



Maximising support at home in a time of carer shortages

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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 respects to their elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples today.



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Outline



- What does support look like?
- About the current carer shortages
- How care agencies prioritise their resources
- Planning tips to get the most out of formal services
- How carer respite funding can help
- Benefits of using informal supports



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Support



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Support



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Reasons for Aust-wide shortages

COVID 19 pandemic: multiple impacts:

- Increasing sick leave and leave due to risk of exposure to COVID 19
- Burnout in the industry
- Increasing demand related to NDIS funding and ageing population
- Pay and industry conditions
- Less migration



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Types of care



- Personal care: showering, dressing, assistance with transfers, toilet assistance
- Respite care – allowing family to take a break
- Shopping assistance
- Cleaning assistance
- Gardening/maintenance
- Assistance with appointments/transport
- Meals
- Community access



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Getting help: creative options



- Re-prioritise the tasks you refer out
- Shop online or ask a friend/family member
- Consider using a private company rather than care company for cleaning and gardening
- Try a private meals service
- Community access
- How Carer Respite funding can help



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Getting help: who helps?



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Getting help: who helps?



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Getting help: who helps?

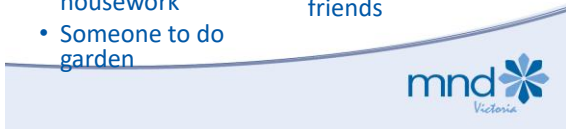


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Getting help: Reprioritise



- Daily shower
- Meal prep
- Ironing sheets
- Getting out for coffee
- Someone to do housework
- Someone to do garden
- Second daily
- Prepared meals
- Minimise ironing
- Enlist friends
- Lower expectations
- Neighbours & friends



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Getting help: creative options



Getting the meals cooked for you might give you capacity to do other care tasks



You might not be the one who normally cleans, but we can support getting a cleaner



Sometimes tasks like the windows become more important and we can assist



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Carer Support = Support



- Maintain your independence
- Say yes to offers of assistance
- Consider what the best form of assistance is
- Maximise the assistance funding can provide by a mix of support



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Encouragement



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Encouragement



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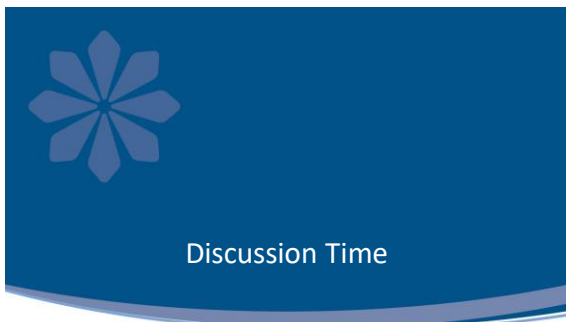
Coming soon



- Feb 7th – 28th Living with MND group commences
- Feb 15th Carer Wellness Program, Launceston
- Feb 23rd Carer Wellness Program, Outer East
- Mar 2nd Information session for newly diagnosed
- Mar 9th – Apr 4th Mindfulness course for carers
- **Mar 29th Community webinar: The Benefits of Massage**



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