

# Home care for people living with dementia

If you are thinking about home care for yourself or for someone you care for who has dementia, this help sheet may be useful.

## What is Home Care?

Home Care refers to support that you can receive within your own home if you need assistance with day to day activities. Support may be provided by family, friends, carers, through community programs, or by private fee-for-service organisations.

The Australian Government offers a range of personal services, support services and clinical care programs to support people with dementia to continue living independently, and in their homes and communities for longer, and also supports care relationships through providing respite care services.

The types of support services people can access will depend on their individual needs. Service availability may differ across regions, however all programs offer choice and flexibility.

The range of home care services available may include personal and domestic support, including help with medication, meals, nutrition, continence, nursing and allied health services, transport, home maintenance or modification, mobility and dexterity aids, home safety and other assistive technology.

Planned respite services and emergency respite may also be available if needed by the person with dementia or their carer. For further information see Help Sheet Caring for someone with dementia: Making the most of respite care.

## **Commonwealth Subsidised Home Care Services**

### **For people over 65 years**

People who are 65 years or older may be able to apply for Australian Government subsidised home support.

To determine eligibility, you will need to contact **My Aged Care** on **1800 200 422**. A personalised client record will be created, and you will be asked a series of questions which will help to determine your needs, care arrangements, and inform the next steps.

You can also nominate family and friends to be your representatives.

Depending on your identified needs, My Aged Care will arrange for an assessment in your home. If your needs are identified as less complex, you will be assessed by a **Regional Assessment Service (RAS)** for Commonwealth Home Support. If your needs are more complex, you will be assessed by an **Aged Care Assessment Team (ACAT)** for a Home Care Package.

If you are assessed as being eligible to receive a subsidised home care package, you will get to choose the home care provider and the types of support you want to use. After you have selected a home care provider, they will work with you to develop your individual care plan and coordinate your services and fees.

Home care providers charge different fees and offer different services in the packages they provide, so it is helpful to explore and compare what is offered by the different providers in your area. Talk with others, get recommendations, and locate providers in your area via the **My Aged Care** and **Older Australians** websites.

The Dementia and Cognition Supplement provides additional funding to eligible home care recipients with moderate to severe levels of cognitive impairment associated with dementia or other conditions. For further information visit [agedcare.health.gov.au/aged-care-funding/residential-care-subsidy/supplements/the-dementia-and-cognition-supplement-in-home-care](https://agedcare.health.gov.au/aged-care-funding/residential-care-subsidy/supplements/the-dementia-and-cognition-supplement-in-home-care)

### **For people under 65**

If you are under 65 years old and living with younger onset dementia, you can apply for home care funding and support through the **National Disability Insurance Scheme (NDIS)**. For further information contact the NDIS on **1800 800 110** or visit [ndis.gov.au](https://ndis.gov.au).

## Further information and support

Navigating your way through home care can be confusing. People with dementia and their carers often find it helpful to talk with someone.

**Dementia Australia** is the peak body for people with dementia, their family and carers. For information, support and advice, call the **National Dementia Helpline 1800 100 500** or visit [dementia.org.au](https://dementia.org.au)

The Australian Government has developed a range of excellent resources to assist older people to navigate the aged care system. Visit [agedcare.health.gov.au/news-and-resources/consumer-resources](https://agedcare.health.gov.au/news-and-resources/consumer-resources)

Contact **My Aged Care** on **1800 200 422** or visit [myagedcare.gov.au](https://myagedcare.gov.au) to obtain detailed information about subsidised home care programs, to determine eligibility, and arrange an assessment.

For practical information and resources for carers, contact The **Carer Gateway** on **1800 422 737** or visit [carergateway.gov.au](https://carergateway.gov.au)

The Older Australians website provides information and links to the aged care system, including home care services and providers in local regions. Visit [Humanservices.gov.au/individuals/older-australians](https://humanservices.gov.au/individuals/older-australians) or contact **132 300**

### Further Information

Dementia Australia offers support, information, education and counselling. Contact the National Dementia Helpline on **1800 100 500**, or visit our website at [dementia.org.au](https://dementia.org.au)



For language assistance phone the Translating and Interpreting Service on **131 450**