

Summer 2025

Stay updated with CatholicCare Sydney's Home Care team with the launch of Support at Home, the importance of physiotherapy, keeping cool this summer, and more.



Message from our Home Care team:

With the Support at Home program launched as of 1 November, CatholicCare Sydney is here to support new and existing clients, friends and family. Our services have been updated in-line with Support at Home requirements, intended to ensure the care and attention you receive is at the highest quality.

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



Aged Care Volunteer Visitors Scheme (ACVVS)

ACVVS is here to support you on your Home Care journey. Learn more about the ACVVS program and how it can benefit you on page 5.

Launch of Support at Home



As of 1 November, all clients receiving a Home Care Package have been transferred to the new Support at Home Program.

The new Support at Home Program will include:

- ✓ Eight support levels, including funding up to \$78,000 annually
- ✓ A clearer service list
- ✓ Price caps on services (set by your provider)
- ✓ 10% capped care management fee, ensuring you receive trusted and quality attention and care

Support at Home Transition

For clients who were recipients of the Home Care Package before 1 November, the transition process will depend on when your approval date is:

If you were approved BEFORE 12 September 2024:

You will be transitioned to the new Support at Home program with your existing package conditions. This means you will not need to pay more out of pocket, as outlined by the 'no-worse-off guarantee'. Your Home Care Package funds will remain, with carryover funds (after 1 November) capped at either 10% or \$1,000, depending on which is greater.

If you were approved AFTER 12 September 2024:

Your financial contribution will be assessed under the new Support at Home funding model. Services Australia will notify clients if any co-contributions need to be made (dependent on individual financial circumstances).

Message from the Executive Director of Home Care, Geoff Aigner

At CatholicCare Sydney, we've rolled out the new Support at Home program as part of the new Aged Care Act, from 1 November. The Home Care team understands that this will require an adjustment period as clients and families begin to understand the changes to their care. Please don't hesitate to contact our team or your Care Partner for further support.

Your Care Partner is here to support you in finding the required information to understand what these changes mean for you. Additionally, you can visit the link below or scan the QR code to learn more about the program.



Staying Strong: When Older Adults Should See a Physiotherapist

As you age, physiotherapy can become one of the most effective methods to keep healthy and moving. A physiotherapist is like a mechanic for your body; just like you wouldn't drive a car without it being serviced, you shouldn't ignore regular check-ups (whether you have a preexisting condition or not!)

It's proven that a regular physiotherapy appointment for older Australians is one of the most beneficial ways to manage chronic conditions, prevent injuries and pain, and maintain health and balance with age. The Australian Physiotherapy Association has credited regular physiotherapy appointments for lessening falls-related injuries (one of the leading hospitalisation causes for older Australians).

Preventative measures with physiotherapy are an effective way to keep you comfortable and active as you age. With bones and muscles getting weaker as you age, you must remain attentive and mindful of your body's changes to continue to actively support it, maintaining your balance and health.



A tip from a physiotherapist

Be conscious of how you move during daily activities. Use proper techniques to lift, bend, and reach to prevent injuries. This applies to posture and how long you are stuck sitting too.

What can physiotherapy do for you as you age?

Mobility for independence

Physiotherapy works by supporting strength, flexibility and balance, helping you maintain ease with movement and allowing you to continue to perform daily activities independently. It’s important to address mobility before it becomes a problem, allowing you to enjoy life without pain and discomfort.

Chronic pain management

According to the Australian Institute of Health and Welfare, one in five Australians over 45 are living with chronic pain. Physiotherapy is one of the most impactful ways to manage this. By working across various areas, physiotherapists can offer a range of solutions to help you reduce pain and maintain function. Treatments can include therapeutic exercises, manual therapy and education to help you self-manage pain.

Rehabilitating existing injuries

If you’ve recently experienced an injury that has hindered your ability to perform your daily tasks, physiotherapists can help you rehabilitate and regain strength and mobility. By developing personalised rehabilitation programs, you can work towards a recovery and independence.

Preventing falls and other common injuries

With falls being one of the most common, yet preventable, injury for older Australians, (accounting for 77% of hospitalisations in this aged group) it is important to assess your balance, strength and mobility to develop personalised programs to improve stability and lessen the risk of an accident. Your physiotherapist can develop exercise plans that can help you work on maintaining high levels of stability and function.

“Our Physiotherapists may support your recovery from illness or surgery, manage pain, prevent falls and assist with conditions such as arthritis or chronic disease. By taking part in physiotherapy, you can enhance your confidence in everyday activities, maintain social connections, and enjoy a better quality of life. Investing in your physical wellbeing today can help you continue doing the things you love for longer.”

Veronica Loughman
Director of Clinical Quality



Call your Care Partner today to arrange a physiotherapy appointment.

References:

Australian Physiotherapy Association. (2025, April). Position statement on falls prevention.
Australian Institute of Health and Welfare. (2020, May 7). Chronic pain in Australia.
Australian Institute of Health and Welfare. (2022, April 7). Falls in older Australians 2019–20: hospitalisations and deaths among people aged 65 and over.

Staying Connected:
Combating
Loneliness at
Home



For many people living at home, staying socially connected is an important way to maintain a healthy lifestyle. Home Care services offer a great way to prioritise your independence and continue living life as you intend; however, it can also risk social isolation.

The good news is that there are numerous ways to stay connected with your community and bring some excitement to your everyday life. It can be as simple as:



Calling a friend or a family member for a chat



Joining any clubs or groups through your local council



Stopping for a chat with your neighbours on a walk

These methods are simple ways to bring some joy to your day-to-day life, and the lives of those around you.

Looking for more?

At CatholicCare Sydney, we can support you to thrive while living at home independently.

As a registered Aged Care Volunteer Visitors Scheme (ACVVS) provider, we have friendly people living near you with diverse interests, linguistic and cultural backgrounds who are ready to have a chat.

There are many ways to spend time together with your volunteer, including:

- ✔ Sharing hobbies
- ✔ Taking a walk together
- ✔ Enjoying a cup of tea and a chat



Interested in learning more?

Reach out to your Care Partner or call **02 8778 4222** today to get you connected with the ACVVS team.



Keeping Cool and Moving

As our body ages and changes, it's important to keep active for its numerous health and mental benefits. This summer, you can put your health first and try out new, easy, and low-impact exercises that can help you become the best version of yourself.

The summer can be a great time to get started or get back into it, with longer days and warm evenings. It's also important to ensure you're putting summer safety first. With your body temperature taking longer to adjust with age, you need to ensure you aren't spending too much time outside and risking overheating.

Here are some ways to keep safe and make the most of the summer sun:

Prioritise hydration

Hydration is crucial for staying cool and safe throughout the summer. With the effects of the heat, some medications can also increase the risk of dehydration. Beat this by increasing your water intake, and prioritising fruits and vegetables with a high-water content; summer produce like watermelon and cucumber are perfect for this!



For older adults, it can be difficult getting started if it's something new, or you're getting back into it after a break or injury. Scan this QR code to read the Australian guidelines for physical activity:



Enjoy morning and evening walks

Beat the heat with early morning walks or make the most of the longer days with an evening walk. Walking is a great, low-impact activity with many benefits for you as you age, like:

- ✓ Lowering the risk of heart disease, colon cancer, diabetes, and strokes
- ✓ Strengthening your bones
- ✓ Preventing osteoporosis/osteoarthritis

Aim for a minimum of 30 minutes of walking every day to maximise its benefits.

Cool off with swimming

Swimming is a great way to remain outside and cool, offering a full-body workout that can help improve your flexibility, strength and cardiovascular health. Your local community centre/gym will typically provide accessible and affordable options for pool access throughout the year.



Programs to help you get active

The **Seniors Wellbeing and Social Group** is a great way to get active for a healthy mind and body. Join us for weekly facilitator-led classes, including dance, art, movement, and games.

Get ready to have fun and exercise!

CatholicCare Sydney is offering Liverpool Seniors Wellbeing and Social Group. This is a **FREE** program designed for over-65s to socialise while enjoying the benefits of physical activity.

This program will run for the remainder of 2025 and recommence in January 2026.



To register or find out more, call Julia on 0438 157 395, or visit the QR code.



Receive
\$300

WHEN YOU REFER A
FRIEND FOR A HOME CARE
PACKAGE*

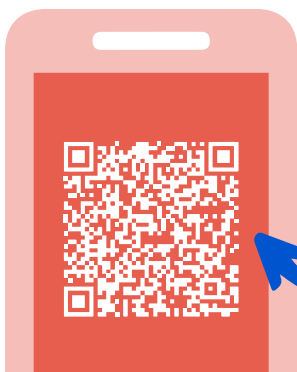


*T&Cs apply

Sudoku Puzzles

6	5	9		1		2	8	
1				5			3	
2			8				1	
			1	3	5		7	
8			9					2
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	6			7	2			1
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		6			7		1	
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9		7		8	4			
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Feedback and Complaints

At CatholicCare Sydney, we work hard 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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