



NEWSLETTER

The latest aged care news. Feedback welcome: hello@hendercare.com.au or 1300 764 433.

NEW Understanding Support at Home

With the Support at Home program being introduced in July this year, we will continue to provide updates as we receive information. As a reminder, if you currently have a Home Care Package, you will transition to the Support at Home program on 1 July 2025, with unspent funds carrying over. The “no worse off” principle also applies to your out-of-pocket contribution arrangements, if, as of 12 September 2024, you were receiving a package, on the National Priority System, or assessed as eligible for a package.

To help ensure you remain up to date with information about the program changes, we have created a webpage - *Understanding Support at Home* - that we will regularly update with information about the program as it becomes available. Scan the QR code to access the page or access by visiting www.hendercare.com.au.



Making the Most of Your Home Care Package Budget

We want to ensure you are making the most of your Home Care Package. Reviewing your budget regularly helps you maximise the services available to you, whether it's personal care, domestic assistance, allied health, or social support.

If you have any questions about your funding or would like to tailor your care plan, our team is here to help you navigate and optimise your package.



Free Shingles Vaccination

As your care provider, we want to remind you that people aged 65 and over are now eligible for a free shingles vaccination under the National Immunisation Program. Shingles can be painful and lead to long-term complications, but the vaccine offers significant protection. If you haven't received your shingles vaccine yet, we encourage you to speak with your GP or pharmacist about how to access it. Staying up to date with vaccinations is an essential part of maintaining your health.



Protect Yourself This Flu Season

As we head into winter, flu season is just around the corner. The flu can be more serious for older adults, so it's a great time to talk to your GP about getting your free annual flu vaccination, available through the National Immunisation Program. Your Home Care Package can also support you with transport to your medical appointments, or help with collecting medications and essentials. Speak to our team if you'd like help arranging support.

Go Paperless – Get Your Statements via Email!

Help us reduce paper waste and get your statements, updates, and important information instantly by switching to email! Going digital means faster delivery, less clutter, and a better planet. It's quick, convenient, and secure.



Update your email and enjoy the benefits of instant communication! Send an email to mail@hendercare.com.au or call us on 1300 764 433 to provide us with your email address.



Staying Social and Active as it Cools

At HenderCare, we understand the importance of staying connected and active, especially during the cooler months. We encourage you to participate in local community groups, try an at-home exercise program (with the advice of your GP or allied health professional), or schedule regular social visits with family and friends. If you need assistance with transport or accessing activities, let us know. Our goal is to support your well-being and ensure you continue enjoying a fulfilling and active lifestyle.



Meet Mel

Meet Mel, a member of our wonderful Home Care team in Adelaide.

“I’ve been working in aged care since the age of 16. I was a personal carer first. What I love about my job is the clients. Working with them and their families and providing care for them to be able to live in their home independently.”

People like Mel are here to support you in making the most of your package and we value their contribution immensely. Thank you, Mel!