

INFORMATION SHEET 5 ALTERNATIVE RESOURCES OUTSIDE MY AGED CARE

In some remote areas of South Australia, it can be difficult to access in home support. Consider alternatives to funded support to assist you living independently for longer.

Transport options

- Do your shopping with a friend or neighbour
- Ask your neighbour to take you to an appointment and offer to pay for fuel
- Is there a community bus that can take you into the nearest major town?
- Do you have a service club in your town who have volunteers who could assist you with your needs on an occasional basis?

Maintaining your garden and home

- Is there a community group that could help with this activity?
- Do you have a younger neighbour looking for some pocket money who could do some gardening or lawn mowing?
- Seek a local home maintenance contractor who can do a garden tidy. Ask if they have concession rates.
- Consider an artificial lawn.
- If your vacuum cleaner is too heavy to use, consider purchasing a stick vacuum which is lighter to use.
- Some local councils have a list of approved providers for privately paid services – those that have been screened for police checks reliability and safety etc...

Wellbeing

- If you have concerns about your wellbeing see if there is a country hospital at a larger regional centre where you can access a social worker to discuss your concerns.
- Are you a Carer? You may be able to access short term services to support you in your caring role.

If you have internet access there are some online resources that can assist you:

- Falls Prevention in SA have a website **www.fallsa.com.au**.
- My Aged Care website **www.myagedcare.gov.au** and click on 'Help at Home'.

For other helpful websites along with free, independent information, contact:

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Freecall 1800 182 324.

Notes:

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