

## COMMONWEALTH HOME SUPPORT PROGRAM (CHSP)

Offers basic support and care services to frail older people to assist them to be more independent at home and enhance their quality of life. We have a wellness and reablement focus to support people in continuing to live in their own homes.

Services include:

- Flexible respite (in-home or centre-based respite),
- Domestic assistance,
- Social support (in-home, individual, social groups or outings),
- Meal preparation,
- Personal care,
- Nursing,
- Allied Health Services:
  - Podiatry, Physiotherapy, Social work, Occupational therapy, Exercise Physiology, Speech Pathology, Dietician or Nutritionist, Hydrotherapy.

These services are accessible by persons who have been assessed as eligible by My Aged Care. We can assist with this process.

When selecting a provider for CHSP services, consider the following benefits when choosing Co.As.It.:

- A Care Services Coordinator who will look after you and is the first point of contact for all requests, questions and concerns,
- Regular home visits and provide stable rosters,
- Qualified staff (Cert. III / IV in Aged Care or Disability Care) for all CHSP services (exception: domestic service),
- Short waiting times between onboarding and the commencement of CHSP services,
- A 'Wellness & Reablement' approach to support you in maintaining or improving your physical and mental health.

Our care services coordinators and care staff are able to cater to the needs of CALD (Culturally and Linguistically Diverse) members of our community. All CHSP services are accessible through an assessment organised by My Aged Care.

Tel: 1800 200 422 or [myagedcare.gov.au](http://myagedcare.gov.au).  
**Co.As.It. can assist with this process.**

### SOCIAL GROUP ACTIVITY CENTRE

Our centre offers carers a much needed break as well as providing the client with a wide range of social/recreational activities e.g. gentle exercise, song and dance, outings, playing cards and bingo. Transport and freshly prepared morning tea and lunch are included. Other social activities include picnics, visits to various local attractions and special events.

### CENTRE BASED RESPITE

Providing quality care in a safe and stimulating environment. Activities are organised that suit the individual's hobbies and interest.

### CO.AS.IT. COMMUNITY SERVICES LTD

34 Thomas Drive, Chevron Island, QLD 4217 ☎ 07 5617 9500

PO Box 106 Chevron Island, QLD 4217 📠 07 5617 9557

✉ [mailgc@coasit.asn.au](mailto:mailgc@coasit.asn.au)

🌐 [coasit.asn.au](http://coasit.asn.au)

ABN: 32 068 267 816

ACN: 627 389 931



## SUPPORTING YOU TO LIVE INDEPENDENTLY

(South Coast region)





Our home care packages will give you the confidence and support to remain living in your home, taking into account what matters to you and the goals you wish to achieve.

- Affordable, timely, flexible services built on your needs and preferences.
- Open, honest communication with our care staff and coordinators.
- Valuing and understanding of cultural diversity.
- Transparency and consistency in all that we do.

## OUR PROGRAMS

Co.As.It. offers services to the general community as well as people of CALD (Culturally and Linguistically Diverse) backgrounds in the South Coast area. Services are provided through the following programs:

- Home Care Packages Program (HCP) Level 1, 2, 3 and 4 funded by the Federal Department of Health and Aged Care,
- Commonwealth Home Support Program (CHSP) funded by the Federal Department of Health and Aged Care,
- National Disability Insurance Scheme (NDIS) funded by the Commonwealth and participating states and territories.

## NDIS

Supporting you to put your NDIS plan into action and have the choice and control to live the life you want. We provide a range of supports aimed at increasing your independence, inclusion and social participation.

Our NDIS Coordinator will be able to align support services to your individual plan.

## HOME CARE PACKAGES (HCP)

Services are tailored to assist clients on level 1, 2, 3 or 4 packages in continuing to live at home independently. They are affordable, timely and respond to clients' needs.

Clinical, allied health and wellness and lifestyle choices are part of the services provided under the HCP program. You will have unlimited access to your dedicated coordinator who will manage your care choices.

We strongly believe in maintaining great relationships between care staff and the client. We will be supportive, responsive, adaptive and innovative to suit your choice of care and lifestyle.



Co.As.It. is a charitable organization that has provided aged and community care services since 1978. It caters to the needs of CALD (Culturally and Linguistically Diverse) people and the general community.

## SERVICES AVAILABLE AS PART OF YOUR HOME CARE PACKAGE (BUT NOT LIMITED TO)

### CLINICAL CARE

- Nursing,
- Allied health eg. occupational therapy, physiotherapy, podiatry, social work, hydrotherapy, dietetics.

### PERSONAL CARE

- Bathing, showering,
- Dressing,
- Mobility,
- Meal preparation, nutrition and eating,
- Fitting sensory communication aids, equipment,
- Continence management.

### SUPPORT SERVICES

- Help with laundry,
- Basic housework,
- Home cooked meals,
- Grocery shopping,
- Gardening, basic home maintenance,
- Home modifications & equipment (related to care needs),
- Transport to help you to do shopping, visit your doctor or attend social activities of your choice.

### WELLNESS AND LIFESTYLE

- Social outings,
- Weekly social groups,
- Remedial massage.