



Supporting Carers
(Avoiding Carer Burnout)

mnd
Victoria

This slide features a dark blue background with a white stylized flower logo in the top left corner. The title 'Supporting Carers (Avoiding Carer Burnout)' is centered in white text. The MND Victoria logo is in the bottom right corner.

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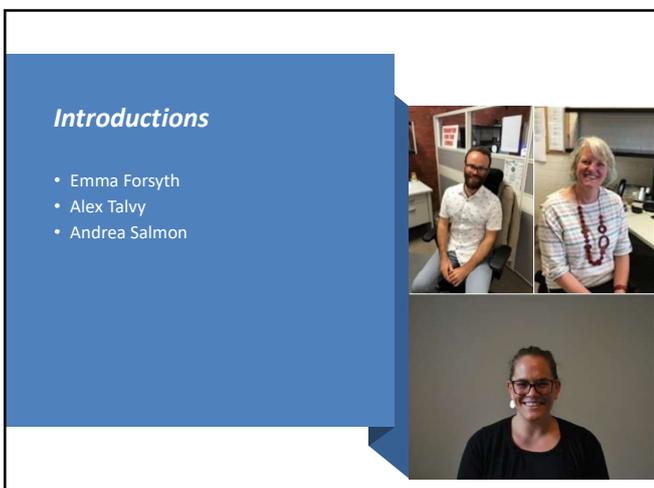
Acknowledgement of Country

MND Victoria acknowledges the Traditional Custodians of Country throughout Australia and their connections to land, sea and community. We pay our respect to their elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples today.

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Introductions

- Emma Forsyth
- Alex Talvy
- Andrea Salmon

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Purpose of this session 

- ❖ To encourage you to look after yourself – let's re-prioritise
- ❖ To explore the best use of your time with your loved one – let's make it fun
- ❖ To look at what you can use funding for – let's get creative
- ❖ To look at other supports that are available – let's get on board
- ❖ To make some changes that are positive for everyone



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Caring 





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The Value of Carers 

it would have cost

\$77.9 billion

in 2020 to replace unpaid care with formal paid services



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Get Support



You can't pour from an empty cup



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Making the most of available funding

Types of Funding Available

- NDIS (under 65)
- My Aged Care (Over 65)
 - CHSP
 - Home Care Packages
- Carer Gateway
- Carer Payment and Allowance




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NDIS (under 65's)

CORE SUPPORTS FUNDING

- Assistance with Daily Life
 - Everyday needs (personal hygiene, meal prep etc).
 - Household/Yard cleaning & maintenance.
- Assistance with Social & Community Participation
 - Assistance to participate in social and community activities.
- Transport

<https://www.ndis.gov.au/understanding/families-and-carers/how-we-can-help-carers>



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Commonwealth Home Support Programme - CHSP (Over 65's)



What services can CHSP Provide?

- Help around the house
- Transport
- Meals
- Personal care
- Social Support
- Planned Respite Care



<https://www.health.gov.au/initiatives-and-programs/commonwealth-home-support-programme-chsp>



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My Aged Care – Home Care Packages (Over 65's)



What services are available?

- Assistance with Everyday Living Tasks;
 - Personal hygiene, dressing/undressing.
 - Getting in and out of bed.
 - Meal preparation/meal delivery.
- Planned Respite.
- Transport.
- Domestic Assistance with household chores.
- Home and Yard Maintenance.

<https://www.myagedcare.gov.au/help-at-home/home-care-packages>



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Carer Gateway (everyone)



Counselling For Carers
Emergency Respite
Financial Support For Carers

- Tailored Support Packages.
 - Planned Respite (Service Provider steps in)
 - Cooking and Cleaning Services
 - Assistance with Shopping
 - Transport
 - Services or equipment to help with education

<https://www.carergateway.gov.au/>
 1800 422 737



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BENEFITS
7 things to explore

CARER PAYMENT
<https://www.humanservices.gov.au/individuals/services/carers/what-we-offer/carer-payment/eligibility>

CARER ALLOWANCE
<https://www.humanservices.gov.au/individuals/services/carers/what-we-offer/carer-allowance/eligibility/eligibility-rules>

CARER CARD
Phone 1800 951 958 (during business hours)
www.carerlink.gov.au

COMPANION CARD
Victorian Companion Card
Information Line: 1800 455 455
www.companioncard.org.au

CONCESSIONS
Energy Concessions
Residential rate concessions
Respite for adults and Concessions
GST Exemption Concessions
Water and sewerage concessions
1800 951 958

OTHER BENEFITS
- Half Price Taxi Card
- Victoria Carer Concession Card
- Victoria Mental Health Carer Support Fund
- Better Life Mobile phone plan
- Quality Parking Permit
<https://www.carerlink.gov.au/benefits>

Centrelink Benefits

- Worth the hassle
- Lightens the load financially
- Encourages activity

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Other avenues of support

Other Respite Support

- Take a Break
- Bucket List

Choosing your carers

Community and Health Care Support

MND Volunteer Program



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Take a Break

Available to everyone receiving services through MND Victoria.

\$750 per financial year is available to each person living with MND.

Funds are paid via direct debit into your bank account after approval.

Funding is aimed at covering services or items aimed at maximising quality of life.

Funding can be used to cover a range of services items, including shared experiences (e.g. dinner outings, short getaways) with carers.

Take a Break funding requests must be submitted by an MND Advisor .

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Bucket List Wish Program

Funding aimed at fulfilling the wish of someone living with MND- this can include shared experiences with carers.

Available to all people currently registered with MND Victoria and living within greater Vic.

Bucket List wish applications can be submitted on the MND Victoria website .

Funding is capped at \$2500 per applicant.

We can consider a broad range of wishes - refer to our website or speak to your MND Advisor for further details.

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Choice and Control

- Be mindful that it sometimes takes time to build relationships with paid carers.
- You have control over the number of hours of support you regularly access . It's fine to start small and build up!
- You have choice and control over the carers and services working at your home – you can always switch to a different provider if your services aren't working for you!
- Where possible, always ensure you have a signed service agreement in place with all service providers.

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Community and Health Care Support

- Mental Health Care plans can cover 10 Medicare-subsidised sessions with a clinical psychologist. You can speak to your GP about getting psychology services through a mental health care plan.
- Chronic Disease Management plans can also be sourced through GP. These care plans can cover subsidised services with a range of allied health professionals (e.g. physio, podiatry, osteo) for 5 sessions within a 12-month period.
- Counselling is available to carers through some Community Palliative Care providers.

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MND Volunteer Program

- 100 volunteers are currently engaged in work through MND Victoria
- Volunteers fill a variety of roles , ranging from massage and social support to bereavement support .
- MND Victoria clients are referred for volunteer services by their advisor and matched with volunteers by the MND Victoria Coordinator of Volunteer Programs.
- Refer to the MND Victoria website for further details about the volunteer program.



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Take Home Messages



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What are you going to do now?

Wellness	Practical	Financial
<ul style="list-style-type: none">• Hobby• Exercise• Outings• People	<ul style="list-style-type: none">• Say Yes• Say No	<ul style="list-style-type: none">• Outsource• Delegate



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Questions

- Feel free to ask a question, or we can follow up further advice or questions by calling 1800 777 175 or emailing info@mnd.org.au

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MND Victoria

Our mission is to provide the best possible care & support for people living with MND

- Over 30 staff (both metro & regional)
- Provides services to all of **Victoria & Tasmania**
- National & international affiliations with other MND organisations



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MND Vic Support Services

Focus: Expert knowledge of community resources, facilitate access to services, care & support and advocacy for clients

Key services:

- MND Advisor / Support Coordination
- Information, Equipment, Group Programs & Volunteers



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Education & Client Support

- Registrations
- Information Kits
- Information Sessions for people living with MND, their family and friends
- Groups
- Information Sessions for Service Providers
- Updates on Information & Research
- Helpful fact sheets



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MND Advisors & Support Coordinators

- Support people living with MND to assist them to live as long as possible with the best quality of life possible
- NDIS Applications
- My Aged Care
- Support family and friends



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Equipment Service

- No direct cost to person living with MND
- Allied Health professional assessment and application
- Stock list and request form on mnd.org.au
- For further information contact our Equipment Team equipment@mnd.asn.au



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Volunteer Service

- Program Support
- Events and Community Fundraising
- Social Visiting
- iPad Buddy Support
- Hand & Foot Massage
- Life Story Writing
- Bereavement Support
- For further information contact volunteer@mnd.asn.au



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Supporter Development

- Events
- Fundraising
- Communications



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Contact Us

(03) 9830 2122

1800 777 175

info@mnd.org.au

www.mnd.org.au



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