I already receive services, will these change?

Even though the name and some of the services on offer have changed, Country Health SA guarantees that all existing services will continue to be delivered in the same way and to the same high standard.

As your support and care needs change, Country Health SA will work with you to identify new services and programmes that may better meet your requirements.

What are the payment options?

The programme is funded by the Australian Government, however for the programme to be sustainable into the future, you may be asked to contribute towards the cost of the service.

There are a series of payment options depending on your pension status and your capacity to contribute towards the cost of the services you choose.

Country Health SA provides support to those with complex needs by offering a capped maximum monthly contribution amount. Once this amount is reached no further contributions are requested for that period.

What services are available?

Domestic/Personal Care

Country Health SA provides a range of domestic services that help you stay independent in your own home. Our fully trained and caring staff can help with daily tasks that may include:

> meals
> bathing / showering
> dressing

> grooming
> getting in and out of bed
> moving about the house

We can also support you with domestic chores that may include:

> house cleaning
> dish washing
> clothes washing
> gardening

Nursing

Our Registered and Enrolled Nurses provide individually tailored programmes that help you maintain good health and wellbeing, while being independent in your own home.

Therapy services

Getting back on your feet is important to maintaining your independence. We can help you return to your normal day-to-day activities by assisting you with your health and wellbeing. We do this through a range of one-on-one or group based therapy services delivered in your own home or in our day centres and facilities.

Our therapy services, where available, may include:

> Physiotherapy
> Podiatry
> Occupational therapy
> Exercise classes
> Social work
> Speech Pathology
> Dietetics

Community Access

Country Health SA offers a wide range of services to help you get out and about in your community. Our staff can help you with the following:

> Shopping or visiting friends or social groups
> Attending a day care centre
> Linking you in with social groups, men’s sheds, craft groups and cultural visits
> Support to attend appointments

Respite Care

As well as supporting you, the Programme can also help your carer through our Respite Care programme. If your carer needs to attend to other commitments, the Respite programme can arrange for someone to help you during that period. This could include support in your home, at a day centre or in our cottages for an overnight service.
Commonwealth Home Support Programme

Maintaining independence to do the things you enjoy is important. Country Health SA offers a range of care at home services that are available for older people including veterans and war widows, people with disabilities, or those needing help after a hospital stay.

What services are offered?

Services can be delivered in your home or within the community.

Services may include:

- personal and nursing care, domestic support and general assistance
- therapy and rehabilitation
- respite and carer support
- emotional and social support
- home modifications
- support with equipment and travel needs.

For more information

Contact the Country Referral Unit

- Telephone: 1800 003 307
- HealthCHSACountryReferralUnit@sa.gov.au

Website:


Disclaimer:

Although funding for this Commonwealth Home Support Programme has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.