

## Care at Home

### Commonwealth Home Support Programme (CHSP)

CHSP is a basic home help program funded by the Australian Government to help you stay independent at home by offering basic support, with choice and flexibility about the way that care and services are provided to you.

#### What support can be offered?

- / Domestic Assistance (i.e. cleaning, laundry)
- / Personal Care (i.e. bathing, dressing)
- / Food Preparation
- / Transport (i.e. accompanied or cab charges)
- / Home Modifications
- / Gardening
- / Social Support (i.e. in home or local outing)
- / Respite (i.e. in home or cottage setting)
- / Allied Health and Nursing
- / Goods and Assistive Technology

#### How will CHSP help me?

Services are delivered by skilled staff and are designed in partnership with you and your family. Our Client Support Officers will work out a plan with you to help you receive services to assist you to remain independent at home while you access support and care.

#### Am I eligible to receive services?

To be eligible to receive these services, you must be aged 65 or over and benefit from a basic support and care to maximize your independence at home.

These services are available in metropolitan Adelaide, please contact us for details of availability in your area.

#### How can I access CHSP services?

To receive CHSP services you will first need to contact My Aged Care on 1800 200 422. They will arrange for you to have an assessment by the Regional Assessment Service (RAS). The RAS Assessor will then issue referrals for each service you require assistance with to Helping Hand, if Helping Hand is your first preference as a service provider.

#### What does it cost?

A contribution does apply and are reviewed regularly in line with Government regulations. All fees will be discussed with you prior to you starting to receive services.

Please note that you will not be denied service based on an inability to pay the fees. If you wish to apply for a fee reduction, please ask us for further information regarding our fee reduction process.

#### Contact details

If you would like more information, please contact our community services team via phone: 1300 444 663 or email: [mcsclientsupport@helpinghand.org.au](mailto:mcsclientsupport@helpinghand.org.au).

Supported by the Australian Government Department of Social Services.  
Visit the My Aged Care website ([www.myagedcare.gov.au](http://www.myagedcare.gov.au)) for more information

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