

# Help for Carers

## Respite Services

Provides Carers with a rest or time out and the opportunity to do other activities. This can be:

- at a centre where activities and outings are provided.
- in the community
- at home



## Training

Skills for Carers to provide care.

## Other services

### Case Management

Assistance in finding the help you need.

### Dementia Support

Special help is available to support people with Dementia and their Carers.

### Advocacy

Provides information, education and support to help you understand and exercise your rights.

### Information and Counselling

Services available to both Clients and Carers.

# Contact Numbers

If you would like to find out where to get help ring:

Commonwealth Carelink ..... 1800 052 222

Commonwealth Carer  
Resource Centre ..... 1800 242 636

Multicultural HACC Worker..... 6205 1302  
(Service Providers and Communities)

## Multicultural Case Management

Northside Community Service ..... 6257 2255

Southside Community Service ..... 6232 6940

Croatian Community Welfare ..... 6249 7756

ENGLISH	If you need interpreting help, telephone:
ARABIC	: إذا احتجت لمساعدة في الترجمة الشفوية ، إتصل برقم الهاتف :
CHINESE	如果你需要传译员的帮助，请打电话：
CROATIAN	Ako trebate pomoć tumača telefonirajte:
GREEK	Αν χρειάζεστε διερμηνέα τηλεφωνήστε στο
ITALIAN	Se avete bisogno di un interprete, telefonate al numero:
PERSIAN	اگر به ترجمه شفاهی احتیاج دارید به این شماره تلفن کنید:
PORTUGUESE	Se você precisar da ajuda de um intérprete, telefone:
SERBIAN	Ако вам је потребна помоћ преводиоца телефонирајте
SPANISH	Si necesita la asistencia de un intérprete, llame al:
TURKISH	Tercümana ihtiyacımız varsa lütfen telefon ediniz:
VIETNAMESE	Nếu bạn cần một người thông-ngôn hãy gọi điện-thoại:

**TRANSLATING AND INTERPRETER SERVICE 131 450**  
Canberra and District - 24 hours a day, 7 days a week  
**HEALTH CARE INTERPRETERS 6205 3333**



home and community care

A JOINT COMMONWEALTH AND STATE/TERRITORY PROGRAM  
PROVIDING FUNDING AND ASSISTANCE FOR AUSTRALIANS IN NEED

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Community Policy Division

# Support at home

*Provides assistance, at home, to the frail aged with moderate to severe disabilities, younger people with disabilities and their carers.*

## Home and Community Care (HACC) Services in the ACT



Australian Government  
Department of Health and Ageing



building our city  
building our community  
ACT Government

# Help for Clients

## Are You Eligible?

If you are a frail older person or person with disabilities or you look after someone like this you may be eligible to receive HACC Services.

These services help people who want to live at home but need some support.

## How Much Will It Cost?

HACC Services are jointly funded by the ACT and Australian Governments.

Most services charge a small fee depending on your income, but you can still receive services if you are unable to pay.

(Access may be subject to a waiting list)

## Home Help (including Personal Care)

Help with household tasks such as:

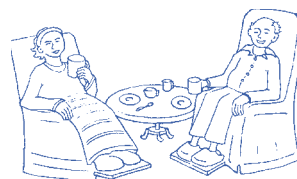
- bathing, toileting and dressing
- washing and ironing
- house cleaning
- shopping, banking, paying bills



## Social Support

Individual support for Clients such as:

- friendship visits/phone call
- attending activities
- letter writing
- shopping
- personal alarms



## Home Maintenance and Modification



Help with jobs that improve safety and security around the home, such as:

- installing ramps and rails
- bathroom modifications
- replacing light globes
- cleaning gutters
- minor carpentry and plumbing
- yard work - grass cutting, pruning

## Transport Services

Transport for:

- shopping
- respite care and other social activities
- doctors and medical appointments



## Food Services

Can provide:

- meals served at a centre
- help with food shopping
- meals delivered to your home



Special meals can be arranged for people with special diets for health, religious or cultural reasons.

## Home Nursing

A Health Care professional can visit to assist with health care.

## Allied Health

Services such as:

- physiotherapy
- podiatry
- speech therapy
- occupational therapy

