

CONSUMER & FAMILY CARER NETWORK



Read Uncle Les and Vivianne's story on page 2

Welcome to the autumn edition of the Consumer and Family Carer Newsletter.

We're working hard to ensure that the National Disability Insurance Scheme (NDIS) will meet your support needs when national rollout commences on 1 July.

In this edition we introduce a video series by Carers Australia to help carers gain a better understanding of how they can support their family member through the NDIS planning process. If you're preparing for a National Disability Insurance Agency (NDIA) planning meeting and don't have family support, or it's not appropriate for your family to support your plan implementation, requesting funded support coordination can be really valuable.

2016 will see the completion of apartments for our Housing Demonstration Project in the Hunter region of NSW. Tenants have been selected for the Summer Foundation apartments and they will be moving in in the coming months. These apartments will provide concrete examples of appropriate housing for young people with disability.

My research on the impact of fees on Young People In Nursing Homes (YPINH) has revealed the high cost of medications, leading me to wonder whether consumers and family carers are aware of pharmaceutical and medical safety nets that can cap costs. If you're not sure if you are eligible for these discounts, please keep reading.

If you have any questions or suggestions, please get in touch.

Warm regards,

Penny Paul

Penny Paul
Information and Connections Coordinator

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VALUE OF SUPPORT COORDINATION IN YOUR NDIS PLAN

The NDIS funds three levels of support coordination, a really useful service for YPINH when assistance from family is not their preferred option, or is not available. A coordinator of supports can assist NDIS participants to choose and manage appropriate service providers.

There are three levels of support coordination:

1. Support connection – time limited and designed to build participants' capacity to manage their own plan.
2. Coordination of supports – As above, but is a better fit for people "in a complex service delivery environment" such as a nursing home, where participants may have difficulty using the telephone and internet to "shop around" for services.
3. Specialist support coordination – As above, where a "high level risk" in the participant's situation means they require more intensive support.

Many service providers are now offering support coordination. It is always worth doing research to find out which provider may best meet your needs. A good place to start is:

BARWON:

Melbourne City Mission, Phone 1800 343 287

melbournecitymission.org.au/services/disability-services/ndis-supports

St Laurence, Phone 1800 234 455

stlaurence.org.au/services/my-plan-disability-services/

HUNTER:

Ability Options, Phone 1300 422 454

abilityoptions.org.au/ndis/what-is-case-coordination

House with No Steps, Phone 02 4941 8100

hwns.com.au/NDIS/HWNS-as-an-NDIS-provider

ACT:

House with No Steps, Phone 1300 538 764

hwns.com.au/NDIS/HWNS-as-an-NDIS-provider

Community Options, Phone 02 629 58800

communityoptions.com.au/ndis/community-options-ndis-services/



AN NDIS JOURNEY

Vivianne has fond memories of her Uncle Les when she was growing up. They were close in age, and Vivianne would happily join Les on canoeing and water-skiing trips.

Huntington's Disease ran in Uncle Les and Vivianne's family, but Uncle Les could not bring himself to take the test until he was almost 50. He was shocked when it came back positive. By the time he reached his early sixties, Les was living in a nursing home. He was forced to live a life that was a world away from his former larrikin days.

Vivianne and Les felt helpless and guilty that they could not do more to improve Uncle Les' quality of life. So when they heard that the National Disability Insurance Scheme (NDIS) would be rolling out on a trial basis in their region, they decided to apply on his behalf.

"THERE'S JOY IN HIS LIFE AGAIN, WE SEE IT IN THE SMILE ON HIS FACE"

VIVIANNE

It was nearly 12 months of meetings, paperwork and planning before Les began to see benefits from the scheme. Les started going on outings twice a week to the movies, bowling and on ferry rides.

The burden of making decisions on behalf of someone else has left Vivianne and Les exhausted, and unsure as to whether they are making the right choices for Uncle Les. They have had to learn to pace themselves.

Now and then, Vivianne and Les are seeing flashes of Uncle Les' larrikin personality again. Whether out on the ferry or at the museum, he is free to be himself and connect with his past hobbies.



ARE YOU PAYING TOO MUCH?

Some people may not be aware that there are several pharmaceutical and medical safety net schemes available that may help you save money on medication and medical services. These are:

Pharmaceutical Benefits Scheme (PBS) Safety Net

For concession cardholders the PBS Safety Net means that prescription medicines are free once the PBS Safety Net threshold of \$372.00 has been reached.

humanservices.gov.au/customer/services/medicare/pbs-safety-net

Phone 132 290

2015 Medicare Safety Net thresholds

Once concession cardholders have spent \$647.00 on medical services in a calendar year Medicare will pay 80% of future out of pocket medical costs.

humanservices.gov.au/customer/services/medicare/medicare-safety-net

Phone 132 011

Chronic disease management

People with a chronic medical condition may be able to get Medicare benefits to cover allied health services to better manage their condition.

humanservices.gov.au/customer/services/medicare/chronic-disease-management-plan

Phone 132 011



HUNTER HOUSING UPDATE

The building phase of the Summer Foundation Housing Demonstration Project in the Hunter region of NSW will be completed in 2016 and the first group of tenants has been selected to move in to the apartments in the coming months.

These ten apartments will provide concrete examples of alternatives for young people living in nursing homes. People will live independently in their unit, either alone or with their family or a friend. One additional apartment will provide a hub for support staff.

Two fully fitted out apartments will be opened as display units for six months allowing the Summer Foundation to conduct guided tours for people to see and experience accessible and adaptable design, along with smart home and communications technology.

To register your interest in a guided tour of the display units in the Hunter Housing Demonstration Project during 2016 please email housinginfo@summerfoundation.org.au or call 1300 626 560.





HEALTH DISABILITY INTERFACE

The NDIS funds individuals to purchase disability supports that are assessed as being "reasonable and necessary". The NDIS will not fund services that are the clear responsibility of another sector such as health. However, the separation of disability from health supports can be unclear. Without access to a range of supports, young people will continue to be admitted to nursing homes, while others may find it difficult to leave. The Summer Foundation is continuing to work towards better outcomes for YPINH who require seamless health and disability services.

We are currently examining a number of ways we can influence decisions about what is funded by the NDIS, such as rehabilitation, to ensure young people get access to the services and supports they need, no matter where the source. We are convening forums to bring together the NDIA and Discharge Planners to examine ways they can work together for better outcomes for you, and prevent new admissions of young people to nursing homes.

These issues are set out in an article by Libby Callaway and Mark Brown for The Conversation. Read it at:

theconversation.com/sorry-not-my-department-why-the-ndis-and-health-systems-need-to-collaborate-51818



CARERS AUSTRALIA PEER CONVERSATION PROGRAM

Carers Australia is working with carers who have successfully made the transition to the NDIS and can provide insight into how the system works through the peer conversation project. The project supports carers of people eligible for, but not yet enrolled in the NDIS by putting them in touch with carers who already care for someone receiving support from the NDIS.

If you are a family member or carer of a person eligible for support under the NDIS, you may benefit from talking to a peer conversation partner or watching the video series.

Having already supported the person they care for to successfully transition to the NDIS, these trained carers are available to share their experiences and tips in approaching the NDIS planning and implementation processes.

[Website: carersaustralia.com.au/ndis-and-carers/](http://carersaustralia.com.au/ndis-and-carers/)

[Videos: carersaustralia.com.au/ndis-and-carers/video-resources/#PCP](http://carersaustralia.com.au/ndis-and-carers/video-resources/#PCP)

[Email: NDIS@carersaustralia.com.au](mailto:NDIS@carersaustralia.com.au)

[Phone: 02 6122 9900.](tel:0261229900)

Breakfast Club Lectures 2016

The Summer Foundation is proud to announce this Professional Development Lecture series on brain injury rehabilitation.

REGISTER NOW FOR AN INDIVIDUAL LECTURE OR THE FULL SERIES

BOOK AT: www.trybooking.com/KGIV FOR 16 MARCH

For full details visit: summerfoundation.org.au/breakfast-club-lectures-2016

