

Autumn/Winter 2025

Stay updated with CatholicCare Sydney's Home Care team! Learn about upcoming changes to Home Care Services in 2025, get tips for managing chronic illness in cold weather, learn how to protect yourself from cyber scams, and explore our Ageing Well program.



Message from our Home Care team:

At CatholicCare Sydney, our clients are always our top priority. We're here to support you every step of the way. As the Support at Home Program rolls out in November 2025, we'll keep you informed about what's coming and how it will enhance your care.

With these changes, you'll benefit from more flexibility, tailored support, and a streamlined

system, all designed to better meet your unique needs. We'll continue providing updates and guidance to ensure a smooth and seamless transition.

Your care and wellbeing are at the heart of everything we do, and we're excited to be by your side on this journey.



Refer
and be
Rewarded

Receive
\$300
WHEN YOU REFER A
FRIEND FOR A HOME CARE
PACKAGE*



*T&Cs apply

Your Care Your Way: Changes to Home Care Services 2025



What is the Support at Home Program?

The Support at Home Program has been designed by the Australian Government to support older Australians who need assistance to remain at home. This will replace the current Home Care Packages (HCP) and the Short-Term Restorative Care (STRC) Programme from 1st November 2025. The Commonwealth Home Support Programme (CHSP) will transition to Support at Home no earlier than 1 July 2027.

What Will This Mean for Existing Home Care Clients?

Current Home Care Package clients will have the 'no worse off' principle. From November 2025, clients will move to the new home program and maintain their level of funding plus any unspent funds. Your care needs will be reassessed under the new system to ensure appropriate support levels.

How to Prepare



Stay informed with news updates from the Home Care team. If you have any questions or need any further clarification, our Home Care Services team are always here to guide you.



Clients who are already receiving support should keep their care plans up to date to facilitate a smooth transition.

CatholicCare Sydney is committed to supporting our clients through these changes, ensuring clients understand and benefit from the new system.

If you have questions, please reach out to our team by calling 13 18 19. Together, we can ensure you continue to thrive at home.



**For more information,
scan the QR code.**



Managing Chronic Conditions in Cooler Weather

As autumn sets in and winter approaches, the cooler weather brings cosy evenings and warm drinks, but it can also present health challenges for some. For older Australians managing chronic conditions, the drop in temperature can require a little extra attention. Whether it's staying on top of respiratory health or maintaining heart health, a bit of added care can help ensure a comfortable and safe season ahead.

Here are some tips to breathe easier and keep your heart ticking strong this winter:

1. Protect Your Lungs from the Chill

Cold air can worsen respiratory conditions like asthma, COPD, or bronchitis. Here's how to safeguard your lungs:

- ✓ **Layer Up or Stay Indoors:** Keep a scarf or mask over your nose and mouth outdoors. It helps warm the air before you breathe it in. Limit outdoor activities when temperatures drop dramatically, or air quality worsens.
- ✓ **Humidify Your Home:** Winter air can be dry and harsh on the lungs. A humidifier helps maintain moisture in the air.

2. Keep Your Heart Happy

Your cardiovascular system works harder in the cold, so here's how to reduce strain:

- ✓ **Stay Active Indoors:** Try gentle exercises like yoga, stretching, or even walking in place to maintain circulation. *Our Seniors Social and Wellbeing classes run throughout the year and provide you with a safe environment to stay active!*
- ✓ **Watch the Warning Signs:** Seek medical advice if you experience unusual chest pain or shortness of breath.

3. Winter Medication Check

Managing chronic conditions often means keeping track of medications. Winter is the perfect time to review your regimen:

- ✓ **Stay on Schedule and Stock Up:** Set alarms or use pill organisers to ensure you never miss a dose. Talk to your Care Manager to help you set up a system. Remember to keep an adequate supply of medications at home.
- ✓ **Review with Your GP:** Ask your doctor about any adjustments for the winter months.

Winter safety tips:

Fire Safety Essentials in Winter

With the use of heating devices, fireplaces, and electric blankets, it's important to perfect fire safety at home. One of the easiest ways is to regularly check your fire alarm.



Visit the NSW Fire and Rescue online Winter Fire Safety Checklist and be fire-safe this winter.

Get Your Flu Shot

Protect yourself from seasonal illnesses by getting your annual flu vaccination. The flu can be a particularly dangerous risk for people with chronic conditions. Speak to your GP about your vaccinations to strengthen your immune system and reduce health risks. Speak with your GP or pharmacist about booking.

Seek Help If Needed

Our Home Care team is here to provide extra support, whether it's meal preparation, shopping, or medication reminders.



Protecting Older People: How to Avoid Falling for Cyber Scams

Online shopping has revolutionised the ways we shop. However, the convenience it provides opens the door to a range of cyber scams. While many people associate online fraud with the holiday shopping season, the reality is that this is a year-round threat. It's important to learn to identify these threats quickly to make sure you're able to avoid them and safeguard your finances and personal information.



The most common scams to watch out for:

1

Online shopping scams

Scammers can set up fake websites that mimic major retailers, offering deals that seem too good to be true (and often are). Once you make a purchase, they gain access to your money, leaving you empty-handed.

To avoid this, ALWAYS verify the website's URL (the web address) before purchasing and check reviews for new or unfamiliar retailers.

2

Delivery scams

Scammers send fake messages claiming you owe money for delivery, including a link requesting personal information and payment. This scam is common, so always be cautious of unexpected payment requests.

Never open links from unverified sources, and verify claims by contacting the delivery company through their official site.

3

Market-place scams

Platforms like Facebook Marketplace and Gumtree are hotspots for scams, especially the PayID scam. Scammers may claim they:

- Accidentally sent extra funds and asked for a refund, or

- Need additional temporary funds while your payment is 'on hold.'

To avoid these scams, prioritise cash payments, meet sellers in a safe location, and never send extra funds for unexpected reasons like 'transfer fees.'

Protecting Yourself with Cyber-Safe Practices

- 1 Keep your devices secure.
- 2 Use strong passwords and always enable two-factor authentication when possible.
- 3 Monitor your accounts, including regularly checking bank and card statements to make sure all transactions are authorised. Immediately contact your bank for anything that looks suspicious.

What to Do If You've Been Scammed



If you suspect you're a victim of a scam, it's important to act quickly (even if you aren't sure).

- Report it to your bank immediately to block payments or explore recovery options.
- Contact IDCARE (idcare.org), a cyber support service for Australia and New Zealand, for a free consultation.
- Report the scam to Cyberwatch (cyberwatch-australia.com.au).
- Beware of follow-up scams—1 in 3 victims are scammed more than once.

Get ready to have fun and exercise!

In collaboration with Collective Leisure, CatholicCare Sydney is offering Liverpool Seniors Wellbeing and Social Group, a FREE 9-week program designed for over-65s to socialise while enjoying the benefits of physical activity.

The group will run in 2025 and offer a range of activities from dance and art classes to yoga and technology.



To register or find out more, call Jennie on 02 8778 4222, or visit catholiccare.org/wellbeinggroup

Ageing Well: A Guide to Thriving in Later Life

Growing older brings new opportunities, insights, and experiences, but it also comes with challenges. CatholicCare Sydney is proud to offer a series of Ageing Well Masterclasses designed to help seniors live a fulfilling, healthy, and connected life. These sessions provide practical tools, valuable information, and a supportive community for navigating the ageing journey.

Here's a glimpse of what you can expect from the masterclasses:

Masterclass 1

Social Connection and Psychological Wellbeing

Loneliness and mental health challenges are common in later life, but they don't have to define it. This class delves into the importance of maintaining strong social connections and understanding mental health. Learn strategies to foster relationships and combat isolation while exploring tools to support psychological wellbeing.

Masterclass 2

Physical Wellbeing

Good health is the cornerstone of ageing well. In this session, we discuss how to maintain physical health through exercise, balanced nutrition, and regular health checks. Topics include preventing falls, managing memory loss, and supporting carers experiencing fatigue. Practical advice will empower you to take charge of your physical wellbeing.

Masterclass 3

Navigating Aged Care

Understanding aged care options can be overwhelming. This class breaks down pathways from Retirement Living to Home Care and Residential Care communities. It's an essential guide for those planning or seeking immediate support for themselves or loved ones.



Masterclass 4

Savings Finder

Did you know there are numerous NSW Government rebates and vouchers available for older Australians? This session helps you identify and access these savings, making day-to-day life more affordable.

Masterclass 5

Using the Internet Safely and Avoiding Financial Abuse

The digital world offers amazing opportunities for staying connected, informed, and entertained—but it also has risks. This class provides tips for embracing technology while staying safe online. Learn how to spot scams, protect personal information, and recognise signs of elder abuse.

Masterclass 6

Ageing Gracefully, Living Fruitfully

Discover the spiritual blessings of growing older. Rooted in Catholic spirituality, this session explores how to navigate the challenges of ageing with grace and deepen your faith for a more fulfilling life.

Masterclass 7

Sharing Circle

Sometimes the best wisdom comes from shared experiences. In this open and supportive environment, participants can connect, share stories, and learn from one another's journeys.



To learn more about Ageing Well Masterclasses and information on where you can attend the next masterclass session, visit ageing-well.org or scan the QR code.

At CatholicCare, our door has been open for over 80 years to help those dealing with relationships, parenting, ageing, disability, addiction, homelessness, or mental health concerns. With over 70 highly effective support programs, we help people to write the next chapter of their story.

GET IN TOUCH

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