



ANHf Newsletter

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Australian Nursing Home Foundation Awarded 109 Home Care Packages

Australian Nursing Home Foundation (ANHf) has received funding from the Australian Government Department of Social Services (formerly known as the Department of Health and Ageing) for an extra 109 consumer-directed home care packages. ANHF will now provide the highest number of home care packages to the Chinese communities not only in NSW, but nationally. The funding results can be described as unprecedented, reflecting the importance the Government place in ensuring the welfare for the elderly Chinese in Australia. This is also an acknowledgement of ANHF's efforts and contribution to the Chinese community over the past 30 years.

The Australian Government is reforming the aged care service system nationally. The 'Living Longer Living Better' documents outlines the national plan to assist other people remain in their own homes for as long as possible and avoid premature admission to residential care.

Over the next 5 years, the government planned to spend an additional sum of \$800 million on the home care services thus increasing the existing quota to 100,000 community packages.

From August 2013, home care packages will be divided into 4 categories to replace the current 2-tier system. The Aged Care Assessment Team (ACAT) will assess the care level based on the needs of the elderly. The four categories are:

Level 1—Assist the elderly basic care needs.

Level 2—Low level of assistance to the elderly care needs similar to the current low level of care (CACP)

Level 3—Moderate level of assistance to provide for the elderly's care needs.

Level 4—High degree of care required to assist the elderly similar to the current high level of nursing services (EACH).

The new service will be implemented through the 'Consumer Directed Plan'. This approach will give more autonomy to the elderly and their carers in choosing the service types, service providers and service times. With the increase in home care funding from the Australian Government, ANHF will

also be able to widen the distribution and scope of services. The extra packages will enable North Sydney to receive a quota of 42 packages; Sydney South East 40 packages; and Sydney's inner west 27 packages. This, together with the original quota of 91 packages will make a total of 200 home care packages under ANHF's care. This will enable the elderly Chinese to apply for ANHF's home care services, irrespective of their location.

Home care services include:

- Housekeeping: assisting in simple cleaning tasks such as vacuuming, washing floors.
- Personal Care: including showering and grooming.
- Meal preparation for the elderly such as: breakfast, lunch and dinner, and grocery shopping.
- Assisting in giving medication under strict conditions and where necessary, care workers will remind the elderly to take their medications.

The aim of the ANHF home care service is to provide the most appropriate service for the Chinese elderly to enable them to live securely and happily in their own homes for as long as possible.

If you would like to enquire about, or apply for ANHF home care services, please call (02) 9784 0868 or visit www.anhf.org.au. Application forms can be downloaded from our website.



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ANHf Board

Living Longer Living Better

Community Services News

By Melissa Loustau—Home Care Manager

This is an exciting time for ANHF's Home Care Services. The Living Longer Living Better Aged Care Reform Package was announced on 20 April 2012. It involves a comprehensive 10-year plan to reshape aged care and build a better, fairer and more nationally consistent aged care system.

As part of the Living Longer Living Better Aged Care Reform in July this year, ANHF was awarded 109 Home Care Packages. It is highly significant for ANHF as we are the only Chinese organization in Australia to be awarded with such a high number of new home care packages. This means, we are able to service and benefit a wider Chinese and Vietnamese community.

There are changes to the current Community Care packages. They are now called Home Care Packages Level 1, 2 3, & 4. These packages are offered based on the Consumer Directed Care (CDC) principle to better care for the needs of the older person. Consumer Directed Care focuses on wellness and reablement, consumer choice and control, transparency and participation.

It is envisaged that all existing packages, CACP's, EACH and EACHD will be converted to CDC Home Care Packages by July 2015 at the latest.

In response and preparation for the additional 109 packages, the Home Care team have undertaken important measures to successfully implement these consumer directed care packages.

- A viable financial model has been built – budget and resources allocation
- New computer systems will provide efficiency and IT support for daily operations
- Front line staff are undergoing important training to better serve and respond to the various levels of care needs.
- New staff have been recruited to strengthen the team, including Esther Chan, Carol Guan and Louise Liu, along with new home care employees and care workers.

“We look forward to fostering a strong relationship with all our service users in the years to come.”

With combined efforts, the Home Care team are excited and ready, our new team will inject fresh energy into our existing team. They will be based at Lucy Chieng Gardens - Level 1.

For more information, please contact :

Home Care Services
Lucy Chieng Gardens
413-425 Beamish St
Campsie NSW 2134
Tel: (02) 9784 0868
Fax: (02) 9784 0800



ANHF Home Care worker assisting client

A Dream Comes True

Hurstville Respite Day Care Centre

I still remember how exciting I was when I read the email from the Department of Health & Ageing announcing that the NRCP expansion funding was opened in October 2012. When I passed the news to our CEO, Ms Ada Cheng, she was even more excited and was determined to put in the funding application. It has always been her dream to set up a dementia day care service in the “Forget-Me-Not” wing of Lucy Chieng Aged Care Centre (LCACC) since its operation in 2011. The good news came in April 2013 that our application was successful. I expressed my interest to take up the position as day care co-ordinator and was fully supported by our CEO and ANHF Board. With the great assistance and co-operation from the administration office, Assets and Property Officer and most importantly from the Director of Nursing and staff at LCACC, the Hurstville Respite Day Centre began its operations on 4 June 2013.

A 14-seater bus pro-



vides transportation to service users within a 10km radius of the Centre. The primary objective is to provide respite care to the carers, family and friends of people living with dementia so as to relieve the stress of their caring role; to encourage the person with dementia to continue their activities of daily living in the community for as long as possible. On the other hand, residents of LCACC are also welcomed to join in the day care activities and enjoy socialization with day care service users.

The service has proven to be successful to relieve the stress of the cares and enables them to take a break

By Bridget Tam—Day Care Co-ordinator



from their caring role. They look forward to the day when their loved ones attend the day programs so that they can make good use of the time to meet with friends and pursue their interests. One of them told me that she was happy to return to the English class, the other one continues with her social dancing course. It is crucial for the carers to remain socially active, to get quality of life and maintain well-being.

Carers also noticed the changes happen to the person with dementia after attending day care centres. One of the carers said that although her mother cannot tell her what she has done in the Centre (due to poor short term memory), but she was always happy when she returned home and remained in good mood for the rest of the day, and often has a good night's sleep. Another carer said that her husband became more responsive and alert, showed interest in conversation and was more connected to the family members.

Looking after people with dementia is very challenging and requires great patience. Luckily, we have experienced staff and volunteers who are dedicated to serve the elderly in the day centre. With the joint efforts of staff, volunteers and family members, we can improve the quality of life of people with dementia, bringing colours to their lives.

Hurstville Respite Day Care Centre

The Centre operates on Tuesday, Wednesday and Fridays, from 9am—3.30pm.

For more information on Hurstville Respite Day Care Centre, contact:

Ms Bridget Tam on: 8558 8098 or 0439 483 618

Email: bridgettam@anhf.org.au

My Gift to You—Fond Memories

An Interview with Mr Michael Lap Gin Tsang, Recreational Activity Officer at Chow Cho Poon Nursing Home

People say in Chow Cho Poon Nursing Home there is a time gallery much loved by everybody. Pinned up are heaps of old newspaper articles and posters that conjure up fond memories among people who are carried away in deep reminiscence. But...people have also been wondering how come CCPNH has such a huge collection of old newspapers and posters? Well, these are in fact the treasured collections of Mr Tsang.

As I stepped into the activity room on the interview day, my attention was naturally captured by Mr Tsang's slide show for the elderly residents on Hong Kong snapshots in the 60s. In response to my question why he has been collecting these old stuffs, Mr Tsang said, 'It's a habit of mine that has continued for decades. These are valuable historic records. Collecting them is like collecting our past ---- a once and for all thing that's very much worth doing.'

'My collection range is expansive: international news like the falling of the Berlin Wall, people leaving China in desperation during the large-scale starvation in the 60s; Hong Kong news like stringent water rationing (water supply available once per three days); capture of the notorious robber ZHANG Zi Qiang ---- even gossips about celebrities go under my collection items.'

'These old items stretched the storage space at my home. No matter how 'painfully unwilling' I felt, much had been discarded before migrating to Australia. Luckily back in 2004 I picked up the skills in saving them in the computer, so my days have been so busy but substantial in sorting them out every day after work.'

Before migrating to Australia Mr Tsang was a high school teacher. After coming to Sydney, he became the headmaster of a Chinese language school before taking up the position of Recreational Activity Officer at Chow Cho Poon Nursing Home. 'These were my former teaching aids but also very appropriate for elderly activities. Normally the centenarians in CCPNH

don't quite respond to things around them, yet their eyes will brim with tears on seeing these old photos. They readily recall the names of past celebrities on seeing them in these yellow-edged photos --- really amazing! Helping them to recall their memories and regain a strong hold of life is something very meaningful to me.



Michael Tsang pictured with his news clippings

The day of the interview also marked Mr Tsang's last day of work before his retirement. 'Having worked in CCPNH for tens years I do miss the elderly residents. Every time I returned after the holidays they'd say how much they'd missed me and how longing there were for my telling them stories. I was so moved. After my retirement I'll visit them whenever I have time. These collections will be passed over to the new RAOs, in the hope of handing down such wonderful work.'

Michael Tsang has joined the ANHF Volunteer Services.

Seniors Mid-Autumn Moon Festival

ANHF hosted the annual Seniors Mid-Autumn Luncheon on 18th September 2013 at Marigold Restaurant.

Over 600 seniors attended this annual ANHF luncheon, from our care services: residential, community to home care. Our elderly and their guests were entertained by wonderful performances from Mr Edward Lee, Mrs Regina Ma, Sydney Cantonese Opera, and University of HK Union Choir.

To mark the significant milestones and good health of our elderly, we presented 4 seniors with an award for achieving 100 years old. Those recipients included: Choi Kwong-100 yrs from So Wai, Shan Ying Kwok-100 yrs and Fuk Wan Ling-101 yrs from Chow Cho Poon and Wan Yip-101 yrs from Bernard Chan.

A gift certificate was presented to the recipients and lucky table prizes were drawn.

We thank our guest of honor— Ms Roserina Murace, from Department of Social Service (formerly Department of Health & Ageing) for her patronage. Certificates of Appreciation were presented to our sponsors; Mr & Mrs QX Lam of Ettason P/L, Mr & Mrs Ping Tan of Tixana P/L, 大地行, 活藝茶莊, 陳樺女士, 萬佳 Supermarket. Thank you for supporting us throughout the years and in making this event such a memorable one.

Thank you for your continued support.



100th Birthday Milestone Recipients



Celebrating together



Thank you sponsors of ANHF



Sydney Cantonese Opera

ANHF Staff Awards 2013



ANHF Staff Awards will be Announced on Sat, 7 December 2013 at the Staff Xmas Party.

Good Luck to all the Nominees!



Welcome on Board

- | | |
|------------------|---|
| * July 2013 | Grace Chan joined ANHF as Community Services Manager |
| * July 2013 | CM Chan joined ANHF as Assets and Property Officer |
| * August 2013 | Stanley Lam joined ANHF as Staff and Development Officer |
| * August 2013 | Esther Chan joined Community Services as Home Care Coordinator |
| * August 2013 | Ivy Yen joined Community Services as Program Development Officer |
| * September 2013 | Maggie Pan joined ANHF as Office Administrator |
| * October 2013 | Maisy Lai joined ANHF as Director of Residential Services |
| * October 2013 | Louise Liu joined Community Services as Home Care Coordinator |

ANHF Residential Services Photo Album 活動花絮—療養院



陳秉達 16 週年慶典 (BCNH)

Bernard Chan Nursing Home 16th Anniversary



能知天下事，天天讀報 (BCNH)

Reading the newspapers every day makes me a Ms Know-all



人人賓戈多開心! BINGO! (LCACC)



伺候母親大人寫書法，樂在其中 (BCNH)

Here I am to support you in tender loving mother-and-son intimacy



在卡通公仔陪伴下歡渡7月聖誕 (CCPNH)

Happy moments with lovely soft toys in celebrating Christmas in July



誠心禮佛，祈求上天保佑身體健康 (CCPNH)

Ernest prayers for blessings on our well-being

ANHF Community Services Photo Album 活動花絮一日間中心

壽包賀生日，暖在心頭
Birthday buns that warm
our hearts
(Stanley Hunt Centre)



我扭出來的小狗多可愛 (Stanley Hunt Centre)
See how cute the balloon doggie made by me is!



看誰釣魚最多!
Who has the
most catch of
the day?
(Hurstville Day
Care)



原來我也可以做薄餅 (So Wai)
See! I DO know how to make fusion pizzas



長者於花團錦簇下留影
Elderly went to Auburn Japa-
nese Garden (Chester Hill Viet)



室內滾球大
比拼
Roll, roll, roll
towards the
goal! (So Wai)



人人都愛陽光與海灘
Elderly went to Brighton Le-Sand
beach at Rockdale (Greenfield Park
Viet day care)



Australian Nursing Home Foundation

ANHF Head Office

60 Weldon St, Burwood NSW 2134

Tel: 02 8741 0218 Fax: 9767 1234

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www.anhf.org.au

Your Support

Please support ANHF to deliver quality and culturally competent aged care to our community.

Title (Mr/Mrs/Miss/Ms/Dr) _____

First Name _____ Last Name _____

Address _____

State _____ Postcode _____

Phone () _____

Email _____

I would like to make a donation of \$ _____.

- ☐ My Cheque/money order is enclosed, or
- ☐ EFT– Australian Nursing Home Foundation (BSB 082-201, A/C 580-328-001)
- ☐ Please send me details on making a gift to the Foundation in my Will.

Donations of \$2 and over are tax deductible.

Please return this form to Australian Nursing Home Foundation, 60 Weldon Street, Burwood NSW 2134.





Australian Nursing Home Foundation

ANHF Head Office

60 Weldon St, Burwood NSW 2134

Tel: 02 8741 0218 Fax: 9767 1234

Email: info@anhf.org.au

www.anhf.org.au

你的支持，是我們的動力

請支持澳華療養院基金為社區提供高質素及合乎文化的高齡護理服務。

(先生/太太/小姐/女士/醫生) 名 _____ 姓 _____

地址 _____

地區 _____

省 _____ 郵政編號 _____

電話(在家/工作) _____ 手機號碼 _____

電郵 _____

☐ 我想捐款 \$ _____

☐ 附上支票/匯票，或

☐ 自動轉賬—澳華療養院基金(銀行分行號碼 082-201，賬戶號碼 580-328-001)

我計劃在遺囑上對基金會作出饋贈，請將有關詳情寄給我。

凡捐款 2 元或以上可扣稅。



2013 澳華療養院基金傑出員工獎

2013 澳華療養院基金
傑出員工獎
歡迎服務對象和照顧者踴躍提名

我們樂意聽到服務對象
和照顧者的聲音

傑出員工獎

所有獎項將於 12 月 7 日(星期六)於職
員聖誕聯歡會內公佈

2013 澳華療養院基金傑出員工獎

卓越進步獎
模範員工獎
多走一里獎

請踴躍提名！

 澳華療養院基金



員工號碼: A918
你是相中人?
服務單位

所有獎項將於 12 月 7 日(星期六)於職
員聖誕聯歡會內公佈

澳華療養院基金傑出員工獎項將於 12 月 7 日(星期六)
於職員聖誕聯歡會內公佈



歡迎新同事

- 七月2013 **陳妍平**小姐加入社區服務為社區服務經理
- 七月2013 **陳焯文**先生加入行政部為資產及物業主任
- 八月2013 **林漢邦**先生加入行政部為職員培訓經理
- 八月2013 **陳裕婷**小姐加入家居服務為家居服務主任
- 八月2013 **甄淑嫻**小姐加入社區服務為項目發展主任
- 九月2013 **潘穎**小姐加入行政部為辦公室主任
- 十月2013 **黎梁美詩**女士加入院舍服務為院舍服務總監
- 十月2013 **廖曉茹**小姐加入家居服務為家居服務主任

2013年中秋敬老聯歡午宴



香港大學合唱團表演唱歌



長者與家人同出席午宴



李振華先生繞樑三日的歌聲令長者如痴如醉



長者與家人同出席午宴

澳華療養院基金一年一度的中秋敬老聯歡午宴於二零一三年九月十八日(星期三)假悉尼富麗宮酒樓舉行。超過六百多位長者出席當日午宴，包括我們的服務對象：高齡院舍、家居服務及社區服務的長者。當日節目豐富，有李振華先生、馬美玲女士及香港大學合唱團表演唱歌，以及精彩的粵曲表演。

為表揚我們的長者福壽雙全，大會特別頒發紀念品予四位年滿百歲的長者，他們分別是在蘇懷日間中心的黃翠勤女士（100歲），住在周藻泮療養院的凌福雲（101歲）及郭秀英女士（100歲），以及住在陳秉達療養院的葉雲女士（101歲）。

除此以外，大會亦安排有幸運大抽獎，讓長者滿載而歸。

大會特別鳴謝澳洲政府健康及老年事務部紐省及首都領地辦事處高齡服務總監 **Ms Roserina Murace**，以及我們的永久名譽總理包括何灼榮伉儷、陳沛德伉儷，此外，大會亦鳴謝贊助商包括 **Mr & Q X Lam of Ettason P/L**, **Mr & Mrs Ping Tan of Tixana P/L**，前基金會信託人馬張美松女士、大地行、活藝茶莊、陳樺女士、萬佳超市。因為有你們的支持，令今年的中秋敬老聯歡午宴充滿溫馨的色彩。

期待在未來日子，繼續有你的支持。

將美好回憶送給你---訪問周藻泮療養院康樂活動主任曾立展先生

聽說周藻泮療養院有個時間廊很受歡迎，裡面張貼著許多當年今日的報紙和海報，讓閱覽的人緬懷過去，勾起很多美好的回憶。一直很奇怪療養院哪裡來那麼多舊報紙和畫報，原來這都是康樂活動主任曾立展先生的珍藏。

和曾sir約定訪問時間。那天剛踏進康樂室，見曾sir正用幻燈片與長者分享六七十年代的香港，不自覺也被吸引。問曾sir為甚麼會收集這些舊東西？「收集這些舊報紙是我幾十年的習慣，這是歷史的紀錄，非常珍貴，收集這些東西就好像收集過去的歲月，這是一不可再的機會，很有價值。」「我收集的範圍很廣泛，好像國際新聞，由柏林圍牆建立至倒下；又好像63年大陸大飢荒大逃亡；香港新聞如3日供水一次；張子強被捕；甚至明星八卦新聞我都會收藏。」「這些舊東西在家裡儲存到沒地方放，移民時已忍痛丟掉很多，幸好零四年開始學會用電腦儲存，一下班回家就整理，所以日子過得很忙碌很充實。」

未移民前曾sir是中學教師，移民後在悉尼中文學校任職校長，後來來到周藻泮療養院做康樂活動主任。「這些教材以前用來教學生，現在用在長者身上也挺管用。那些百歲老人，對身邊很多事物已沒反應，但看到那些舊照片，會熱淚盈眶；看到過去的明星照片，會叫出他們的名字，真的不可思議。能

喚起他們的回憶，讓他們感覺存在這世上，我覺得很有意思。」

訪問曾立展先生那天，剛好是他榮休前最後一天。「在周藻泮療養院工作了十年，我也很不捨得那些長者。每次我放假回來，他們都說很掛念我，很想聽我講故事，令我很感動。退休後我有空都會回來探望他們，也會將這些資料留給新的康樂活動主任，讓他們將這工作繼續承傳下去。」

(備註：曾立展先生已加入澳華療養院基金義工行列。)



夢想成真

譚雁翔 好思維日間中心主任

我仍然記得在去年十月份得悉澳州政府健康及老年事務部公報接受「全國照顧者暫息計劃」資助申請時的興奮心情，當我告知行政總裁鄭賜霞女士時，她比我更雀躍，並即時決定申請撥款，因為當錢梁秀容療養院在2011年落成後，她一直夢想著在專為腦退化症患者而設的「無忘我」翼內開設日間中心。今年四月份得知好消息，撥款申請已獲批准，我便立刻表示有興趣做日間中心主任之職位，並獲得行政總裁及董事局支持，在各同事合作和努力下(特別是行政部、資產及物業主任、錢梁秀容療養院院長和員工團隊)，好思維日間中心在六月四日正式展開服務。



好思維日間中心服務時間為星期二、三、五(公眾假期除外)上午九時至下午三時三十分，為居住在中心十公里範圍內的長者提供交通接送服務，目的是為腦退化症患者提供日間中心活動以紓緩其家人/照顧者在長期照顧患者所承受的壓力，協助患者維持日常自

我照顧能力和興趣，使患者可以和家人維持在社區內生活，避免過早入住療養院。中心亦歡迎療養院住客參與活動，與中心長者共渡愉快時光。

中心提供的服務成功地幫助照顧者紓緩壓力，讓她/他們暫時離開照顧者的角色，她/他們都期待家人到中心活動的日子，這樣她/他們便能好好地利用時間與朋友相聚及重拾自己的興趣。其中一位照顧者高興地告訴我她可以參加英語課程，另一位則繼續她的社交舞班，照顧者保持社交活躍是非常重要的，從而提高生活質素和維持身心健康。

照顧者亦留意到患有腦退化症的家人參與日間中心活動後的改變，有一位照顧者表示雖然媽媽(腦退化症患者)不能告訴她在中心做些甚麼(原因是她喪失短期記憶)，但每次從中心回家她都很開心，這開心的情緒通常都維持到晚上，並能有一覺安睡。另一位照顧者則察覺到她的丈夫變得更有反應，投入家人的對話及與家人有更多的聯繫。

照顧腦退化症患者是極具挑戰性的工作和需要極大的耐性，幸運地我們有經驗豐富和積極投入的職員和義工，在各人的努力下，為腦退化症患者提高生活的質素，加添生命的色彩。查詢好思維日間中心詳情，歡迎致電8558 8098 或 0439 483 618 與譚姑娘聯絡。

活得更長久，活得更精彩

關淑雯 家居服務經理

對澳華療養院基金家居服務而言，這是令人振奮的時刻。自二零一二年四月二十日「活得更長久，活得更精彩」高齡服務改革方案正式公佈，這是個全面性的十年改革計劃，將重塑澳洲高齡服務成為一個更好、更公平、全國統一的高齡服務系統。作為「活得更長久，活得更精彩」高齡服務改革一份子，今年七月澳華療養院基金獲頒授109個家居服務配套名額。澳華療養院基金是全國唯一獲得最多家居服務配套名額的華人機構，這不單是對澳華療養院基金的高度認可，同時意味著將有更多華裔及越裔社區的長者受惠。

現有的社區服務配套計劃將有所改變，分為一級、二級、三級和四級。所提供的服務皆基於自選配套計劃原則，以期更有效滿足長者需要。自選配套計劃特別關注長者的健康和能力、消費者的選擇與控制、透明度與參與。一級和三級是新的級別，一級是協助長者基本服務需要，低於現存的低度照顧服務，而現存的低度照顧服務是第二級，三級是介乎低度照顧服務及高度護理計劃，而高度護理計劃是屬於第四級。

二零一五年七月開始，所有現有的低度照顧、高度護理及高度護理(腦退化症)服務將全部轉化為自選配套計劃。

為回應和準備這109個家居服務配，家居服務已採取連串措施以求能成功推行這些家居自選配套計劃。

- 建立一個可行的財務運作模式 - 包括預算及資源的分配
- 新的電腦系統讓員工得到資訊科技支援，工作更有效率
- 前線工作人員正接受連串重要培訓，以求能回應不同程度護理服務的需要及提供更好的服務
- 為增加團隊實力已招募了一班新職員，包括三位家居服務主任: 陳裕婷女士，官陳錦敏女士及廖曉茹女士，以及多位家居服務工作員。

家居服務已注入新的能量，眾志成城，正蓄勢待發。我們的辦工室設於錢梁秀容頤康苑一樓。

如欲查詢更多有關家居服務資料，請聯絡：
家居服務

錢梁秀容頤康苑

新州金匙媲美街413-425號

電話: (02)9784 0868

傳真: (02) 9784 0800





會訊

澳華療養院基金

☎ 新州寶活區偉頓街六十號 ☎ 02 8741 0218 ☎ 02 9747 1637 ☎ www.anhf.org.au ☎ info@anhf.org.au

澳華療養院基金喜獲109個家居服務配套

澳華療養院基金獲澳洲政府社會服務事務部(前健康及老年事務部)增加撥款，取得109個家居服務配套。從政府官方網頁中可見是次撥款結果，澳華療養院基金不單在紐省，更是全國唯一獲得最多家居服務配套的華人機構。這項公佈結果可謂前無古人，創澳洲華人歷史先河，不但證明澳洲政府非常重視澳洲華人長者的福祉，更是對過去三十多年來澳華療養院基金在華人社區的努力與貢獻作出特具意義的肯定。

澳洲政府現正進行高齡服務改革，新推出的「活得更長久，活得更精彩」(Living Longer Living Better) 計劃正在全國全面展開。為了協助長者能在自己家裡安渡晚年，不用過早入住安老院，政府計劃在未來五年，耗資八億八千萬元，將家居服務由現有六萬個配額增至十萬個配額。

由二零一三年八月開始，家居服務配套將分為四級制，以代替現行的二級制，由「高齡護理評核組」按照長者不同的需要以評定各自等級。四級制包括：第一級：協助長者基本服務需要；第二級：協助長者低度照顧需要，和現行的低度照顧服務(CACP)類似；第三級：協助長者中等程度護理需要；第四級：協助長者高度護理需要，和現行高度護理服務(EACH)類似。新的家居服務將透過自選配套護理計劃(Consumer Directed Care)推行。新的計劃給與長者及照顧者有更多自主空間，讓他們自由選擇服務類型、服務機構及服務時間等。

是次澳華療養院基金家居服務成功獲得澳洲政府增加撥款，服務範圍包括悉尼北區

(42個配額)、悉尼東南區(40個配額)及悉尼內西區(27個配額)，連同原有在各區的九十一個配額，現共有二百個家居服務配額。無論長者居住在悉尼市任何一個角落，都可以申請澳華療養院基金的家居服務支援。家居服務範圍包括：一)家居清潔：協助處理簡單清潔工作，如吸塵、清洗地板。二)個人護理：包括協助長者淋浴及整理儀容等。三)預備膳食：可以為長者預備早午晚餐及買菜等。四)交通接送：包括接送長者看醫生及購物等。五)在符合藥物使用條例下監察及協助使用藥物：若有需要，工作人員會提醒長者按時服藥。

澳華療養院基金的家居服務，目的是為華人長者提供最貼心妥善的照顧，讓他們生活在家，仍可享受有安全幸福的晚年。凡有興趣申請或查詢有關澳華療養院基金家居服務，或(02) 9784 0868，亦可瀏覽澳華療養院基金網頁 www.anhf.org.au，申請表格亦可於網頁下載。



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