



Active Community Group

Home Care Provider

APRIL 2022
VOL 1.ISSUE 2

Today quote: Happiness resides not in possessions and in gold, the feeling of happiness dwells in the soul.



Yummy Café

ABN: 12 345 678 999

Ph: (03) 9800 9800

TAX INVOICE

Invoice : 01/ 11/ 2021
Delivery Date : 01/ 11/ 2021
To : Amy Brown
Address : 123 Active Road, Glen Waverley VIC 3150



Description	Qty	Unit Cost	Amount
Fried Rice	1	\$10.00	\$10.00
Chicken and Vegetable	1	\$20.00	\$20.00
Cost of Ingredients (including GST)			\$9.00
Meals Preparation and Delivery (including GST)			\$21.00
Total Amount (including GST)			\$30.00

This amount only can be reimbursed

Can I reimburse food delivery services from my receipt ?

As in the above invoice sample, only the meal delivery and preparation service can be reimbursed

Items such as food ingredients, meal prep, and meal delivery services must be shown in the receipt. After you submit these receipts, your Home Aged Care Service will review and approve them before reimbursement. In addition, the purpose of the food delivery service must be due to the needs of personal cultural background. The company responsible for the food delivery service must meet all safety and hygiene requirements, such as packaging methods, food temperature control, food delivery process, etc. The most important thing is to determine the allowed budget plan of the meal delivery service available throughout the year according to the personal care plan you initially agreed to. For example, if your budget service plan available throughout the year is AUD 800, it is important to control the usage of this amount as possible.

Meals Preparation service by our support workers

Malnutrition is increasingly common among older adults and increases the likelihood of infection, falls, and hospitalization. With this in mind, safe and nutritious food is of the utmost importance. ACG provide a service of shopping for food and home meal preparation which provides nutritious food cooked in a safe and a hygienic manner in your home kitchen. The advantage is that through your personal care plan, we will have a better understanding of your dietary needs and provide healthier and safer meals. If you want to know about our services, you can contact our ACG Team.



Government approved NDIS/HCP food delivery companies

Lite n' Easy, Tender Loving Cuisine, Katrina's Kitchen or Dineamic are among NDIS/HCP recognised food delivery companies that provide the dining solutions for the elderly in a healthy and convenient way. Therefore, if the elderly use a government-approved food delivery service company when they need food delivery, it will make the reimbursement of receipts easier.



Healthy Living

How you can protect your heart at any age?

The famous Australian Cricket player Shane Warne's heart attack death service as a reminder of heart health awareness.

Two in ten people who die of heart disease are aged under 65. Heart disease is highly preventable, so it's never too early to consider what you can do to improve the health of your heart. Here are five evidence-based ways to do this.

1. Get a heart health check

Some of the main risk factors for heart disease – including high blood pressure and high LDL cholesterol – are things you need to have checked by a doctor.

If you're aged 45 years or older and do not already have heart disease, Australia's current guidelines recommend having a heart health check by your GP. A heart health check combines information on your risk factors and estimates how likely you are to develop heart disease in the next five years.

2. Quit smoking

Smoking damages blood vessels and contributes to the underlying processes that lead to heart disease. People who are current smokers are around two times as likely to have a heart attack or stroke than people who have never smoked.

3. Improve your nutrition

In Australia, poor diet, excess weight, and obesity are leading causes of heart disease. A healthy diet is important for heart health. For most people, small changes to your diet, such as increasing your intake of fruit, vegetables and wholegrains and reducing salt intake, can have large benefits.

4. Cut your salt

Randomised trials of salt reduction show clear effects on reducing blood pressure, a leading contributor to heart disease. To reduce your salt intake, you can try reducing the amount of processed foods you eat and cutting down on the amount of salt you add to your food.

5. Get moving

Physical activity, in addition to being good for the waistline, helps improve cardiac functioning. Studies have linked regular exercise with a lower risk of having a heart attack.

Australian guidelines recommend adults get at least 30 minutes of moderate intensity exercise most days, but even smaller amounts are beneficial.



After the pandemic, due to increased operating costs, we have adjusted our price slightly. From March 22, we have increased the fee of "Full Support Care Management" plan from 20% to 22% for new participants.

Existing customers will not be affected in any way.



Beware of scams

ACCC reminds Australian to be wary of phone scams

The ACCC, the Australian Competition and Consumer Association, warned Australians to be wary of phone scams masquerading as government officials.

How to identify scams ?

- The caller asking you to update or confirm personal information, including residential address, date of birth, bank account information, tax identification number, PIN or password.
- Be aware of emails or text messages contain suspicious links.
- Callers requesting you to pay immediately or pay a deposit.
- If an offer sounds too good to be true, it's probably false.
- Email does not match the company name.
- The caller requests remote access to your computer.

Protect yourself, never give out your personal information

<https://www.sbs.com.au/chinese/cantonese/zh-hant/chinese-communities-in-australia-are-victims-of-threat-based-scams>



ACG wish all of you who were born in April a very happy birthday



ACTIVE COMMUNITY GROUP

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Deadline for submission of invoices

9th and 23rd May, 2022 (Before 5PM)

From this month, please send all your invoices to the "Claims Processing Team" to do reimbursement submission (Refer to the attached notice)