

**Gold Coast Office, - 5th floor
12 Short Street,
Southport Qld 4215**

*****Latest News from Veterans' Affairs – May 2008*****

HOMEFRONT

Preventing accidents and falls in the home

Homefront is a prevention program designed to prevent falls and accidents around your home. A **free** annual assessment is available for Gold, White Cardholders and Allied veterans. Eligibility is based on:

Gold cardholders - clinical need
White cardholders/Allied veterans - for an accepted disability where there is a clinical need.

A Homefront assessor will arrange a suitable time to visit your home where they will look for potential hazards in and around your home such as:

- Slippery floor surfaces
- Unsafe steps or railings
- Poor lighting
- Need for handrails

The assessor will also provide you with information about nutrition, managing your medication and local community services which may be of assistance to you.

If you agree with the recommendations, a DVA-registered tradesperson will provide a quote and carry out the work.

Some financial assistance is provided by DVA which is paid directly to the tradesperson. Should the cost of the work exceed the DVA contribution, you will need to pay the difference.

Be safe and contact Homefront on 1800 80 1945 to arrange an assessment.



Respite Care

At DVA expense

Respite care is designed to provide relief for a carer who has the responsibility for a person requiring ongoing care, attention and support. To be eligible for an *assessment* for DVA respite care a person must be:

- ADF Veteran, War Widow or Widower, Allied Veteran *and*
- Gold/White cardholder

DVA may pay for up to 196 hours of in-home or 28 days of residential respite care, or a combination of both per financial year. To be eligible you need to be assessed as needing such care by Veterans Home Care.

Additional respite may be available as Emergency short-term home relief (ESTHR) which is when a carer is unable to provide care due to sudden and unforeseen circumstances, eg crisis situation and other services are not available. If the only alternatives are admission to hospital or being left without adequate care, DVA will pay for respite at home until general community services can be arranged or until your usual carer is able to resume the caring role. These are exceptional arrangements and strict guidelines apply.

For respite care in an aged care facility, you must have an ACAT assessment. Veterans' Home Care or your doctor can arrange this.

To receive DVA financial assistance for respite care, you need to obtain approval *prior* to the commencement of the respite period.

DVA respite care is accessed through the Veterans' Home Care program. For more information or to arrange an assessment for respite care call VHC on **1300 550 45**

DVA Mental Health Information Package


'At Ease' – Recognise > Act > Maintain

'At Ease' is a new information package (A4 size) designed to deliver information to veterans and their families about mental health services and to:

- recognise early signs and take action to maintain your mental health and wellbeing
- understand how and where to seek help
- develop self help skills to manage and improve mental health and wellbeing

The 'At Ease' package includes information on:

- anxiety
- depression
- alcohol and the effect on mental health problems
- information for carers on caring for a veteran/partner with mental health problems, including looking after yourself
- mental Health Disorders Facts and Myths - factual information on widespread community and veteran misperceptions of mental health problems

Contact the VAN office if you would like an information package sent to you or online information can be found at the 'At Ease' website www.at-ease.dva.gov.au 



Have you recently separated from the ADF?

VVCS offers the **Stepping Out** program to help you transition from military to civilian life.

The Stepping Out program is free and is held over 2 full days. The program is available to all ADF members and their partners, who are in the process of, or have separated from the ADF in the past 12 months.

Making the move to civilian life can be challenging and the changes can impact on your personal life, work life and family life. The Stepping Out program will give you information and skills to manage your transition to civilian life.

If you would like to enquire about dates or book a program contact VVCS on 1800 011 046.



Budget 2008-09

For details on how the new budget will impact on the veteran community, please refer to the attached **media releases** by the Minister for Veterans' Affairs, The Hon. Alan Griffin MP.

If you require further information in relation to your particular circumstances and how the budget will affect you, please contact the VAN office.



Would you prefer to contact us electronically?

DVA recognises that our clients have different needs and some clients prefer to contact us electronically rather than by phone or face-to-face.

If you would prefer to e-mail the VAN Southport office with an enquiry the e-mail address to use is:

van.goldcoast@dva.gov.au

E-mails are checked regularly therefore, it is an efficient method to communicate. So if you were requiring forms or factsheets or just general information, this could be the way to go!

Please note however, as the internet is not a secure connection and the sender's identity cannot be verified, personal information cannot be updated via e-mail.

If you have any questions about the above information or other DVA matters, please don't hesitate to contact our friendly staff at Southport DVA Office.

Phone: 07-5630 0203 or 1300 55 1918

We look forward to your visit!
Nikki, Pat, Bronwyn and Jenny

