

## OTHER SERVICES

### Respite Care:

Respite Care is short term care, which enables the carers to rest, attend to other responsibilities (eg. shopping), or to have a holiday. It is usually planned in advance, but may be arranged in an emergency (eg. If the carer is unwell).

### Palliative Care:

Palliative Care includes specialist health care and practical support for people living with a terminal illness. It involves early identification, impeccable assessment and treatment of pain and suffering. Palliative care can be provided from initial diagnosis to death and bereavement.

Improved access to palliative care services is essential to enable people living with a terminal illness and their families to make the most of each day and to experience comfort and support at the end of life, wherever possible in the place of their choosing.

## AUSTRALIAN VIETNAMESE WOMEN'S ASSOCIATION INC.

For further information, please contact us:

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[www.avwa.org.au](http://www.avwa.org.au)

The Australian Vietnamese Women's Association Inc. is currently providing culturally and linguistically appropriate PAGs in the North-Western region and HCPs in ALL regions.



BETTER LINKS,  
BETTER LIFE  
FOR OLDER  
VIETNAMESE  
AUSTRALIANS

  
Australian Vietnamese Women's Association Inc.  
HỘI PHỤ NỮ VIỆT ÚC

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There are many types of aged care services, but finding out what options are available to you and your family member is challenging.

This information provides an overview of aged care services, along with some useful contact numbers.



1

## PLANNED ACTIVITY GROUPS (PAGS)

To provide frail, aged people and people with a disability and their carers with opportunities for social support and engagement. These program activities will focus on clients' needs and community aspirations. The needs and aspirations may be physical, emotional, intellectual, recreational, cultural, linguistic and spiritual.

2

## HOME CARE PACKAGE PROGRAM (HCP)

The aims of the Home Care Packages (HCP) Program are:

- To assist senior people to remain living at home for as long as possible
- To enable them to have choice and flexibility in the way that culturally and linguistically appropriate care and support is provided at home.

These Services are planned and coordinated by an approved aged care service provider. Eligibility for this program is determined by an Aged Care Assessment Team.

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## RESIDENTIAL CARE

As an older person's level of frailty increases, it may no longer be an option for the person to continue living in their own home and Residential Care may need to be considered.

There are two types of Residential Care:

- Low – level care
- High – level care.

Both levels of care provide a range of specified services, including:

- Accommodation
- Basic furnishings
- Laundry, cleaning, meals and refreshments
- Personal care (assistance with bathing, dressing and eating)
- Occasional nursing
- Social activities.

High-level care is designed for people who are very frail and no longer independent requiring 24 hour assistance and on-going nursing care.

Eligibility for this program is determined by an Aged Care Assessment Team.

