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Vol.1 Issue 1

ACTIVE COMMUNITY GROUP



HOME CARE PACKAGES

We are here for you

20% FULL SUPPORT CARE MANAGEMENT

D.E.G. Pty Ltd was established as a home care provider in 2012. It has been trading as Active Community Group since the 30th of September 2020. Our goal is to provide quality home care support and wellbeing services for seniors in the community in a cost-effective manner in metropolitan Melbourne, Victoria. We provide three different Care Management options for you to choose. Today we will outline one of the popular options - Full Support Care Management.

Full Support Care Management

Package Management Fee 10 %
Care Management Fee 10 %

This is a hassle-free choice for you if you enjoy an optimal level of support and case management by our professional Care Management Team. This choice is suitable to those who need peace of mind to enjoy care services coordinated and managed for you.

Your special duty worker, our Care Management Team and professional care team from different fields, will serve you proficiently with the best care you deserve. You and your family don't have to worry about arranging or handling care support and services. You can enjoy more relaxing and happy leisure time together. Let us take care of the most suitable care services for you, leaving you and the your family worry-free, for you to enjoy the full support home care experience.

ACTIVE COMMUNITY GROUP
HOME CARE PACKAGES

Our Mission

- To provide quality home care support and well-being services for the community at cost-effective manner.
- To transform aged care experience through a culture of caring, quality, friendly and safe environment.

Our in-home Support

Personal Care
Hygiene, toileting, showering, dressing, grooming

Domestic Support
Light cleaning, changing bed linen, laundry, housekeeping

Meal Preparation
Meals preparation, feeding and dish washing

Gardening
Gardening, lawn mowing, landscape

Home Maintenance
Help with keeping your home safe

Home Modifications
Modify your home to improve safety and access e.g. ramp & rails

In-home Respite Care
Companionship, personal care

Nursing Care
Wound management, help with medication

Transportation
Medical appointment, grocery shopping & general items

Our Home Care Packages

- Self-Managed** 10%
- Full Support Care Management** 20%
- Supreme Care Management** 28%

Address: Shop 9, Level 4, 52 Montclair Avenue, Glen Waverley, VIC 3150

info@activecg.com.au 03 8820 0000 www.activecg.com.au

To enjoy even more time for yourself and with your family, we provide our 20% Full Support management which can take of all of your needs that includes: Case Management (By Care Management Team), Allied Health Referral & Report Review, Home Visits (Annual visit), Care Plan Review & Revised (twice a year), Personalised Budget Plan Review & Revised (twice a year). Please contact our team on 03 8820 0000 for this details.



Symptoms of Depression and Anxiety

If you feel persistently experience at least three of these symptom such as sad, depression, or anxiety most of the time, losing interest or pleasure in most daily activities, for more than two weeks you may experiencing depression:

Feelings may include: irritable mood, which may manifest itself as anger or aggression, sadness, hopelessness, emptiness; feeling overwhelmed, worthlessness, or persistent guilt.

Thoughts can be influenced by: indecision, loss of self-esteem, negative thoughts such as "I'm a failure", "it's my fault" or "life is not worth living", along with excessive worrying about finances challenges occurring within the family and frequent thoughts of death and dying, suicide.

Behavioural symptoms include: general slowing down of thought processes, irritability, neglecting responsibilities including self-care, withdrawing from family and friends, acting in a less than usual manner, decreased ability to function on a daily basis, feeling confused, worried and agitated. Other symptoms include inability to find pleasure in any activity, denying that depressed mood is a defense mechanism.

Physical symptoms include: memory loss, sleeping, interrupted or difunctional sleeping patterns, feeling tired all the time, slowing down in movement, persistent headaches, back or body pain, indigestion, nausea, changes in bowel habits, agitation, pacing around worriedly, appetite, weakness or physical changes such as significant weight loss or gain.

Your worries may not go away on their own, and they may get worse over time if you don't seek help. See your doctor or a mental health provider before your anxiety gets worse. It's easier to treat if you get help early.

Source:
<https://www.beyondblue.org.au/thefacts/depression/signs-and-symptoms>



Amount of funding for each level of home care services

The Australian Government contributes a different amount for each level of Home Care Package and the contribution changes on 1 July every year; these figures below are up to date as at 1 July 2021. The government subsidy for each package level is as follows:

Package level	Daily government subsidy rate	Daily government subsidy rate
Level 1	\$24.73	\$9,026.45
Level 2	\$43.50	\$15,877.50
Level 3	\$94.66	\$34,550.90
Level 4	\$143.50	\$52,377.50

Depending on the level of Home Care Package you receive, you can get assistance with a range of different services.

<https://www.myagedcare.gov.au/> 1800 200 422



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