



## Home Care Packages Tailored For You

Consumer Directed Care (CDC) is a new way of delivering home care services that allow you to have more control and choice about the types of care and services you receive, how care is delivered and who delivers it to you.

A Home Care Package provides a coordinated package of services personalised to meet your specific care needs. The packages are funded by the Australian Federal government.

A Home Care Package provides services that can help you to stay at home for as long as possible and gives you the flexibility to choose the way that care and support is provided to you.

There are four levels of packages available which are designed to suit your care needs now and into the future as your needs increase.

- CDC Home Care Package Levels 1 and 2 help people with low level or basic needs
- CDC Home Care Packages Level 3 and 4 help people with higher or more complex care needs

**As of 1 July 2015** all clients receiving Home Care Packages will be transitioned to a Consumer Directed Care (CDC) package.

## What do CDC Home Care Packages mean for you?

CDC is a way of delivering services that allows YOU the consumers/clients to have greater control over your own lives by allowing YOU to make choices

about the types of care and services YOU access and the delivery of those services.

Under a CDC package YOU will be encouraged to identify goals, which encompass independence, wellness and re-ablement. These will form the basis of the Home Care Agreement and care plan.

YOU, the client, decide the level of involvement YOU wish to have in managing your CDC package. This can include co-ordination of care and services, or to a less active role in decision-making and management of the package. There will also be ongoing monitoring and a formal re-assessment by Diversicare (at least every 12 months) to ensure that the CDC package continues to be appropriate for YOU.

For more information on the services available as part of a Home Care Package, visit the MyAgedCare website or contact us on 1800 225 474.

[www.myagedcare.gov.au/home-care-packages](http://www.myagedcare.gov.au/home-care-packages)

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[www.diversicare.com.au](http://www.diversicare.com.au)  
ph: 1300 348 377

Diversicare services are funded by:



Diversicare is certified by:



## 5 minute profile: Brent Couling

**Role:** Occupational therapist

**Qualifications:** Bachelor of Health Science - Occupational Therapy and a Diploma of Health Science in Acupuncture.

**How long have you been with Diversicare?**  
Since January this year

**Tell me about your role at Diversicare?**

I work closely with the service delivery team to deliver consumer assessments, review client care plans and attending face to face visits with our clients in their homes.

I provide rehabilitation, assessment and advice about equipment, mobility aids and home modifications.

I will also work closely with the Activities Coordinator at West End *CONNECT* and will develop, deliver and evaluate manual handling training for all direct care staff.

**Why do you like working as an occupational therapist?**

It encourages people, especially the elderly to live their life to the fullest.

**What is the most rewarding aspect of your role?**

It is rewarding when a client is able to make an informed decision regarding their life choices independently.

**Who has been your greatest mentor?**

Carolyn Brunner who is a natural therapist. Carolyn blends natural therapy and mainstream medicine together to get amazing results. Check out her website [www.ausbody.com](http://www.ausbody.com) which will go live in a couple of weeks.

**How do you relax?**

Long distance running usually up a hill. Landsborough to Maleny is a good trek.

**Your favourite holiday destination?**

Whitsunday's



## Zlata celebrates 26 years of service

Community care coordinator Zlata Krpan will celebrate 26 years of services in May 2015, making her Diversicare's longest serving employee.

Zlata is one of the original five case managers that worked alongside Diversicare's first Director Margaret Hess from rooms in Yungaba at Kangaroo Point when Diversicare was in its infancy. At the time the program was known as the Community Options Program and funding provided services for 50 clients in Metropolitan Brisbane. Services were provided to Polish, Baltic States, Dutch, Vietnamese and the Croatian communities.

Zlata ran the Croatian program, coordinating domestic assistance, meal preparation, transport and in-home respite care for her clients. Zlata has seen many changes over the years but moving from the offices at Yungaba to ECCQ House, West End in 1992 would have to be a major highlight for her.



## Wellness in the Golden Years

A **FREE** Wellness Expo for Seniors  
When: **Friday 26 June 2015** 10.00am to 3.00pm  
RNA Showgrounds 600 Gregory Terrace Brisbane

Naturopath Nicky Wood will give advice and insight into your healthy ageing journey. Therese Kerr will speak about the impact on environmental toxins on your health. Free fitness and yoga, free fashion and styling show.

**Dress** – Casual loose clothing – you may want to join in some of the activities and events  
**RSVP** for catering purposes by **17 June** to Chrissie Ma-amo 0428 332 965  
Email: [mema-amodiversicare.com.au](mailto:mema-amodiversicare.com.au)



Vietnamese Respite group visiting Forest Lake Park, at Forest Lake



The Dutch South Respite group having lunch at Eagle Heights, Mountain Resort at Mt Tamborine.

## Delivering Level 3 Home Care Packages

Diversicare is now delivering Level 3 Home Care Packages for people with complex health needs. The organisation was awarded the packages by the Department of Social Services in the 2014 Aged Care Approvals round in November last year.

Diversicare will deliver domestic and complex community care in the northern and southern suburbs of Brisbane and in Caboolture. This is the first time Diversicare will deliver Level 3 Home Care Packages to support people eligible for complex care.

Complex care includes wound care, continence care, clinical care and mobility aid and advice. Home care workers will be trained in competencies to care for level 3 clients.

Diversicare has also hired an occupational therapist, Brent Couling to assist consumers to remain independent by helping with mobility issues and to remain active.

Community care team leader Nina Tanner recently talked about our new services on Radio 4EB 98.1 FM, Brisbane's multicultural station speaking to announcer Bep Torkington on how Diversicare will now be able to provide continuity of services through all the different levels.

Nina said: "Not only will we be able to provide the usual service delivery such as domestic, hygiene assistance and social services but also nursing and clinical care which is culturally appropriate, and all of this will be done with carers from their own cultural and language background. That's the Diversicare difference."



Croatian respite group 24th March participating in the Body and Mind Movement exercise class with Sue from Ageless Grace



Chinese respite group Friday 6th March - Easter Celebration and cooking program.



Lao Respite group at Queens Park, Ipswich. The group bird watched, visited the nursery and Lions lookout & the colourful gardens.

## West End *CONNECT* celebrates its one year milestone

West End *CONNECT* reached its one year milestone in January this year. The venue officially opened in January 2014 when it hosted a BBQ lunch for its clients.

The respite centre recently had a spruce up with the installation of a new driveway and new garden beds planted at the back of the centre. More recently a much needed additional bathroom has been installed for our visitors and there has also been an extension to the back patio.

Krzysz and Diana enjoy running its many programs and are always coming up with new and interesting activities for our consumers. In the one year that it has been opened:

- It has had over 100 clients visit the centre every month or participate in day excursions
- With its two buses and other transport it has transported over 70 clients every month
- The favourite food of our respite visitors is roast chicken with potato salad (from Coles!)
- The most favourite day trip is catching the City Hopper from Holman St, Kangaroo Point and going to the City and Southbank.
- One of the most favourite activities has been doing Body and Mind movement with Sue

## Thank you to our donors

We truly appreciate the support of those who donate to us and we are fortunate to have many who offer repeated support through their gifts. Over the past year through your donations we have been able to install a new safety railing along the driveway of the respite centre, making it safer to access the back of the centre.

We look forward to continuing to work with you to make the respite centre a better place for you to visit and participate in fun activities.



Chinese respite visitors admiring the new safety railing.

## Would you like to donate to Diversicare?

**With your support we can continue to achieve and promote quality outcomes for our clients.**

Title: Mr  Mrs  Ms  Dr  Rev  Other (please state) \_\_\_\_\_

First Name/s: \_\_\_\_\_ Surname: \_\_\_\_\_

Organisation: \_\_\_\_\_ Position: \_\_\_\_\_

Address: \_\_\_\_\_ Postcode: \_\_\_\_\_

Phone Home: \_\_\_\_\_ Mobile: \_\_\_\_\_ Work: \_\_\_\_\_

Email: \_\_\_\_\_

Please find attached my: cheque or money order (payable to Diversicare) for:

\$5  \$10  \$20  \$30  \$50  \$100  \$150  \$500  or other amount: \_\_\_\_\_

Return this slip to Diversicare: PO Box 5199, West End QLD 4101 **Donations over \$2 are tax deductible**  
Diversicare values your privacy. We comply with the Privacy Act and do not share your details with any third party