

What is the Commonwealth Home Support Programme?

Overview of the Commonwealth Home Support Programme (CHSP)

The CHSP is a Commonwealth Government funded program that provides support to older people to assist them to remain at home.

Maximising independence

The CHSPs focus is on supporting clients' independence and social connection, taking into account each person's diversity, goals, preferences and choices. The program is based on the principles that people want to stay well, in control of their lives and continue doing as much as they can for themselves and that people can improve, learn and develop new skills.

'... a wellness approach starts from the point of view that clients continue to have goals to achieve, have roles that have meaning, and continue to make a contribution to society and have a life to live.'

CHSP Good Practice Guide 2015

Who uses CHSP services?

People are eligible for the program if aged:

- > 65 years or older (50 years or older for Aboriginal and Torres Strait Islander people), or
- > 50 years or older (45 years or older for Aboriginal and Torres Strait Islander people) and on a low income, homeless, or at risk of being homeless.

What services are provided through the CHSP?

The CHSP provides entry-level support to people requiring a small amount of short-term, intermittent or ongoing services. Volunteers often work with services such as:

- > social support - working with one person or a group of people
- > food services – including group meals in a community setting; assistance with shopping or food preparation or delivering prepared meals to clients
- > transport – either by community bus or by car, for clients to get out and about to shop or attend appointments.

Other services offered through the programme to keep people well, independent and safe in their home include:

- > personal care such as assistance with showering, dressing, hygiene and grooming
- > nursing care such as dressing wounds, help with medicines or continence management
- > allied health such as physiotherapy, occupational therapy and podiatry
- > respite services that let carers take a break from their caring role

- > domestic assistance around the house
- > home maintenance
- > home modifications such as installation of personal alarms, ramps and support rails.

How do people access services?

Before anyone can access government funded aged care services, they must be registered with My Aged Care. My Aged Care is the government gateway for all aged care needs, including assessment and information on aged care support and programs across Australia. Anyone can contact My Aged Care to enquire about receiving services.

Once someone has registered with My Aged Care, they must be assessed in order to receive services. A trained assessor visits the person at home to see how they are getting along and what they need support with. The assessor works out if the person is eligible for the service. A fee may be charged for services.

Each service provider then works with their client to develop a plan about how they will work together.

Who provides services?

A range of organisations provide CHSP services. These include councils, community health centres, Bolton Clarke, a range of non-government, not for profit organisations and private providers.

Words and terms in CHSP

Assessment -This is when an assessor visits someone at home to see if they are eligible to receive services.

Carer -This is the person who supports the client. Most often carers are family members. They might live with the client or may not.

Client - The person receiving services.

Wellness - A wellness approach considers and addresses the diversity of clients, taking into account their experiences, needs and preferences to live the life they choose. It places the person at the centre of their own care.

Reablement – A reablement approach aims to assist people to maximise their independence. Service may be short-term and time-limited while aiming to build the client’s capacity, new skills or to regain a skill. The aim is to support clients to achieve short-term goals and assumes that the client is motivated.

CALD – Culturally and linguistically diverse

RAS - Regional Assessment Service

SSG - Social Support Group

For further discussion

- > What new words or acronyms have you come across since you started volunteering?
- > Besides the organisation you volunteer with, how many other organisations in your local community provide CHSP services?
- > Did you realise how many different organisations provide CHSP services? What are some new organisations you have come across as a volunteer?