



Talk to us about how we can help you

Are you eligible for the Home Care Package (HCP) or Community Home Support Program (CHSP)? This is what we can do for you.

At Capital Region Community Services, we can help you live your best, most independent life, through provision of a range of high-quality in-home and social support services.

Our team of experienced professionals will work with you to design the best solutions to meet your needs.

With a Home Care Package or Commonwealth Home Support Program service offering, designed to suit your needs, you and your loved ones will have peace of mind knowing that you can live the life of your choosing, with safety and security.

Below are some of the ways we can help you. Talk to your Care Coordinator or call us on (02) 6278 8101 or email us at communitycare@crs.com.au.

If you or your people you know are not sure if you are eligible for CHSP or HCP contact us on the details above.

Care Management (HCP only)	<p>Care management is an important service that includes coordinating care and services that will help you deliver on the goals identified in your Care Plan. Care Management will ensure that CRCS links you to the best, quality service providers that can meet your specific needs.</p> <p>Every Home Care Package (HCP), including those being self-managed, will require some level of care management.</p>
Package Management (HCP only)	<p>Package management covers the costs associated with being an accredited HCP provider and the ongoing administration, delivery and management of your HCP. It includes the costs of preparing monthly statements, managing your package funds and required compliance and quality assurance activities.</p>
Flexible Respite:	<p>Is designed to support and maintain care relationships between the carers and care recipients, through providing good quality respite care, so that carers can take a break. The wonderful thing about Flexible Respite, is that it is flexible to your needs. It could be:</p> <ul style="list-style-type: none">• In home supports that can allow a carer to leave the home without the care recipient or to not attend the home on that day. It could be a short time or longer time.• One-to-one supports to take a person out in the community for social activities. These could be extra supports to enable a person to join a group activity. <p>Talk to us, as we can be truly innovative in delivering this support.</p>
Social Support Individual:	<p>This service can be provided in your home or in the community. This is a very flexible support service and can be tailored to your needs.</p> <p>Support including transport to undertake shopping, bill paying, attendance at appointments, visiting services, relaxing in your local community, etc.</p> <p>One of our friendly Care Workers can also help a person to connect with their community via</p>

	<p>technology e.g. telephone, web-based services. This means that if a person is home-based but would like to join a group via the web we can support this to happen. We can also provide support to connect with family and friends via video calls. If technology access is a problem, we may be able to support you with that also, talk to your friendly Care Coordinator.</p> <p>We can also support you on a short-term basis to attend group programs, whilst you get to know others in the group.</p>
<p>Social Supports Group:</p>	<p>CRCS hosts a myriad of group activities through our Get Involved social program operated through the Belconnen Community Centre. These include arts and craft, drumming, ukelele, IT, sewing, movies, book clubs, exercise and gym sessions, Coach tours and many more. See our Get Involved Newsletter.</p> <p>We are always looking for new ideas, so share your interests with us.</p>
<p>Transport:</p>	<p>CRCS has a fleet of vehicles including accessible vehicles that ensure you can remain connected to your community. We can transport you to appointments and community activities / groups. Carers of CHSP and HCP participants can accompany the person using transport services at no additional fee.</p>
<p>Home Maintenance:</p>	<p>CRCS provides garden maintenance services only. These essential activities include pruning, yard clearance and lawn mowing where there are issues for participant safety and access.</p> <p>Where other types of home maintenance are required, CRCS, can work with you to arrange these through other service providers.</p>
<p>Domestic Assistance:</p>	<p>CRCS can support you with many different chores within the home, where you are unable to do these independently yourself. We encourage participants, where they can, to work with the Care Worker in undertaking chores. We can support you with tasks such as:</p> <ul style="list-style-type: none"> • meal preparation • clothes washing and ironing • dishwashing • bill paying (unaccompanied) • House cleaning (vacuuming, sweeping, mopping, dusting) • washing of household linen • shopping (unaccompanied) <p>Please note we are unable to move or re-arrange heavy furniture or items that may put our employees at risk of injury or harm.</p>
<p>Personal Care:</p>	<p>CRCS can support you with:</p> <ul style="list-style-type: none"> • Eating • Toileting • Grooming • Bathing • Dressing • Getting and out of bed <p>We can also support you with self-administration of medication. This means we can prompt you to take your medicines and record if we see you take them or if you didn't take them. We cannot administer medications to you. You will need a nursing service for this. We can help you source nursing supports if needed.</p>



Contact our team today:
 (02) 6278 8101 | communitycare@crccs.com.au
Crcs.com.au



Capital Region
 Community
 Services