

Late Effects of Polio: My Aged Care and you ... September 2017

Meetings: First Tuesday of the Month

Lunch: Gold coin donation

Convenors: Shirley Glance & Peter Willcocks

Pixel Mixer: Peter Willcocks

September Guest: Senior's Rights Victoria

Attendance: 11 (Rotten flu got a few)

October Guest: Tina Dent: Churches of Christ Care

Next Meeting: Hampton Community Centre

14 Willis St Hampton

Tues. 3rd October 2017 12:30-2:30pm

What does a Home Care Service Provider do? Great Opportunity to learn together.

Our October guest is Tina Dent, area manager of Churches of Christ Care. Tina has worked for over 20 years in the disability and community sector including Sandy Beach Centre, Scope and Uniting Care.

Churches of Christ Care is Qld based and operator of Aged Care residences in Victoria. In our area are Bethany Close (Ormond), Emmaus Lodge (Murrumbidgee), Grant Street Village & Oak Towers Aged Care (Oakleigh) and Chesterville Retirement Village Cheltenham, the office for home care services.

My Questions

- >Is the Daily Basic fee \$10.10 charged – *Most don't*
- >Do you charge for an initial set up and assessment?
- >How much is management fee and what is the total monthly amount deducted for non-service items? – *often 30-40% of package*
- >Hourly rates for service provision including travel?
- >Are increments billed at 1/2hourly rate?
- >Do the same people provide services?
- >What happens when I need to cancel a service?
- >What services are provided and does this include purchase and maintenance of aids & equipment?
- >How much is the exit fee when changing to another provider? – *Most vary from \$300 to \$500*

Great opportunity to ask your questions

Big thanks to Gayle's daughter for our October Guest

Tina Dent, Churches of Christ Care 9582 5454

Help from the web www.polioaustralia.org.au/ www.poliohealth.org.au/
www.poliotoday.org/ www.postpolioaustralia.com/ www.post-polio.org/

Polio Update 14 September 2017

www.polioeradication.org/dataandmonitoring/poliiothisweek.aspx

W.H.O. recorded 10 cases of Polio WPV for 2017 (23 for the same period 2016)

In 2016 there were a total of 37 notifications for WPV (wild polio virus).

Vale, Vicki Atkin

We are saddened to hear of the passing earlier this month of a founding member of the Bayside Polio Group, Vicki Atkin who died peacefully in hospital. Vicki is fondly remembered by so many from a wide range of groups that she supported over her long life of commitment to community. Margaret recalls,

Vicki was up a ladder painting a mural when we first met. She was so energetic, bringing up her children, helping organise the Big March of people with disabilities during the International Year of Disabled Persons, and assisting Rhonda Galbally in setting up of the first Disability Resources Centre.

Ever aware of social disadvantage, Vicki was part of feminist activism and anti-poverty action. Vicki had a wicked sense of humour and gently punctured the balloons of self-importance carried by some public servants, politicians and even disability activists.

In memory of Vicki Atkin, the Bayside Polio Group will be making a donation to the Hampton Community Centre, where she found many a person like-minded and caring of community.

Thank you for some great advice

At last month's meeting Deirdre from Senior Rights Victoria presented a very positive message to combat elder abuse. 'Don't condone it, stop it in its tracks' Most cases of elder abuse involve family and finances. Many cases may start with good intentions but over time may become domination. Early intervention is best. Speak up if someone's actions make you feel uncomfortable, tell them and ask them to stop, before it gets worse. Seniors Rights helpline is free and confidential 1300 368 821.

End of Year Celebrations Milanos Brighton 5th December

**More than 40,000
Australians survived
paralytic polio**

**3063 have registered with
Polio Australia
(14 September 2017)**

**Bentleigh Sunday Market (Rotary Club of Bentleigh / Moorabbin Central)
Sundays 7am - 12noon (Opposite Coles supermarket near the Bentleigh Railway Station)**

Need help getting to our meetings call Peter 0431 117 950 or Shirley 0411 660 860

Carer at our meetings: We all require different levels of assistance, unfortunately for legal reasons any assistance is undertaken at your own risk. Providing carer support at our meetings is extremely important as it enables us all to get out and about, enjoy our friendships and provide peer support.

Home Help and My Aged Care

Current practice is to support people to live in their own homes. Services once the domain of hospitals and councils are now in private hands. Disability for over 65's is managed by My Aged Care. Most polios would meet the eligibility criteria for a level 2 Commonwealth Home Care Package. The following guide to a process that may take more than 12 months, so keep records, and **do it now**. You don't want to do this when you are too crook to care.

Step 1: Phone My Aged Care 1800 200 422.

<https://www.myagedcare.gov.au/>

Be open about your health, don't assume that the person you are talking to has any understanding of disability and/or Polio / Late effects of Polio / Post-Polio Syndrome.

If you wear a KAFO or an AFO say leg braces, if you use a walker or wheelchair say so, if you use a CPAP or BiPAP tell them about your respiratory health. Explain the process of polio, nerve death, muscle wastage, don't just talk about being tired or fatigued. Tell them how long it takes to have a shower and get dressed. If you have a partner at home tell them about how they care for you, shopping etc.

You need to be very specific about your health or your condition may be assumed to be natural aging. Don't be too specific about the help you are seeking until you have an assessment, you will not know what can be done to enable you to continue to live independently in your home.

By the end of the phone call with My Aged Care, a face to face assessment should be recommended and in process.

Step 2: You will be contacted by phone by a My Aged Care contracted Assessor.

Repeat everything you relayed in Step 1. Ask about Home Care Packages. Don't say things like all I need is a bit of help with cleaning. You will not know what is available and I cannot reinforce this enough. Someone phone triaging you cannot see your wheelchair or you wearing leg braces. They will not be able to see your scoliosis, your breathlessness and the environment that is your home.

By the end of the conversation with the My Aged Care Assessor, (most likely from the local council) a home visit should be organised.

Step 3: A home visit by a My Aged Care Assessor.

Repeat everything you relayed in Step 1 and 2. Show the assessor your home, show them your bathroom, your bed, and if it is an adjustable bed, point it out. If your braces are covered by clothing, show a bit of iron. They have to see these things and have them explained. My aged care assessors may not have an allied health background, they may be an admin folk. Be full and honest when answering questions about shopping. If you drive tell them that you have a disability parking permit, if the car is modified show them, tell them about the way you shop and how you do it. Tell them that you only shop when you feel up to it and that you drive around until you find a close park, you only go where access is easy. You keep away from exhausting ramps & steps and often have a partner or friend with you.

Ask questions about My Aged Care, respite, home help and how & what is available. When asked the services you need i.e. cleaning showering etc, say whatever to keep me living in my own home and independent. If you are granted a Home Care Package you will work this out with a Service Provider. Typically, braced or wheeled polios are most likely to meet the criteria for a level 2 or higher Home Care Package. At the end of this assessment you should be referred to ACAT (Aged Care Assessment Team)

Step 4: ACAT will contact you for a home visit

Repeat everything you relayed in Step 1,2 & 3. The assessor from ACAT will have an allied health background, you will be able to talk more inclusively about your health and care needs and do take time to explain what you have difficulty with. This assessment can be confronting, I suggest you have a partner, friend or carer with you, they are likely to be more honest about your health and how you do things. Us polios were raised as '*brave little soldiers*', we hide our fatigue, our pain and put on a bravado that gives others the impression that we are all OK. The reality is we manage a complex range of chronic disabling health. Just because we are used to it does mean that we are managing to do it well. We are the worst judges of our own health.

At the end of the ACAT home visit, the assessor will go away reaffirm the decision they probably have already made. You will receive a letter explaining their decision and if the recommendation is for a home care package it will state what level and you will be placed on a wait list. You will also be asked to contact Centrelink to determine whether you will need to make a contribution to your care.

Step 5: Contact Centrelink (Details on the ACAT letter)

If you receive a pension, the process is very straight forward and it is most likely that there will be **no additional income tested fee to pay**. If you are a self-funded retiree, depending upon your income you could be asked to contribute up to \$10,000p.a., but it is more likely that whatever you need to contribute will be far less than the cost off the services provided. The Lifetime Cap on Means Tested Care Fees in Residential Care and Income Tested Care Fees in Home Care is currently \$63,313.28

Step 6: Wait

Keep in contact with the ACAT assessor, they will do what they can to help. There are a limited number of packages. If you are assessed for a Lv3 or 4 package you may be offered a Lv 2 package until a Lv3 or 4 is available. If you disagree with the assessment you can ask for a review.

Aged Care Subsidies and Supplements New Rates of Payment from 1 July 2017 Home Care Subsidies and Supplements

Lv 1 - basic	\$22.35 per day (\$8,157.75pa)
Lv 2 - low-level	\$40.65 per day (\$14,837.25pa)
Lv 3 - intermediate	\$89.37 per day (\$32,620.05pa)
Lv 4 - high-level	\$135.87 per day (\$49,592.55pa)

Bayside Polio Group is proudly sponsored by The Rotary Club of Bentleigh / Moorabbin Central Caulfield Park Community Bank 193 Balaclava Rd Caulfield North returning profits to our community
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