

Spring 2025

Stay updated with CatholicCare Sydney's Home Care team with updates on Support at Home, Spring recipes and ideas, tips to get moving and more.



Message from our Home Care team:

The Government has recently announced a delay to the rollout of the new Support at Home program. We want to reassure you that there will be no changes to your current services, and everything will continue as usual.

At CatholicCare Sydney, we are determined to support you and your loved ones to live independently at home. Our services extend

beyond domestic care, offering a range of clinical services like Physiotherapy, Nursing, Occupational Therapy and more.

Our Home Care team is here to support you every step of the way, and we'll keep you informed as more details become available. If you have any questions, please don't hesitate to contact your Care Partner.



Make the Most of Life with Physiotherapy

From severe arthritis to full mobility and no pain. Read more about Sheena's experience treating Home Care clients as a physiotherapist.

What's New with Support at Home?



Support at Home Transition Delay

The Support at Home Program has been designed by the Australian Government to improve support provided to older Australians who are able and wanting to remain living at home independently. Although previously set to replace the Home Care Package (HCP) program from 1 July, the Australian Government has delayed this until **1 November 2025**.

This delay was implemented to allow providers added time to prepare for the level of care required to transition clients and their families into the new program. For clients, nothing has changed right now. You will continue to receive the same level of support, and we will keep you informed as we approach the new roll out date.

What does this mean for your Home Care Package?

If you are currently on a Home Care Package, the 'no worse off' principle will apply to you. From 1 November, you will be automatically transitioned to the new program, maintaining your current funding, plus any unspent funds. Following this transition, you will be reassessed to determine the appropriate funding for your care under Support at Home.

Message from the Executive Director of Home Care Geoff Aigner

At CatholicCare Sydney, we're prepared to support all clients and their loved ones with this new and exciting transition for Home Care services. As these Support at Home Program changes roll out, we understand they may take some getting used to. Our Home Care services team is ready to help you understand what these changes mean for you, answer your questions, and make sure your care continues without interruption.

If you have any questions as we approach the implementation of Support at Home, please reach out to the team by calling: **02 8778 4222**

Making the Most of Life with Physiotherapy



Recognising the need for physiotherapy can be challenging. Sheena, a physiotherapist with Integritas (CatholicCare Sydney's Allied Health arm), shares what the process is like to help clients beginning their journey.

1 How can physiotherapy support older Australians in staying independent, active and confident to live independently at home?

Physiotherapy plays an important role in helping older Australians remain safe and confident in their own homes. Many older individuals face changes such as decreased strength, balance issues, chronic pain, chronic illness, and a general fear of falling, which can limit their independence.

Physiotherapists begin by identifying the specific factors affecting a person's ability to live independently, such as mobility limitations, muscle weakness, joint stiffness, or poor balance.

From there, we provide education to help clients understand their bodies, the aging process, and how physiotherapy can support them. Education empowers clients to take charge of their health and make informed decisions.

We then implement a targeted exercise program focused on improving strength, balance, flexibility, and mobility. These exercises are tailored to the individual's goals and needs, with the aim of both improving function and maintaining it long-term.

Importantly, we encourage clients to build an ongoing exercise habit, which supports not only physical health but also mental wellbeing and confidence in daily life.

2 What are some of the common issues or concerns you help older clients manage through physiotherapy?

Older adults often face a range of concerns that physiotherapy can help address, including:

- Reduced motivation or fear of exercise
- Fatigue or low energy levels
- Chronic pain, especially from conditions like arthritis
- Reduced balance or fear of falling
- Stiff joints and muscle weakness that limit mobility
- Muscle weakness
- Fear of injury or past negative experiences with exercise or movement
- Social isolation, which can affect mental health and engagement in physical activity

Through education, encouragement, and tailored support, physiotherapy helps older adults overcome these barriers, empowering them to regain independence, improve physical function, and build confidence in their daily lives.

3 Can you share a success story or memorable moment where physiotherapy made a real difference in someone's life?

One memorable case involved a client referred for physiotherapy due to severe arthritis, which had significantly impacted her mobility and ability to perform daily tasks. She experienced persistent pain and was struggling with even simple activities, such as buttoning up her clothes or walking short distances.

Over the course of three months with 12 physiotherapy sessions, we worked together on pain management strategies, tailored exercises, and education around how regular movement and strengthening could support her joints and overall health.

She was highly engaged and began doing exercises in her own time. At her review assessment, she reported no pain, showed significant improvement in her mobility tests, and most importantly, regained her independence. She was once again able to walk to the shops on her own—something that brought her joy and freedom. It was a very proud and emotional moment for both of us.

4 What advice would you give to older adults who are unsure about starting physiotherapy or think they're 'too old' to benefit?

Physiotherapy isn't about turning back time, it's about preserving your independence, preventing further decline, and helping you enjoy your life to the fullest. Even small gains in strength, flexibility, or balance can make a big difference in your daily comfort and confidence.

The Integritas Allied Health team offer an empathetic and gentle approach to physiotherapy.

Our experienced team can help support you and your loved ones to achieve the mobility and function necessary to allow you to maintain your independence at home.

Feel better, move better!

Book your consultation or follow up with a physiotherapist today by calling 13 18 19.



Spring Wellness: Simple Ways to Embrace the Season

The spring season brings about many reasons for excitement, with longer days and warm weather. For many, this welcome change brings along a sense of renewal and vitality, making it the perfect opportunity to get back outdoors, engage in fulfilling activities, and pick up some new tips to support prioritising health and wellbeing.

Below are some simple ways to make the most of the warm season.

Get Moving and Feel Better

Gentle and moderate exercise is a great way to enjoy the spring sun and support your health. There are many to choose from, including yoga and Tai Chi. Both these exercises will help develop your balance, flexibility and mental clarity.

Don't know where to start? Here are some tips to help you out:

- Join local classes: look into what is happening in your local council.
- Online resources: Online videos are a great way to get started and work at your own pace.
- Maintain consistency: Starting out won't always be easy, but remaining consistent will allow you to make the most of the benefits. Aim to get outside and move at least three times a week.

Making the Most of Seasonal Produce

Eating well should always be a priority, with a focus on nutrient dense foods to support health and wellbeing. Refreshing your diet during the spring can be a great way to incorporate new and exciting meals, whilst balancing nutrition, variety and maintaining a lower cost.



Spring Shopping List

Vegetables

- Beans
- Broccoli
- Sweet potato
- Corn
- Cauliflower

Fruits

- Mango
- papaya
- Honeydew melon
- Watermelon
- Pineapple

Spring Renewal

The spring season is all about renewal. This isn't just for nature, but your mind and body. There are many ways to make the most of the season, from a morning stretch out in nature, or fuelling your body with the nutrients the seasons fresh produce offers. Enjoy the fresh air and warm sun and embrace the spring!

References:

National Council on Aging. (2025, May 19). Cooking is a SNAP: Refresh your diet with healthy spring recipes. <https://www.ncoa.org/article/cooking-is-a-snap-refresh-your-diet-with-healthy-spring-recipes/>

Green Therapy: How Gardening Boosts Body and Mind

Did you know the secret to living a healthy life, both mentally and physically, is gardening?

Spring is the perfect time to get out and explore the many benefits of gardening. From giving yourself from the indoors and out in the fresh air, to enjoying an abundance of seasonal produce, gardening offers many benefits to explore:

1. Increasing exercise

Getting yourself out of the house and gardening for only thirty minutes every day will contribute to your recommended weekly moderate exercise of four hours. It also helps support your balance and mobility, improving your day-to-day life.

If you feel like this is too difficult to start out, use some modification to help your body ease into it. You can try:

- Using a small stool to help with planting to alleviate back pain
- Starting with smaller pots to make movement easier
- Trying out raised garden beds to limit time spent on your knees

2. A natural stress reliever

Any form of exercise is a great way to reduce anxiety or stress levels. Being out in nature is a bonus as its great for both your physical and mental health. Gardening allows you to find a sense of gratification in the process of planting, tending to, and harvesting your own food.

With exposure to nature through gardening, your mental wellbeing can be enhanced through emotional regulation. This can help reduce stress levels and provide relaxation and restoration.

3. A vitamin D boost

The 'sunshine vitamin' offers numerous health benefits, from strengthening calcium absorption, to supporting your immune system. About 90% of your body's vitamin D is made up of direct sunlight exposure. It's also important to remember moderation and balance to avoid burning your skin.



At CatholicCare Sydney, we're here to help you make the most of your garden in this warm season. We want to help you overcome any challenges, from setting up modification tools to provide you extra support, to working with our amazing gardening services team to help get your garden in the best shape.

Speak to your Care Partner today to learn more!

References:

Scott, T. L., Masser, B. M., & Pachana, N. A. (2020). Positive aging benefits of home and community gardening activities. SAGE Open Medicine, 8. <https://doi.org/10.1177/2050312120901732>

HealthyWA. (n.d.). Vitamin D. Retrieved August 14, 2025, from https://www.healthywa.wa.gov.au/Articles/U_Z/Vitamin-D



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and be
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**WHEN YOU REFER A
FRIEND FOR A HOME CARE
PACKAGE***



*T&Cs apply

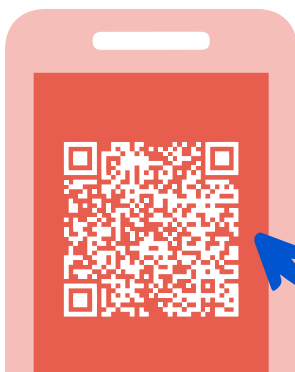
Sudoku Puzzles

Give your brain a gentle workout!

Fill every row, column, and 3x3 box with the numbers 1 to 9 (no repeats!)

	4			2		8	6	5
7			6					
1					4	7		2
	1	8	7	4				
		5	2		9	6		
				8	6	1	5	
9		1	5					6
			8		2			7
8	7	3		6			2	

7	4			3			1	
	1	9		6	8	5		2
				4	3			
	5	6	3	7				1
		1	8				9	5
	9			2		6		
1		3	4		7	2		
5			2					8
	8				1	4	7	



Feedback and Complaints

At CatholicCare Sydney, we want to make sure you are happy with the service we provide. Your feedback helps us to improve the way we do things.

Scan the QR code to provide feedback or complaints about your service and a member of our friendly team will reach out to you.

At CatholicCare Sydney, 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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