



## SERVICE CARE OPTIONS FOR OLDER PEOPLE IN VICTORIA

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In Victoria, there are a range of services across the aged care and health care systems available to support the needs of people aged 65 years and over (50 years and over for Aboriginal and Torres Strait Islander people). This fact sheet outlines the different service care options available in Victoria.

### Aged Care Services

The Australian Government subsidises a number of aged care services to help frail older people remain independent and living at home. Aged care services for older people include services delivered in the home, community settings and in residential aged care settings. The pathway for accessing these services is through My Aged Care.

Commonwealth subsidised Aged Care services for older people include:

- The Commonwealth Home Support Programme;
- Home Care Packages;
- Flexible Care including Short Term Restorative Care and After hospital care (Transition Care); and
- Residential care.

The *Commonwealth Home Support Programme (CHSP)* provides entry-level support for frail, older people who need some help with daily tasks to continue living independently at home. It provides small amounts of timely low level home support services to frail, older people, who have difficulty performing activities of daily living without help due to functional limitations. Types of services include domestic assistance, personal care, home maintenance/modifications, social support, nursing and allied health.

The CHSP is not designed for older people with intensive, multiple and complex needs. These higher needs are generally supported through other aged care supports including the Home Care Packages Program, residential aged care and through the health care system.

The *Home Care Packages Program* provides coordinated services for people with complex needs to continue living independently in their home.

*After hospital care (Transition Care)* is short term care for older people who have been in hospital but need more help to recover and time to make a decision about the best place for them to live in the longer term. Clients need to be assessed by an Aged Care Assessment Service while they are still in hospital.

### Health Care Services

Older people can also access services through the health, hospital systems and private insurance arrangements. These services are not accessed through My Aged Care.

#### Post-acute care

Post-acute care services assist people discharged from a public hospital, including emergency departments, acute services and sub-acute services, who have been assessed as requiring short-term, community-based supports to assist them to recuperate in the community and to ensure a safe and timely discharge.

Admission is based on an assessment of the person's need for short-term community-based services and takes into account the person's health care needs and psychosocial factors that may impact on their capacity to safely recuperate in the community.

### Sub-acute ambulatory care services (SACS)

Sub-acute ambulatory care services are available to people of all ages and may follow a hospital stay, hospital day attendance, or may be accessed directly from the community. SACS aims to help people who have a physical disability, are frail, chronically ill or recovering from traumatic injury or illness to regain and/or maintain optimal function, and to allow people to maximise their independence and return to, or remain in, their usual place of residence.

### Primary Health

Primary health care encompasses services across the public, private and non-government sectors and includes care provided through GPs as well as a range of other health professionals including nurses, allied health workers and Aboriginal health workers. The types of services delivered under primary health care include prevention, screening, early intervention, treatment and management. Medicare primary care items provide rebates for a range of services provided by general practitioners, nurse practitioners, practice nurses and allied health providers.

### Community Health

Victoria's network of community health services delivers a range of primary health, human services and community-based support to meet local community needs. The Community Health Program in Victoria provides allied health, counselling and nursing services to economically and/or socially disadvantaged populations, including priority groups such as Aboriginal and Torres Strait Islanders, refugees and asylum seekers, and people with an intellectual or psychiatric disability.

### Private Health

Private health insurance covers some or all of the costs of healthcare as a private patient. Private health generally covers help with the cost of services such as home nursing, physiotherapy and podiatry services.