



Care Assessment Consultants

PTY LTD

HACC Home-based Independence Program



home and community care

A JOINT COMMONWEALTH AND STATE/TERRITORY PROGRAM
PROVIDING FUNDING AND ASSISTANCE FOR AUSTRALIANS IN NEED

Our Tasmanian Independence Program

Program Goals to maximize:

- Functional Status
- Social, emotional & spiritual wellbeing
- Healthy ageing

How do we achieve this?

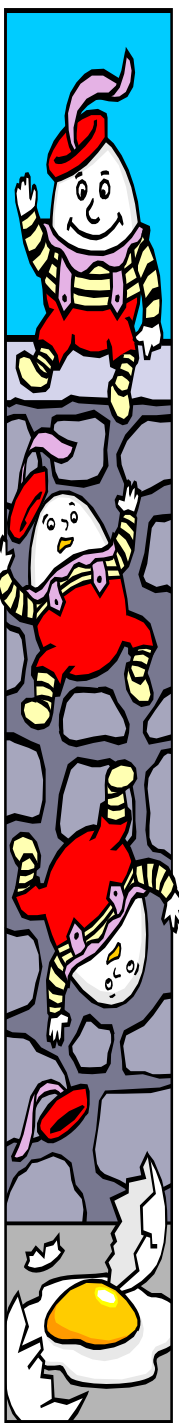
- Comprehensive health assessment
- Client goal setting
- Re-skilling in household chores and personal care tasks
- Support Worker support for up to 12 weeks
- Socialisation



Falls Prevention

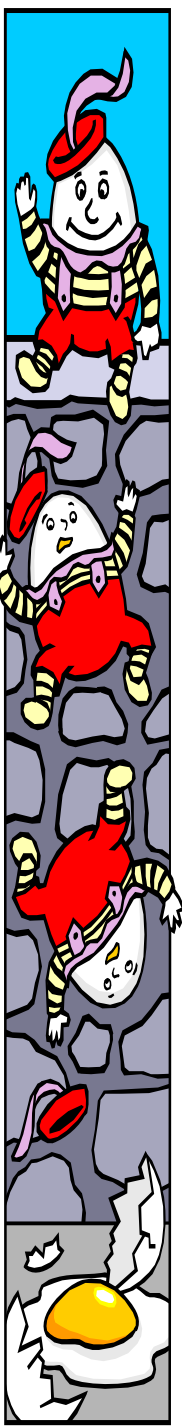
60% of falls occur in the home

CAC's Home-based Independence Program aims to reduce falls risk



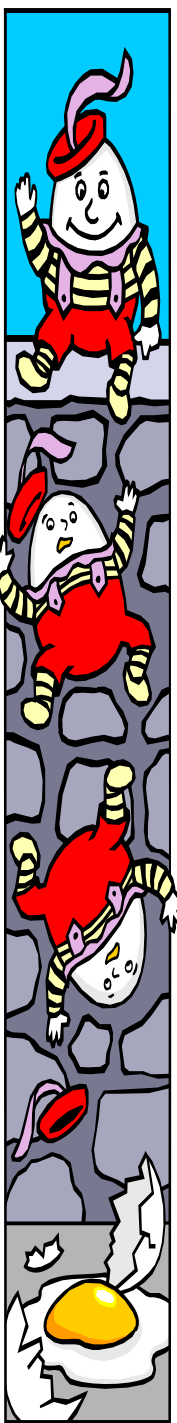
Identify the Risk

- INTRINSIC FACTORS
- EXTRINSIC FACTORS



HHIP & Falls Prevention

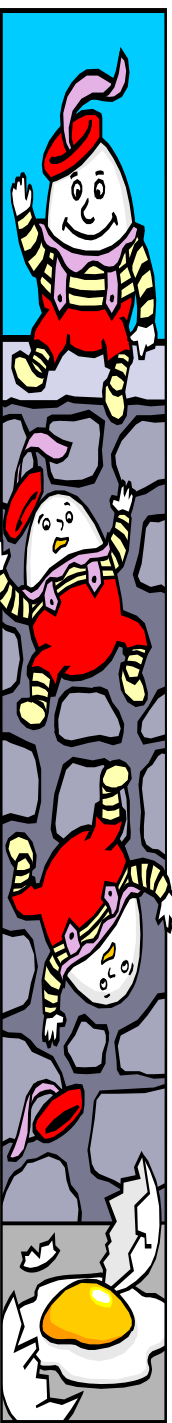
- Education on reducing personal risk factors
- OT assessment to introduce aids and strategies to reduce falls
- Medication education
- Encouragement of clients to participate in community-based Falls Prevention Programs



HHIP Falls Prevention

EDUCATION SESSIONS

Commencing early 2009



Physical Activity

- Evidence for physical activity in the older person
- Assessment of strength & balance
- Implementation of exercise and walking
- Introduced clients to community exercise groups
- Tai Chi



Tai Chi

- 6 week course for HHIP clients
- Connecting to community-based Tai Chi class
- Please join us for a few minutes of Tai Chi as part of our Independence Program