

**Helping you  
stay at home  
so you can live  
life the way  
you choose.**



## About Uniting

Uniting has stood with local communities in Victoria and Tasmania for more than 100 years, delivering services to people of all ages.

As an organisation, we celebrate our diversity and welcome all people regardless of ethnicity, faith, age, disability, culture, language, gender identity or sexual orientation.

We acknowledge Aboriginal and Torres Strait Islanders as Australia's First Peoples and as the Traditional Owners and custodians of the land on which we work. We welcome lesbian, gay, bisexual, transgender, intersex and queer (LGBTIQ+) people. We pledge to provide inclusive and non-discriminatory services.

### Learn more

[unitingvictas.org.au](http://unitingvictas.org.au)

### Get in touch

Metro Melbourne – 1300 277 478

Goulburn North East – 03 5723 8000

Grampians (Ballarat and Ararat) – 03 5335 3507

Tasmania – 03 6244 1144



If you need an interpreter, one can be arranged through the Translating and Interpreting Service. Go to [tisonational.gov.au](http://tisonational.gov.au) or call **13 14 50**.

Supported by the Australian Government Department of Health. Although funding for this program has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government

**Uniting (Victoria Tasmania) Limited**  
ABN: 81 098 317 125

# Maintaining your lifestyle at home.

**Commonwealth Home  
Support Program**



**Uniting**

## What is the Commonwealth Home Support Program?

The Commonwealth Home Support Program (CHSP) is a government-funded program that supports you to remain living independently in your own home.

Uniting is an approved provider of the CHSP.

## What support services do we offer?

Uniting Aged and Carer Services play an active role in empowering older people to live enriching lives, while supporting carers to take a break from their caring roles and enjoy the other things in their lives which are important.

There are two types of support:

### Community and home support

Entry-level support to help you live independently at home and in the community. Services include:

- Allied health and therapy services
- Domestic assistance – household jobs like cleaning, clothing washing
- Home maintenance – minor repairs like changing light bulbs or replacing tap washers
- Meals and other food services
- Personal care – help with bathing or showering, dressing, hair care
- Social support – social activities (as groups and individuals)
- Specialised support services e.g. dementia, vision, hearing etc.
- Transport – help to get out and about for shopping and appointments



- Quick Response Service – in-home support after a ‘trigger event’ such as flu or a fall
- Homeshare – help and companionship in return for affordable accommodation.

The range of services offered varies by region so check with the local contacts at Uniting to find out what is available in your local area.

### Care relationships and carer support

We provide quality respite care so your carer can take a break. Services include:

- Flexible respite – in-home day/overnight or in the community
- Cottage respite – overnight/weekend stays in a safe, home-like environment
- Support for Carers Program – provides respite, counselling and support, transport and wellbeing.

## Am I eligible?

A home support assessment conducted by the My Aged Care Regional Assessment Services (RAS) is required to access Government support at home.

You must be aged 65 years or over (or 50 years or older if you are Aboriginal or a Torres Strait Islander) and in need of low-level assistance to remain living independently within your home.

Once you have undertaken the first assessment to establish whether you are eligible, the RAS will determine your care needs and provide access to CHSP services.

Note: Some CHSP programs may not be available to people on a Home Care Package. Please contact Uniting to check what is available to support you.

## What will it cost?

Home support is subsidised by the Government and supplemented by a small contribution from you.

### What is My Aged Care?

My Aged Care is the entry point for aged care services in Australia. The My Aged Care website has been established by the Australian Government to help you understand and access the aged care system.

Visit [myagedcare.gov.au](https://myagedcare.gov.au) or call **1800 200 422** for more information.