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ACTIVE COMMUNITY GROUP

9 ways to use your Home Care Package



Another financial year has passed. ACG will summarize the 9 most popular home care services in the past year, and see how many of them you have used before.

1. Doing your laundry and changing bedlinen

Washing and drying laundry, or changing the sheets on your bed can be a tricky task, especially if you have poor mobility or suffer from arthritis, and everyday pain can make the job daunting. Let ACG do this job for you!

2. Organising your groceries, and stacking and sorting your fridge and pantry

If you're finding it hard getting to the supermarket, or even using a trolley or carrying all your shopping. Don't worry! Your Home Care Package allows you to utilise your care workers to do a lot of things for you. You can also choose to have your groceries picked and delivered by the supermarket themselves, and then use your Home Care worker to pack away your groceries.

If your fridge and pantry need a bit of upkeep, you can have us to organise these for you too, making sure all of your regular use items are within easy reach.

3. Vacuuming and mopping your floors

Vacuuming and mopping is a tedious job. It can leave you feeling sore and exhausted and it's probably not something you want to be doing on a regular basis. Let ACG take care of these for you, leaving you to relax and enjoy your own time.

4. Keeping your home tidy and hazard-free

Having a home that is clean and free of any trip hazards or clutter is really important and will help to make sure you don't have any unnecessary falls or accidents. When you've been living in the same home for a long time, it can be hard to notice potential hazards or risks. A care worker can help you to identify whether there are some things within your home that could be dangerous, such as excess furniture, stacks of boxes, upturned carpet or rugs, and general clutter.

5. Assistance showering and getting ready for your day

Bathrooms are often the biggest concern for safety. Many bathrooms are not built in a way that is easy for seniors to move about. For example, shower and bath combinations which require stepping up and into a bath. These are really tricky for people with declining mobility, especially when the area becomes wet and slippery. A Home Care worker can assist you to move safely around your bathroom, and can even help you with showering if you require it.

Your Home Care Package can also be used to purchase aids and equipment, such as a shower chair, that will improve your safety in the bathroom.

6. Help getting to any appointments, groups or activities

If you've had to rely on family, friends, or taxi services in the past which may have meant that you weren't able to do things on your own terms or within your own timelines.

ACG can help you with transport to and from appointments at times that suit you, and they can stay with you the entire time if necessary.

7. Helping you to prepare meals

Making your own meals every day can get tiresome, especially if you find it hard standing for long periods of time. Let your care worker help you out with meal preparation.

8. Raking up leaves/tidying garden paths. Mowing your lawns and weeding your garden

ACG can arrange to have your garden paths and regular walkways cleared of any leaves, long grass or other potential hazards, giving you some extra assurance. You may also be able to have additional safety measures installed, such as grab rails, to further improve your safety and confidence.

If you are still able to enjoy some gardening tasks yourself, you can choose which of the more difficult jobs you get us to look after such as pushing around that heavy mower.

9. Help with strength and mobility

Your Home Care Package can be used to enlist the services of an **occupational therapist** or a **physiotherapist** to help you maintain your independence at home.

ACG ACTIVITIES-

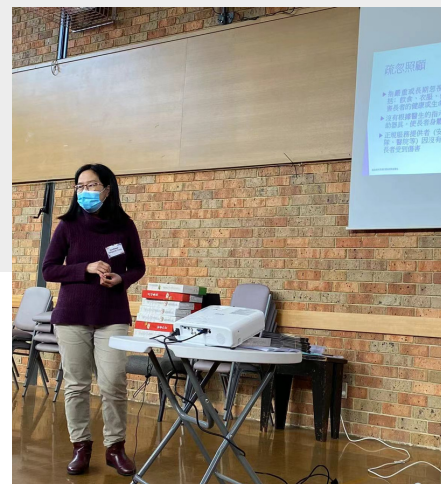


DRAGON BOAT FESTIVAL IN JUNE

ACG regularly arranges various activities for our clients elderly, with activities in June especially set up for the Dragon Boat Festival

For this event, ACG was very pleased to invite the **Crossway Melbourne Praise Dance Team** who dressed in bright uniform and followed beautiful music with a dance performance for our clients who attended the event. At this event our clients were taught some simple dance movements, which helped them with active body movements which assists good health.

In response to **"The World Elder Abuse Awareness Day"**, ACG specially invited two senior speakers from Sunflower Care Victoria - Margaret Yung and Yen Kim, to explain the definition of elder abuse. The World Health Organization defines elder abuse as: a person trusted by the elder who commits a one-time or repetitive act of harm or causes distress to an elder. Elder abuse happens every day with most cases going unreported. The most common ones are financial abuse and abuse under care. Abuse in these areas include, defrauding an elderly person's savings, forcibly changing their wills, denying them enough clothing when the weather is cold or denying them food etc. These are all acts of elder abuse.



In the coming days, ACG encourages more seniors to participate in the activities organized by ACG, not only to meet new friends, but also to learn more about the rights and other important issue effecting the elderly. If you have other suggestions for activities, please feel free to contact us.



Centrelink payment changes from 1 July 2022.

The assets test threshold used to determine when you lose the pension has increased by:

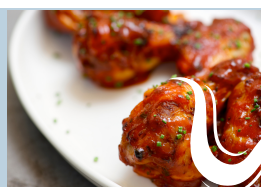
- \$9,500 for a single homeowner
- \$14,000 for a homeowning couple
- \$17,500 for a single non-homeowner
- \$22,000 for a non-homeowning couple.

	Asset limit for maximum pension payment	Asset limit resulting in no pension payment
Single homeowner	\$280,000	\$609,250
Single non-homeowner	\$504,500	\$833,750
Couple homeowner	\$419,000	\$915,500
Couple non-homeowner	\$643,500	\$1,140,000

Under the revised income test, you will now be able to earn up to \$190 per fortnight (instead of \$180) from any income source without it affecting your pension payment (not counting the Work Bonus of \$300 per fortnight for employment income).

The threshold at which your pension stops under the income test will increase to \$2,165.20 per fortnight (\$56,295.20 per year) for a single pensioner on 1 July 2022. The income test threshold for couples will also increase to \$3,313.60 per fortnight (\$86,153.60 per year)

ACG wish all of you who were born in July a very happy birthday



Rice Cooker Cola Chicken Wings

1. Add one tablespoon of soy sauce, one tablespoon of oyster sauce, one tablespoon of dark soy sauce, and one quarter of a teaspoon or half a teaspoon of salt depending in personal taste.

2. Mix these ingredients with a few slices of ginger through 8 chicken wings. Let the marinated chicken wings rest for 30 minutes to allow the flavour to penetrate the chicken.

3. Place the marinated Chicken wings into a rice cooker adding one 370 ml can of Coca Cola into the rice cooker and proceed to cook it all inside the rice cooker.

Deadline for submission of invoices

**08/08 & 22/08, 2022
Before 5 PM**



Please send all your invoices to the "Claims Processing Team" to do reimbursement submission