



# ACTIVE COMMUNITY GROUP

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in 2024

## Understanding your Budget Plan

An Australian Home Care Package (HCP) is a government-funded program designed to help older Australians live independently in their own homes. The package provides a range of services tailored to meet individual needs, and each package comes with a specific budget. Understanding how to manage this budget is crucial for making the most of available support.

Key components of the Home Care Package Budget Plan are as follows:

### 1. Package Level:

- Level 1: Basic care needs
- Level 2: Low care needs
- Level 3: Intermediate care needs
- Level 4: High care needs

### 2. Client Contributions:

**Basic Daily Fee:** A small fee that clients may be asked to contribute daily. However, ACG clients are exempt from this fee.

### Income-Tested Care Fee:

If you have a higher income, you might be required to pay an additional client contribution fee, which is determined by an income assessment.

Once service begins, clients will receive monthly statements showing how their budget has been spent and fund balances. Clients should discuss any concerns with their Care Manager.

### 3. Budget Allocation:

**Care and Services:** This is a primary part of the budget, used to pay for services such as personal care, nursing, domestic assistance, meal preparation, transport, and home modifications.

**Care Management:** This covers the cost of coordinating your care services, ensuring that you receive the right support tailored to your needs. Providers charge a fee for this service, which varies.

**Package Management:** This fee covers the administrative costs of managing the package, including compliance, accounting, and auditing.

### 4. Choosing Services:

The budget must be used within the guidelines of a Home Care Package program. You can choose from a range of services such as: personal care, home help, allied health, nursing services, social support and more.

Please keep in mind that government policy will change in July next year, and remaining funds of clients may be affected.

## Notes on reimbursement

### 1. Clients must obtain approval from their Care Manager before using services and purchasing any items.

According to AGC care managers, some clients bought certain equipment or used services without communicating with them. This situation has a high chance of causing many problems due to non-reimbursement. Clients should remember that before purchasing items or using services, you need to consult with your care manager before making this decision, otherwise you may not be reimbursed and will have to pay out of pocket.

### 2. After clients receive any invoices, they are to be sent directly to their allocated care manager.

In order to make the reimbursement process simpler and more effective, ACG has improved its previous reimbursement methods.

### 3. Care managers will immediately review whether the invoices submitted are valid and will send them internally to the claims processing team.

The care manager will first conduct an invoice review process before sending the approved invoices to the reimbursement team. Invoices that do not meet the required specifications or cannot be declared will not be submitted for reimbursement. Therefore, clients will receive an immediate response indicating whether the reimbursement of the relevant invoices has been approved.

# Melbourne's high-risk weather season

Melbourne's high-risk season primarily occurs during the summer months (December to February). During this period, the weather is dry and hot, often accompanied by strong winds, which significantly increases the risk of fires. Additionally, the extreme weather changes in spring (September to November) and summer, including high temperatures, strong winds, and thunderstorms, can lead to natural disasters such as bushfires, droughts, and floods.



During Melbourne's high-risk season, particularly in summer and spring, elderly individuals should pay special attention to the following:

- 1. Stay Cool and Hydrated:** Hot weather can easily lead to heatstroke or dehydration, so elderly individuals should keep their living spaces cool and ensure they drink plenty of water.
- 2. Avoid Outdoor Activities:** On days with high temperatures and strong winds, especially when there is a risk of fire, elderly individuals should avoid outdoor activities, particularly in the afternoon when it is the hottest part of the day.

- 3. Stay Informed on Weather Forecasts and Warnings:** Elderly individuals should closely monitor local weather forecasts and government-issued warnings, taking preventive measures in advance.
- 4. Support from Family and Neighbours:** Elderly individuals should maintain contact with family or neighbours to ensure they can quickly receive help in case of an emergency.

- 5. Monitor Health Conditions:** If they have chronic illnesses, elderly individuals should have regular check-ups and stay in touch with their doctors to ensure their health remains stable during hot weather. They should also keep an adequate supply of medications on hand.
- 6. Prepare Emergency Supplies:** Due to the increased risk of fires, elderly individuals should prepare emergency supplies, including medications, medical equipment, food, and water, to be ready in case of evacuation or other emergencies.

**1-STOP organization to support people with Dementia in the Melbourne Chinese community**

MindAge is the one-stop organization established in the Melbourne Chinese community to provide care and support services for people living with Dementia and their family. This includes comprehensive cognitive assessment, diverse non-pharmacological cognitive training activities, caregiver support services, and promoting awareness of dementia within the community. The goal is early detection, diagnosis, intervention, and treatment to ensure that the seniors receive timely and appropriate care.

MindAge's service target are Individuals suspected of having cognitive impairment, individuals with mild to moderate cognitive impairment and caregivers of individuals with cognitive impairment.

For booking an assessment please contact your care manager

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One Therapy Hub is a dedicated treatment Allied Health center that provides comprehensive rehabilitation and nursing services to help patients regain their independence and achieve optimal health.

**One Therapy Hub provides below services:**

- Physiotherapy
- Occupational Therapy
- Music Therapy
- Dietitian

**Please speak to your Care Manager before booking an appointment**

ACG wish all of you who were born in August 2024 a very

**HAPPY BIRTHDAY!**

**Deadline for submission of invoices**

**09/09 & 23/09/2024 Before 12 PM**

Please send all your invoices to your Care Manager directly

**Do you need to pay the income tested care fee (ITCF)?**

If clients need to pay income tested care fees, they must pay them in full as required on the bill and before the payment due date.

Failure to do so will create outstanding **debts**. If you have questions about this fee, please contact your Care Manager as soon as possible.

**ACT NOW**