

Maximising Your Independence during COVID-19

Thousands of South Australians receive aged care services through the Commonwealth Home Support Programme (CHSP). Services can include domestic assistance (such as house cleaning and linen services), transport, meals, personal care, home maintenance and modifications, social support, nursing, and allied health and therapy services. Most of these are essential aged care services so should continue through the COVID-19 pandemic, however group activities may have been cancelled or postponed during the pandemic due to social distancing requirements. As these restrictions are eased in South Australia and social support services are reopened, providers must follow SA guidelines including physical distancing and infection control. You can contact your CHSP provider of social support activities to discuss when you can receive these services again.

Find out more by reading this Department of Health factsheet

<https://www.health.gov.au/resources/publications/covid-19-and-the-commonwealth-home-support-programme-information-for-clients-families-and-carers>

To find out more about the CHSP services available, contact My Aged Care on 1800 200 422 (free call). For support for yourself or a loved one during the COVID-19 pandemic, you can call the Older Persons COVID-19 Support Line on 1800 171 866 Monday to Friday (except public holidays) 8:30am to 6pm.