeling well is about more than just our physical health. It is also about our relationships, our sense of security and about having meaning and purpose in our lives.

The support plan is built around your physical, social and emotional wellbeing.

### What services are available?

Depending on your needs, support services that you may be eligible for include:

#### ✚ *Community and home support*

- domestic assistance – household jobs like cleaning, laundry
- personal care – help with bathing, showering or getting dressed
- home maintenance – minor general repairs and care of your house or garden, for example, changing light bulbs or replacing tap washers
- home modification – minor installation of safety aids such as alarms, ramps and support rails in your home
- nursing care – a qualified nurse to dress a wound or provide continence advice in your home
- social support – social activities in a community-based group setting
- transport – help getting people out and about for shopping or appointments.



## Support to stay at home

## Commonwealth Home Support Program

### ✦ Food services

- providing meals at a community centre
- helping with shopping for food
- help with making meals and storing food in your home
- assistance with cooking skills
- delivering meals to your home.

### ✦ Allied health support services

- physiotherapy (exercises, mobility, strength and balance)
- podiatry (foot care)
- speech pathology
- occupational therapy (help to recover or maintain your physical ability)
- advice from a dietician (healthy eating)
- other allied health and therapy services.

### ✦ Care relationships and carer support

Support and help for your carer such as:

- respite care (alternative care for you while your carer takes a break).

### ✦ Assistance with care and housing

Support and help for people who are homeless or at risk of being homeless:

- links to appropriate housing and care services
- advocacy and assistance with financial and legal work
- links to other social support services aimed at reducing homelessness.

### Hints and tips

Take some time to think about what would help you to stay independent at home and feeling well before your meeting with the assessor from the Regional Assessment Service.

Ask a friend or family member to join you at the meeting if you would like extra support.

### Questions and answers

#### *What happens to my support plan when it is completed?*

The assessor will lodge a copy of the support plan with My Aged Care and service providers will be able to access it to understand the types of services you need.

You will receive a copy of your support plan from the Regional Assessment Service assessor. Keep it handy along with your referral code for discussions with your service provider and My Aged Care.

### **NEXT STEP:** *Finding a Service Provider*



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