
Carer services and support

Summary

- If you are a carer of a person with care needs living at home, it helps to know what supports are available.
 - There are a number of services and programs that can help you as your needs change.
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As circumstances change, it is important to continually assess what carer services and home help will be best for both you as a carer and the person you are caring for.

There are a number of agencies and programs that can provide support for carers, and people with care needs to help them remain at home.

Victorian Support for Carers Program

The Victorian Support for Carers Program provides respite and other support to carers of people with care needs. You may be supporting a person with a disability, mental illness, chronic condition, an older person with care needs, or a person in palliative care.

The program focuses on person centred care and support through:

- one-off or short-term support for carers including goods and equipment, that can add to other services or fill service gaps
- support to people in a care relationship, and at the same time and at the same place if people want to be together while having the support service
- supporting people's wellbeing - quality of life, physical and mental wellbeing, social activity and or social connections. For example carers can get respite with social, health and other support.

To find your local Victorian Support for Carers Program local service, ring free call 1800 514 845 for information and help or find a local service from this [list](#).

Home and Community Care Program for Younger People (HACC PYP)

The Home and Community Care Program for Younger People **HACC PYP** provides services to support younger people with disabilities, and their carers. These services help people live as independently as possible in the community.

Younger people are defined as people aged less than 65 years, or Aboriginal or Torres Strait Islander people aged less than 50 years.

If you think that you (or a family member or a person you care for) might find **HACC PYP services** helpful, contact your local council or community health centre. They will meet with you to discuss the sort of services you need and how often you might need them. This meeting will usually be in your home. You may want a family member, friend, interpreter or advocate with you.

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HACC PYP services available

You can get different types of support, depending on your particular needs.

Help around your home

HACC PYP can help with your normal chores, occasional repairs, or making daily life easier and safer through:

- housework – including regular or 'spring' cleaning and laundry
- home maintenance – such as clearing gutters and spouts
- minor works – such as installing grab rails and smoke alarms.

Personal, nursing and health care

Carers can assist you with many regular tasks including:

- personal care – such as help with mobility, showering, grooming, dressing and undressing, going to the toilet, eating, exercising and monitoring your prescribed medication
- nursing care and therapy, and information on managing conditions such as diabetes or incontinence
- other health services, such as occupational therapy, physiotherapy, podiatry and dietary advice.

Getting out and about

HACC PYP can help you to keep doing the things you enjoy and to stay in touch with others by:

- helping you shop, cook, pay bills and attend appointments
- delivering meals and group meals to senior citizens centres or community venues
- organising friendly visiting and group activities
- day groups – enjoying the company of others.

A break for everyone

Respite care provides a break or an outing for you and a break for your carer through:

- respite in your home or in the community, whether overnight or a longer period
- information and referral to other services.

If you have complex needs

Some people have more complex needs, which cannot be met by mainstream HACC PYP services alone. In these cases, HACC PYP services can point you to other programs that can help.

Carer self-assessment checklist

If you are a carer, there are a number of things to consider to make sure both you and the person you care for remain as healthy as possible, both physically and emotionally.

By taking a carer needs assessment and self-assessing your situation, you will better know what resources you may need to draw on in the future.

A good place to start for a self-assessment is to note down how many hours you spend each week helping, supervising or prompting the person you care for with the following tasks:

- behaviour (supervising and understanding why people act the way they do)
- mobility (moving around the house, turning someone during the night)
- personal hygiene (bathing, dressing, using the toilet)
- eating and drinking (making sure they eat and drink, preparing food)
- communication and social participation (organising social activities, help with communicating their needs to you or others)
- health and treatment (giving medicine, therapeutic exercises)
- safety (checking water temperature, making sure someone does not injure themselves or others).

Where to get help

- Your GP (doctor)

- Department of Social Services Ph: 1300 653227
- NURSE-ON-CALL call 1300 6060 24
- Carers Victoria call **1800 514 845**
- **Victorian Support for Carers Program** local service

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