

Surprising ways you can use your Home Care Package funding

Everyone will tell you that your Home Care Package can pay for a cleaner, a gardener or for help with your health.

But with a little extra as knowledge, it can do so much more!

Here we've pulled together some of our favourite unexpected and Surprising Ways You Can Use Your Home Care Package funding.

#1

Raise up garden beds

Avid gardeners finding mobility and bending more difficult can use their Home Care Package to have garden beds raised and keep a life-long love of gardening alive.

#3

Try acupuncture or cannabis oil for pain

If you have persistent pain and traditional pain relief methods aren't helping, you can purchase some types of alternative therapies with your Home Care Package, such as acupuncture.

#2

Hire a scooter

If the idea of getting out more often appeals but walking a distance has become increasingly challenging, you can hire a scooter using your Home Care Package, rather than invest in the purchase of one.

#4

Join osteo-aerobics

Attending group wellness activities like an osteotherapy based exercise class ticks two boxes, as it helps improve health and keeps you connected to social networks, which is what your Home Care Package is for.

#5

Take the pressure off

A pressure relieving mattress may be money well spent from your Home Care Package, if a health event is leading to longer hours in bed. They don't only increase comfort but can help avoid sores and skin problems.

#7

Have a home medication review

Have a pharmacist come to your home and help you review your medications. They can help you make more informed decisions about whether your medications are all still necessary, and any potential side effects.

#9

Try adaptive clothing

When mobility issues are limiting your range of movement, there is special clothing available to help make dressing easier. It looks like ordinary clothes but opens up in different ways for easy dressing and undressing (buttonless etc).

#6

Get smart tech

There are an increasing number of gadgets available such as home sensors and wearable devices that help monitor activity and send alerts in case of an event.

#8

Have your dog walked

If your pooch now has more energy than you and walking distances is more difficult, your care companion can walk your dog. They can also help with brushing or feeding your furry friend to help with everyone's wellbeing.

#10

Add supplements to boost health

If keeping on top of nutrition is challenging at times, you may choose to add nutritional supplements to improve your overall health, or for help with maintaining weight or to boost your immunity.

This list is just a snapshot of how you might improve life at home with a Home Care Package. A good provider can help you navigate through all the government red tape and regulations – so you're getting the most out of your Home Care Package fund.