

Who is the service for?

Community Options Case Management Service is available for:

- Older and frail people with a disability
- Younger people with a disability
- Carers
- Aboriginal or Torres Strait Islanders
- People with dementia

When to contact Community Options?

Contact us if you are:

- unable to cope at home and need help with day to day tasks
- unable to obtain the services or equipment you need
- needing a variety of services coordinated to meet your individual needs
- wanting information about residential care such as a nursing home, group home or hostel
- needing help to maintain your role in caring for someone within the community

Further information:

Bega Community Options will provide assistance within the funding guidelines and within available resources. It is not a crisis nor an emergency service.

For further information please contact Bega Community Options:

T 02 6499 2464

F 02 6499 2448

E aging&disabilityservices@begavalley.nsw.gov.au

Office Location:

Shop 2 corner Auckland & Upper Streets
Bega NSW 2550

MAILING

PO Box 492, Bega NSW 2550

COMMUNITY
OPTIONS

helping
you
stay
at
home



home and community care

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



Funded by:

Department of Ageing Disability and Home Care

Managed by:

Bega Valley Shire Council

BEGA
VALLEY
SHIRE
COUNCIL

AGEING AND
DISABILITY SERVICES

COMMUNITY OPTIONS

What does Community Options do?

The main aim of Community Options is to help you stay at home for as long as possible, if that is what you choose.

We achieve this by:

- co-ordinating a range of home and community services for you eg. home care, personal care, meals, transport, home modifications/maintenance, respite and carer support
- working with both clients and carers to determine and respond to your changing needs
- increasing your awareness of available services
- preparing referrals to allied health services, (eg. OT, dietitian, physio), financial counselling and personal counselling

Community Options acts as a **linking service** working with different **support agencies** to ensure you receive the most appropriate services to **meet your needs**.

How we work

You will be allocated a Case Manager who will:

- visit you at home to discuss your needs and assist in preparing a plan of care
- liaise with service providers on your behalf
- implement and monitor your care plan

What will it cost?

As a client, you will be encouraged to contribute to the cost of the services or equipment you need. However, Community Options may subsidise the charges if necessary. No one will be refused basic assistance because they are unable to pay.

Can everyone be helped?

Some people's needs may be such that they require highly specialised care on a continual basis. This may be beyond the scope of this program.

However, if you have needs that are not being met because you are not getting:

- any assistance
- enough assistance
- assistance at the right times; or
- the right assistance

then perhaps Bega Community Options can help you.

Who can refer you?

Anyone can refer you to our service, including:

- a relative or friend
- your doctor or community nurse
- social worker; or
- you can refer yourself

Information provided by you remains confidential.

HELPING YOU STAY AT HOME