



VIETNAMESE  
WOMEN'S  
ASSOCIATION  
SA INC

# VIWA

**May 2021**

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## *Welcome to ViWa*

*ViWa is a not-for-profit community organisation promoting positive well-being opportunities and encouraging confident living.*

*We support you to live your life through hopes, aspirations, and challenges. It's your say, your choice.*

*We are here to work with you to achieve those opportunities.*

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## **In this issue**

- VIWA Commonwealth Home Support Program CHSP
- Home Care Package HCP
- National Disability Insurance Scheme NDIS
- Flu Vaccination
- Covid—19 Vaccination update



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COVID-19 PANDEMIC— Keep safety for you, safety for community

## 6 SIMPLE STEPS

### TO PROTECT YOU AND YOUR LOVED ONES FROM CORONAVIRUS (COVID-19)

While there is no vaccine currently available for Coronavirus, there are simple ways we can all stop it from spreading.



#### Keep your distance

from others if you're sick OR if they're sick. Avoid close contact such as shaking hands, hugging and kissing.



#### Stay home from work and school if you are unwell

Don't go shopping or use public transport until you feel better.



#### Wash your hands

regularly, particularly after going to the toilet, blowing your nose and handling used tissues.



#### Cover coughs and sneezes

and sneezes with a clean tissue or your elbow.



#### Avoid touching your face

your eyes, nose and mouth. And don't handle food unless you have washed your hands.



#### Wipe down surfaces

frequently touched surfaces like bathroom sinks and kitchen counters.

## HOME CARE PACKAGE (HCP)

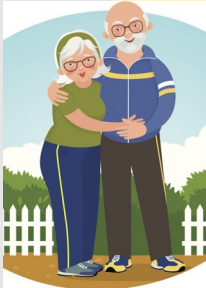
A Home Care Package provides Government funded services that can help you remain at home for longer, as well as providing choice and flexibility in the way that the care and support is provided. Services may include personal or domestic assistance, food and nursing services, medication supervision, transport, home maintenance, and mobility equipment.

There are four levels of Home Care Packages, ranging from basic care needs to high care needs. Services are based around your individual needs, allowing you to decide on the type of care you receive, how it is delivered and who provides that care.

### Eligibility

To receive a Home Care Package you will need to be assessed by an Aged Care Assessment Team/Service (ACAT/S). The ACAT helps the elderly, and their carers, determine what kind of care will best meet their needs, when they are no longer able to manage on their own.

The ACAT will give you a letter stating the types of subsidised services you have been approved for and might also put you in contact with organisations in your area that can deliver these services.



### HCP Services from ViWa:

Home Care Package services are based on your individual needs. Your provider coordinates the care and services to support you at home and these are agreed between you and your provider. The services may include:

- Transport for shopping or appointments
- Social support by taking you shopping, banking or just providing company for a chat
- Domestic assistance for household jobs like cleaning, clothes washing and ironing
- Personal care assistance with bathing or showering, dressing, hair care and going to the toilet
- Home maintenance for minor general repairs and care of your house or garden
- Home modification ie installing safety aids such as alarms, ramps and support rails
- Nursing care where a qualified nurse comes to dress a wound or provide continence advice
- Food services such as providing meals at a community or day centre, preparing and storing food and delivering meals to your home
- Medication help in taking your medications

Source: <https://www.agedcareguide.com.au/home-care-packages>



**VIWA** is an approved HCP provider, you can contact ViWA on 82594111, website: <https://www.viwa.org.au/> or come to talk to our office staff at 8B Goodale Parade, MAWSON LAKES SA 5095



## COMMONWEALTH HOME SUPPORT PROGRAM (CHSP)

The Commonwealth Home Support Programme (CHSP) is a Government initiative subsidising in home or centre based care services to seniors needing low level assistance to remain living independently in their own home.

The aim of the CHSP is to help older people live as independently as possible – with a focus on working with you, rather than doing for you. It is about working on your strengths, capacity and goals to help you remain living independently and safely at home.

### SERVICE

- Domestic Assistance
- Social Support Individual
- Social Support Group
- Meals
- Transport
- Respite care

*VIWA is an approved CHSP provider, you can contact ViWA on 82594115, website: <https://www.viwa.org.au/> or come to talk to our office staff at 8B Goodale Parade, MAWSON LAKES SA 5095*

### ELIGIBILITY

You may be eligible under the Commonwealth Home Support Programme if you are:

- having trouble doing everyday activities without help, and
- need support to live independently in the community

and are:

- 65 years or older (50 years or older and identify as an Aboriginal or Torres Strait Islander person) or
- 50 years or older (45 years or older for Aboriginal and Torres Strait Islander people) and on a low income, homeless or at risk of being homeless.

If you have been injured or hospitalised you may be eligible for extra services through the program for a short time to help you get back on your feet after you return home.

### ASSESSMENT

To find out if you need an assessment and if you are eligible for help at home services, you should call My Aged Care on 1800 200 422. The My Aged Care staff will ask you questions about your current needs and circumstances so they can refer you to appropriate aged care services. You will need to have a home support assessment with a Regional Assessment Service (RAS) before you can be approved for care.

## NDIS— National Disability Insurance Scheme

- **National:** The NDIS is being introduced progressively across all states and territories.
- **Disability:** The NDIS provides support to eligible people with intellectual, physical, sensory, cognitive and psychosocial disability. Early intervention supports can also be provided for eligible people with disability or children with developmental delay.
- **Insurance:** The NDIS gives all Australians peace of mind if they, their child or loved one is born with or acquires a permanent and significant disability, they will get the support they need.
- **Scheme:** The NDIS is not a welfare system. The NDIS is designed to help people get the support they need so their skills and independence improve over time.

### Eligibility

#### *If you are:*

- aged between 7 and 65, and
- live in Australia and are an Australian citizen or have a Permanent or Special Category Visa, and
- usually need support from a person because of a permanent and significant disability or use special equipment because of a permanent and significant disability or you need some supports now to reduce your future needs

***You may be eligible to apply for NDIS***



- If you meet the criteria and you would like to become a participant, call on 1800 800 110 and ask to make an Access Request.
- For information about what evidence to include in your Access Request, it may be helpful to visit the following pages:

[Providing evidence of your disability](#)

[Providing evidence of disability for children](#)



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## RECENT ACTIVITIES

Commemoration Trung Sisters March 2021





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Celebration Lunar New Year—Feb 2021





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Excursion on Mother's Day May 2021





## First Aids Training





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## CPR Training



## Working at People's Home training



## English class

## FLU (INFLUENZA)

Influenza (the flu) is a highly contagious disease, usually prevented by vaccination and treated by managing symptoms. Spread by body fluids from infected people, symptoms include a runny nose and sore throat. Flu can affect anyone but is especially serious for babies and older people.

### SYMPTOMS

- Flu symptoms include:
- runny nose or sneezing
- cough or sore throat
- fever and chills
- headache
- body aches
- vomiting and diarrhoea (more common in children).

The flu is a serious disease because it can lead to:

- bronchitis
- croup
- pneumonia
- ear infections
- heart and other organ damage
- brain inflammation and brain damage
- death.

### HOW IT SPREADS

- when an infected person coughs or sneezes, and you breathe it in
- through direct contact with fluid from an infected person's coughs or sneezes
- by touching a contaminated surface with the flu virus on it, and then touching your mouth, eyes or



All children six months to less than nine years of age receiving flu vaccine for the first time should receive two doses at least one month apart to improve their immune response.

### Possible side effects

- Like any medications, the flu vaccine can have some minor and short lasting side effects.
- Common side effects may include:
- pain, redness and swelling where you were immunised
- drowsiness, tiredness or irritability
- muscle aches
- low grade fever of 37 to 38 degrees Celsius.

Side effects can be reduced by: drinking extra fluids, resting, taking paracetamol as per the instruction on the packet/bottle, not overfressing if you are already hot

### FLU VACCINATION

Vaccination is the best protection against the flu.

The flu vaccines protect you from getting infected and prevent serious disease. The flu strains constantly change so you need a new vaccine every year to make sure you stay protected.

The flu vaccine is recommended for any person six months of age and over who wishes to reduce the likelihood of becoming ill with the flu.

## Covid-19 Vaccination

Let's not undo all the good. Stop the Spread.

Stop the Spread of COVID-19 and the Flu.

### People in priority groups

If you're in one of the groups identified to get vaccinated against COVID-19 as a priority, you can [book your appointment](#) online.

#### Priority groups include:

- Adults with an eligible underlying medical condition
- All healthcare, allied health and support staff and students in healthcare settings
- Residential aged care and disability care residents and staff
- Quarantine, medi-hotel, airport and maritime workers
- People who are immediate family of, or living with, a quarantine or airport worker
- Critical and high risk workers in defence, police, fire, emergency services and meat processing.

People 50 years and over with a history of cerebral venous thrombosis, heparin-induced thrombocytopenia and thrombosis with thrombocytopenia syndrome should speak with their GP about their vaccination.

### Where are the SA Health COVID-19 Vaccination Clinics?

#### Metropolitan clinics

[Wayville](#)

[Women's and Children's Hospital](#)

[Noarlunga](#)

[Elizabeth](#)

#### Regional clinics

Many new clinics have been established in regional areas, and are vaccinating people 16 years and older. More clinics will be opening soon, including on Kangaroo Island. [Find a regional COVID-19 vaccination clinic](#)