

# ECHO GAZETTE

Helping our community enjoy independent lives in their own homes.

## A few words from the CEO



**The new Aged Care Act** is unlikely to be passed by the Australian Parliament by the intended date of June 30. It's still yet to be introduced into the House of Representatives, and after the House it must proceed to the Senate, where a Senate Committee hearing is inevitable.

There are still significant areas of the legislation that have not been released for comment, and subsidiary legislation to the Act is still not available for review.

On ANZAC Day, April 25, we pause to remember those who have served Australia in wartime. Many of ECHO's clients served in the armed forces or were family members of those who did. We honour them all. Lest we forget.

Until next time ...

**Stuart Diggins**  
CEO



**There's more to ECHO services than you might think.**

**Many ECHO clients** know us for one or two services – lawn mowing and safety gardening, or domestic assistance.

It was around gardening that ECHO was formed 42 years ago, with volunteers helping their parents and other older people in the Bayswater area who were no longer able to care for their large gardens.

Times have certainly changed!

Whether you receive in-home assistance under the Commonwealth Home Support Program (CHSP) or have a Home Care Package (HCP) from the Australian Government, ECHO is able to offer an extensive range of services.

Under the CHSP this can include, where approved by your assessor:

- Personal care – assistance with your self-administration of medicine and with your self care;
- Transport – direct, with our volunteer driver, or indirect (via vouchers or subsidies);

- Domestic assistance – house cleaning, linen services or unaccompanied shopping (delivered to home);
- Flexible respite – in-home day respite;
- Home maintenance – garden maintenance, minor home maintenance and repairs;
- Other food services – food preparation in the home.

Where services are not approved under CHSP, they may be purchased from ECHO.

Under your HCP, this can include services purchased from your package such as:

- Personal services – bathing, showering, personal hygiene and grooming, dressing and undressing, using dressing aids, toileting, mobility, transfer (including into and out of bed);
- Activities of daily living – personal assistance, including individual attention, individual supervision and physical assistance;
- Nutrition, hydration, meal

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preparation and diet – help preparing meals, assistance with special diet, help using eating utensils and eating aids, and actual feeding if necessary, providing enteral feeding formula and equipment.

- Management of skin integrity – providing bandages, dressings and skin emollients.
- Contenance management – assessment for and, if required, providing absorbent aids, commode chairs, catheter and urinary drainage appliances, help using continence aids and appliances and managing continence.
- Mobility and dexterity – aids and help using them.
- Support services – cleaning, personal laundering of the client’s machine-washable clothing and bedding; ironing; arranging dry cleaning of clothing and bedding that cannot be machine-washed; light gardening; medication management; transport

and personal assistance to support the client’s shopping, visit health practitioners or attend social activities; respite care; home maintenance as reasonably required to keep the home and garden functional and safe; modifications to the home such as easy-access taps, shower hose and bath rails; helping the client (and the homeowner if the client is not the homeowner) to access technical advice on major home modifications; arranging social activities and providing or coordinating transport to social functions, entertainment activities and our other home services.

- Leisure, interests and activities – facilitating involvement in social and community activities that support the client’s lifestyle, interests and wellbeing.
- Care management – ongoing assessment and planning to ensure that the client receives the care and services they need.

To discuss your needs and opportunities get in touch with your ECHO Client Advisor, who will help you identify the opportunities to use your Commonwealth Home Support Program entitlement or your Home Care Package to your best advantage.

Yes, there is a lot more to ECHO than you may have experienced. We are here to help you live a good, independent life at home for as long as you’re able.

## Out and about

On Monday March 25 our CEO Stuart Diggins was guest speaker at a meeting of the Rotary Club of Morley, also attended by members of the Rotary Clubs of Ballajura and Wanneroo. He gave a presentation on In-home Aged Care, with specific reference to the Commonwealth Home Support Programme and Home Care Packages.



### We need more volunteer car or bus drivers.

This is a chance to make a real difference to the life of an older person who needs help to

get to a medical appointment or who would love to go on a bus outing to local (and some not so local) places with others. Our buses are 12-seaters that only require a standard driver’s license. Time commitment is flexible - it’s a great way for FIFO workers to do community work while they’re back in Perth.

**If you, or someone you know, would like to help out, email [volunteer.coordinator@echocommunity.org.au](mailto:volunteer.coordinator@echocommunity.org.au) or phone 9271-7011.**

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# ECHO