

We help you to connect with the services you need

Do you want to stay at home instead of going to a nursing home?

Are you over 65, or over 50 and identify as an Aboriginal or Torres Strait Islander person?

The Commonwealth Department of Health provides help for you to stay in your own home through the **Commonwealth Home Support Programme (CHSP)**.

CHSP services help older people who need assistance with everyday living activities like cleaning, bathing, transport and shopping. If you have much higher needs, you may be able to access a Home Care Package.

To apply, contact My Aged Care. You can ask for an interpreter if needed.

Stay living in your own home for as long as you can!

Are you under 65 and need help in the home due to disability or a chronic medical condition?

The **Queensland Community Care Program (QCC)** provides help to people under 65 with a disability or condition that restricts their day-to-day living.

You may be able to get some help with everyday living activities like cleaning, bathing, transport, and shopping. Carers can also get some support.

To check if you can access this program call the Community Access Point. You can ask for an interpreter if needed.

Stay living at home and in your community!

Your Multicultural Advisory Service (MAS) Officer can give you information and assistance.

Please call **07 4723 1470** or your local MAS Officer's number (see list on back page).

You can learn more about us at www.diversicare.com.au/mas

Home Help Services Guide

Nursing – provided by a registered nurse for treatment of medical conditions, wounds and injections.

Respite – care provided in the home or at a centre to allow your regular carer to have a break.

Transport – for appointments around your community such as medical or shopping.

Personal Care – assistance with daily self-care tasks.

Food Services – delivery of meals and assistance with food preparation in your home.

Social Support – someone to talk with at home, and to go with you to community events and outings.

Domestic Assistance – includes help with cleaning, dishwashing, clothes washing and ironing.

Counselling & Support – emotional support and practical assistance to help you understand and manage challenging situations.

Fitness & Rehabilitation – services to help you stay physically active, which may include group exercises such as walking, hydrotherapy, tai chi.

Goods & Equipment – items which may support your staying at home such as grab rails, bath seats etc.

Home Maintenance & Modifications – making your home safer. Services may include changing light bulbs, installing an emergency alarm or doing repairs.

Allied Health – assistance with specialist services:

- podiatry
- occupational therapy
- physiotherapy
- social work
- speech pathology
- nutritional advice.



Quality of Life, Independence, Choices. How do we help you to achieve this?

- We answer your questions about how to receive services in your home
- We provide information about community care and aged care services in your area
- We supply the information you need in different languages
- We hold free information sessions for your community
- We provide information displays at community events
- We help you with navigating the Aged Care system.
- We hold cultural celebrations such as Harmony Day, and World Day for Cultural Diversity, where we also introduce you to home help service providers your area.

Diversicare
www.diversicare.com.au

My Aged Care
www.myagedcare.gov.au

Commonwealth Department of Health
www.health.gov.au

Queensland Community Care Services
www.qld.gov.au/community

National Disability Insurance Scheme (NDIS)
www.ndis.gov.au

Call us on **07 4723 1470** to learn more

MAS Team Leader, Statewide
0407 045 203
j.fraser@diversicare.com.au

Multicultural Community Liaison Officer
0428 332 965
mcma-am@diversicare.com.au

Find your local MAS Officer:

Cairns Peninsula Region
0432 322 154
mas.peninsula@diversicare.com.au
PO Box 347 Earlville QLD 4870

Sunshine Coast/Wide Bay Regions
0447 721 968
mas.sunshine@diversicare.com.au
PO Box 1063 Caloundra QLD 4551

Brisbane Region
0413 512 967
mas.brisbanesouth@diversicare.com.au
PO Box 409 Mt Gravatt QLD 4122

Rural & Remote Regions
Logan/West Moreton/Central Queensland
0434 254 812
mas.westmoreton@diversicare.com.au
PO Box 9522, Wilsonton QLD 4350

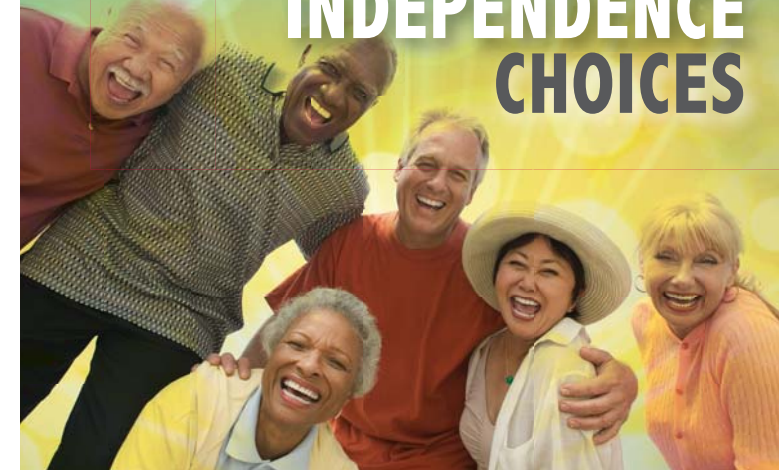
Gold Coast Region
0431 017 943
mas.goldcoast@diversicare.com.au
PO Box 5199, West End QLD 4101

North Queensland Region
0407 045 203
mas.northern@diversicare.com.au
PO Box 246 Thuringowa QLD 4817



Do you need help to keep living at home?

HOME HELP SERVICES QUALITY OF LIFE INDEPENDENCE CHOICES



Our Multicultural Advisory Service (MAS) is here to help you. It's free. Call us today.



The Diversicare Multicultural Advisory Service is supported by funding from the Australian Government under the Commonwealth Home Support Programme. Visit the Department of Health website (www.health.gov.au) for more information.

