

## GOVERNMENT DELAYS

# Support at Home Program Introduction until November

The Australian Government announced in June that the new Support at Home aged care program, originally planned to begin on 1 July 2025, will now start on 1 November 2025.

### This news affects all Home Care Package consumers.

If you have a Home Care Package with CatholicCare you should have received letters from both the Australian Government and CatholicCare in the past few months about Support at Home and what it will mean for you.

With the news of this delay announcement, CatholicCare will again write to our Home Care Package consumers with more information about what the delays means. If you currently have a Home Care Package with CatholicCare, you can expect to hear more from us soon.

### What is Support at Home?

Support at Home is the new government program that will replace the Home Care Package system. It is intended to simplify and improve aged care.

Key features of Support at Home will include:

- **Quarterly Budgets:** Instead of a yearly amount, care budgets will now be split across four quarters.
- **New Funding Categories:** The current four package levels will be replaced by eight categories, matched to your needs.
- **Defined Service Inclusions:** Your services will come from a standard list developed by the Government.

### We're Here for You

If you hold a Home Care Package and have questions or would like to learn more about what this means for you, please speak to your Care Partner.

You can also contact our friendly team on 1300 523 985.



To learn more about Support at Home visit: [www.health.gov.au/support-at-home](http://www.health.gov.au/support-at-home)



### Support at Home Myth Busting

- ✗ **People will lose their funding.**  
✓ Participants will **not** lose their funding. People with a Home Care Package will automatically transition to the new program and a 'no worse off' rule applies.
- ✗ **People will need to pay more.**  
✓ Generally, no participant should have to pay more out of pocket. A 'no worse off' rule will apply to everyone who transitions to the new program.
- ✗ **CatholicCare won't be a Home Care Package provider anymore.**  
✓ CatholicCare will transition to a Support at Home provider, and we will continue to service our Home Care Package clients under the new Support at Home program.
- ✗ **Support at Home is just for new people signing up to aged care.**  
✓ Support at Home applies to everyone, not just new participants. All Home Care Package consumers are included and will transition automatically.
- ✗ **People with a Home Care Package need to call My Aged Care straight away.**  
✓ Participants currently on a Home Care Package only need to call My Aged Care if their needs change and they require a new assessment.



# Your **Winter Warm-Up** Guide

Winter in Central Queensland might not bring snow, but it can still bring a chill. Whether it's keeping warm, staying active or looking after your health, a few simple steps can help you feel safe, steady, and supported this winter.

Here are some practical ways to stay well during the cooler months:



## Keep your body warm

Layer up with light, comfortable clothing. Wool, fleece and thermal fabrics can help keep you warm without restricting movement. Don't forget socks, slippers, and an extra layer for early mornings or late evenings.



## Stay active inside

Gentle movement helps warm you up and supports circulation. Walk around during television ad breaks, stretch near a sunny window, or do some light chores, every little bit helps.



## Keep your home snug

Block drafts under doors, use heavier curtains at night, and let in as much natural sunlight as possible during the day. Only use heaters that are safe, working properly, and never leave them on unattended.



## Eat well and drink warm fluids

Nutritious meals and warm drinks can help your body stay energised. Make time for soups, stews, and the occasional cuppa as they warm you from the inside out.



## Protect yourself — and those around you

Winter is a great time to book your annual flu vaccination. It is a simple way to protect yourself and help stop the spread to those around you. Encourage your loved ones and carers to get theirs too.

If you need help or are unsure where to start, speak to your GP or someone you trust. A little support can make a big difference.

**Let's help each other stay warm, safe and WELL this winter.**



## Stay social and connected

Winter can feel isolating. Reach out with a phone call, a friendly chat, or by joining a local group. Staying connected boosts both mental and physical wellbeing.



## Plan ahead for health needs

Keep any regular medications topped up and know who to call if you start to feel unwell. It is better to seek help early than wait.



## Be weather-wise

Watch the weather forecast so you can plan errands or outings around rainy or windy conditions. Have a coat or umbrella nearby so you are not caught off guard.



## Practise good hygiene

Colds and flu spread more easily in winter. Wash your hands often, sneeze into your elbow, and encourage visitors to stay home if they are feeling unwell.



This article is based on advice from:  
Better Health Channel and The Australian Government

# Saying **NO** to **DV.**

## Domestic & Family Violence Prevention Month *in review*

Each year, communities across Queensland come together to stand against domestic and family violence. It is a time to remember those affected, raise awareness, and call for change.

This year, CatholicCare proudly joined a number of community events throughout the region. Highlights included a community gathering at Rockhampton's Kershaw Gardens, powerful candlelight vigils in Rockhampton, Emerald, Blackwater and Yeppoon, and a moving March Against Violence through the streets of Emerald.

Thank you to everyone who attended, participated, or supported these events. Together, we continue to send a clear message: *there is no place for domestic and family violence in our communities.*

If you or someone you know is affected by domestic and family violence, help is available.

**Call DVConnect on 1800 811 811 for confidential 24/7 support, or dial 000 in an emergency.**



Read more online at: [www.bit.ly/4lbHvFL](http://www.bit.ly/4lbHvFL)



## The **CEO's** Corner

**CatholicCare is very proud to walk alongside our older Australian community as trusted partners in care.**

That commitment will not change as we begin the transition to the Government's new Support at Home program.

While any change can bring questions, you can be assured that our focus remains exactly where it should be: on our clients.

We will continue to deliver the same quality care, guided by the same values, and provided by the same compassionate and professional teams you know and trust.

Whether it is help at home, connection to community, or other tailored supports and services to help you live well, CatholicCare is here to help.

Until next time,  
**Robert Sims**  
CatholicCare Chief Executive Officer



Find us on





# DIY Coasters

With the weather turning cold, you need somewhere to rest that nice hot cuppa! We've got you covered with this personalised coaster craft activity.

## You will need...

- Four ceramic tiles
- Scrapbook paper or photos
- Water-based glue
- Felt
- Epoxy resin
- Sandpaper (optional)
- Scissors
- Paintbrush(es)
- Mixing cup and stick
- Gloves

Source: [modpodgerocksblog.com](http://modpodgerocksblog.com)

## Five simple steps...

1. Select and cut the image or photos to size. This can be a printed photo or scrapbook images. Make it something personal to you.
2. Apply an even amount of glue onto the surface of your tile, and adhere your image, making sure it is centred. Wait 15 – 20 minutes for this to dry (that's how you avoid wrinkles!). Clean up the edges by trimming the excess paper once dry.
3. Brush on a layer of glue onto your image. Wait for that to dry (15 – 20 minutes) and apply another layer. Make sure to get the edges of the image to seal it thoroughly. Let dry completely before applying resin.
4. Mix the resin according to the instructions on the bottle. Make sure you are in a well ventilated area and that you are using gloves. Apply to the coasters. Wait for the resin to dry completely, or overnight.
5. Cut some felt to size, and glue it to the back of your coaster to avoid scratching your table surface.



## WONDERWORD

# Weather Words

As the temperatures turns colder, curl up with a warm drink and find these weather words!

HURRICANE	TORNADOS	HUMID	SNOW
FROSTY	FLOODS	WARM	STORMS
BLIZZARD	SUMMER	RAIN	ICY
CLOUDY	HOT	WINDY	
COLD	HEATWAVE	NIGHT	



**Need a hint or looking for the solution?**

Scan the QR code or visit:

[www.catholiccarecq.com/wonderword](http://www.catholiccarecq.com/wonderword)

H	F	R	M	E	N	B	W	N	H	Z	R	I	H
U	R	S	I	L	N	N	L	L	R	A	I	N	R
R	O	D	W	A	R	M	A	I	O	I	N	N	Y
R	S	N	V	E	L	U	U	N	Z	R	I	W	C
I	T	A	S	N	I	T	T	S	W	Z	N	O	O
C	Y	F	S	S	C	C	O	F	M	I	A	W	L
A	T	R	E	M	M	U	S	R	B	R	N	R	D
N	W	H	I	C	V	A	C	A	N	O	O	D	D
E	O	R	C	Y	T	S	W	L	M	A	G	T	Y
T	N	S	N	C	W	O	Z	N	O	Y	D	W	S
R	S	Y	N	I	G	H	T	T	O	U	O	O	D
F	L	O	O	D	S	L	L	A	F	T	D	U	S
Y	U	A	H	U	M	I	D	H	L	M	O	Y	W
O	Z	O	Y	H	E	A	T	W	A	V	E	V	O

Wonderword Source: [thewordsearch.com](http://thewordsearch.com)