

# What to do about aged care when on the National Waitlist?

## #1

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### Free care

This is our favourite, and it happens to be our own. We give anyone on the National Waitlist 2hrs of free support per fortnight with no obligation or cost, and if you want extra hours of care, they are charged at a reduced Waitlist Rate. We complete all the necessary safety and health checks, and then provide the same close care we give all of our clients. What's not to love about that!

## #3

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### Meal & grocery services

You may think about regular meal service deliveries for some or all days in the week, or perhaps have a food delivery app added to your phone for the times when help with meals isn't available. Grocery deliveries are another great option if getting to the shops is becoming more difficult.

## #2

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### Commonwealth Home Support Program

This scheme is an entry level home care program provided by the government to help fund services such as meals, respite care, help at home and more. It's generally simpler and takes less time to gain access to funding but also offers much less funding than a Home Care Package. While you are waiting, it can help reduce the cost of care significantly – for example, a cleaner might cost you \$8/hr out of pocket.

## #4

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### Home safety assessment

To minimise further health issues arising from home hazards and falls, an occupational therapist can complete a comprehensive safety assessment and provide you with simple, practical advice. This one-off cost (approx. \$120) can save significant health issues down the line. Or, there are many free online safety checklists that can help guide you.

## #5

## Support circle plan

Establishing a plan ensures you make the best use of any resources you do have, including friends, family, health providers, neighbours and any services, such as cleaners. The plan needs to set priorities and create a schedule to ensure the most important things are handled. Generally, anything affecting health and safety are going to be your top priorities.

Ask someone in your support circle to help set up your plan, or you could engage a provider like us to help establish this for you.

## #7

## Cleaning services

Keeping the home clean and well organised can help with safety, health, hygiene and staying on top of day-to-day activities. Organising a cleaner once a fortnight can make a huge difference, or perhaps things have gotten a little out of hand, and a once-off professional clean might help with getting back on track.

## #6

## Regular health checks

Declining health is one of the key issues for people on the National Waitlist, which can impact independence and the ability to remain at home. Seeing your GP more regularly and discussing both your physical health and wellbeing ensures you're getting the health referrals and care you need to avoid a health crisis later on.

Book regular appointments ahead of time, so they are locked in.

## Free 15-minute, no obligation consultation

During this phone conversation, we will ask you some questions to understand your needs and provide you with specific advice based on your circumstance.

Call now  
**1300 254 326**

Book a time  
[ageuphealth.com.au/callback](https://ageuphealth.com.au/callback)