

St John's Community Care

An activity of the Greek Orthodox Archdiocese of Australia

OVERVIEW OF PROGRAMS

AFTER HOURS RESPITE CENTRES

Redlynch Respite Centre provides afternoon, evening and weekend centre-based respite for the frail elderly and younger people with disabilities. The centre operates on the following days:

Tuesday	1 pm – 7 pm	Frail aged
Thursday	1 pm – 7 pm	Frail aged
Friday	1 pm – 7 pm	Young disabled
Saturday	11 am – 5 pm	Frail aged
1 st Sunday of the month	11 am – 5 pm	Young disabled

Gordonvale Respite Centre provides afternoon and evening centre-based respite for the frail elderly and younger people with disabilities. The centre operates on the following days:

Monday	1 pm – 7 pm	Young disabled
Tuesday	1 pm – 7 pm	Frail aged
Wednesday	1 pm – 7 pm	Frail aged

Mareeba Respite Centre provides afternoon and evening centre-based respite for young people with disabilities. The centre operates on the following days:

Wednesday	1 pm – 7 pm	Young disabled
Friday	1 pm – 7 pm	Young disabled

Cairns Recreation & Social Club provides day centre-based respite for younger people with disabilities. The program operates from the Redlynch Respite Centre on:

Monday	10 am – 2 pm	Young disabled
Tuesday	10 am – 2 pm	Young disabled

St John's Community Care also provides the following for its Respite clients:

- *Transport to and from home.*
- *In house, cooked, nutritious meals and refreshments.*
- *Encouragement to participate in the daily activities.*

Funded by Queensland Health – Home and Community Care Program

DIVERSE AGED CARE PROGRAM

This program provides a high quality of care and support to frail older people, enabling them to continue living independently in their own home. This is achieved by providing a flexible responsive and co-ordinated individualised package of services. We provide a care plan, in consultation with and agreed by the client that is flexible and fits in with the needs of daily activities of the client.

Areas covered are co-ordinated by Team Leaders based in:

- Cairns – covering Mossman south through to Tully
- Mareeba – covering the Atherton Tablelands
- Thursday Island – covering the Torres Strait Islands

Funded by Department of Health and Ageing

EXTENDED AGED CARE at HOME

Extended Aged Care at Home (EACH) packages are individually planned and coordinated packages of care, tailored to help older Australians remain living in their own homes. They have been developed to provide for the complex care needs of older people.

EACH packages are very flexible and are designed to help with individual care needs. Generally a person who requires high level care could be eligible for an EACH package, and the types of services that may be provided as part of an EACH include:

- Registered nursing care;
- Care by an allied health professional such as physiotherapist, podiatrist or other type of allied health care;
- Personal care;
- Transport to appointments;
- Social support;
- Home help; and
- Assistance with oxygen and/or enteral feeding.

Funded by Department of Health and Ageing

FLEXIBLE DEMENTIA RESPITE

For low care dementia clients, providing innovative, flexible, much needed services such as Twilight Respite and Overnight Emergency Respite at our existing centres in Gordonvale and Mareeba.

Funded by Department of Health and Ageing

FNQ MAJOR HOME MODIFICATIONS SERVICE

Major home modifications assistance for people with disabilities, frail elderly people and carers, throughout Innisfail, Cairns, the Tablelands, Cook Shire and Torres Straits.

We can help with information, plans and specifications, budget estimates, project management and financial assistance for approved applicants when funding is available.

Jointly managed with Department of Housing and funded by Home and Community Care Program

HACC HOME MAINTENANCE SERVICE

The program provides advice and assistance with home repairs and minor modifications for the elderly and people with disabilities who have been assessed as HACC eligible.

Funded by Queensland Health – Home and Community Care Program

HOME ASSIST SECURE

This service aims to remove some of the practical housing related difficulties experienced by older people and people with a disability who wish to remain living in their own home. The service provides free information, advice and assistance in regard to home maintenance, repairs, modifications and security to people living in their own homes and private rental, who are in receipt of an Age or Disability Pension.

Funded by Department of Housing

INCLUSIVE PARTNERS PROJECT

The program provides a responsive, inclusive and flexible service for people who have a dual diagnosis (intellectual disability and a coexisting mental illness).

Our purpose is to develop a “person-centred” support service which includes best practice, continuity of care and access to the full spectrum of appropriate services through a proactive collaborative partnership with Disability Services Queensland, Integrated Mental Health Program, St John’s Community Care and the Queensland Centre for Intellectual and Developmental Disability.

Funded by Disability Services Queensland

INNISFAIL COMMUNITY SERVICES

A range of services have been introduced in Innisfail. Respite services include both centre-based and in-home care.

Innisfail Respite Centre provides centre-based respite services for both the frail aged and the young disabled on a mixed attendance basis from Monday to Friday, from 10.00 am until 2.00 pm.

The services include:

- *Transport to and from home.*
- *In house, cooked, nutritious meals and refreshments.*
- *Encouragement to participate in the daily activities.*

In -home Respite is aimed at providing relief and support to the carer to enable them to continue in their caring role with the knowledge that there is someone caring for them. It provides flexible respite services for carers of people with dementia and challenging behaviours.

This service will provide:

- Regular or occasional, long or short, day and overnight respite
- Respite that is flexible to meet the individual's needs
- Care with dignity and respect
- Crisis intervention and emergency relief for carers.
- Ongoing support and education to carers to enable them to continue the caring role
- Quality care by trained care workers
- Service that meets specific cultural needs
- Advocacy

These services are supplemented and supported by **allied health, advocacy and information, lawn mowing and community transport** programs.

Funded by Queensland Health – Home and Community Care Program

LIFESTYLE SUPPORT

The program provides care and support for people with disabilities enabling them to remain living independently in their own home and assists them to access community life.

An application for Lifestyle Support can be obtained from Disability Services Queensland. The Disability Services Queensland registration enables all people with disabilities to register their needs for services or support.

People who have a disability, which results from an intellectual, physical, sensory, cognitive, neurological or psychiatric impairment, or a combination of these impairments are eligible to apply.

Funded by Disability Services Queensland

MULTICULTURAL ACCESS SERVICES

The aim of this program is to support frail older people, younger people with disabilities and their carers of culturally and linguistically diverse backgrounds by providing information and referral, enabling them to access Home and Community Care services. We also provide Cross-cultural Awareness Training to Service Providers to enhance their cross-cultural communication skills and become more aware of and sensitive to ones own behaviour and attitudes.

Funded by Queensland Health – Home and Community Care Program

MULTICULTURAL FRIENDSHIP PROGRAM

This program is an initiative of St John's Community Care Ltd to maintain frequent contact with culturally and linguistically diverse (CALD) clients to ensure they receive updated and appropriate information/services. Clients attend a regular Multicultural Morning Tea to reduce social isolation and become more familiar with St John's and other mainstream services.

An initiative of St John's Community Care

PLUS PROGRAM

This program provides individual needs-based support and community access to people with a psychiatric disability in the Cairns area. The program ensures the provision of adequate individual support in the areas of daily living skills, personal care and social and interpersonal skills development (i.e. meals, cooking, budgeting, housekeeping, laundry and medication).

Support services are provided in accordance with the individuals identified needs, in a way that reflects the conditions of every day life valued by the community. Integrated Mental Health provides clinical support.

Funded by Disability Services Queensland

POST SCHOOL SERVICES

Post School Services has a dual focus as it provides support not only to the young person but also to their families/carers.

This program is targeted at people with severe disabilities who are 18 years of age by 31 January in the year they enter the program after exiting special school or specialised education programs and/or services. We aim to enable the young person with a disability to experience a range of positive options in progressing to adulthood.

Funded by Disability Services Queensland

PROJECT 300

The program provides community support for people with a psychiatric disability who wish to be at home in their own community. Many of the clients have been in an institution for many years. The components of support for Project 300 clients are Mental Health clinical support, affordable housing and disability support.

Lifestyle Support Workers are employed to work with clients and families to provide one to one support for the individuals; build relationships with individuals daily or on a regular basis by providing agreed supports.

Funded by Disability Services Queensland

SOCIAL RESPITE

This program provides Saturday afternoon Respite for two different age groups 9-12 and 13-16 years old. Young people are accompanied by Support Workers to access community recreation and leisure activities. In addition the program offers holiday activities in the Mareeba area.

Funded by Disability Services Queensland

SOCIAL SUPPORT SERVICE

The service provides assistance to HACC eligible clients from Culturally and Linguistically Diverse (CALD) backgrounds that require assistance in order to meet their need for social contact and/or accompaniment in order to participate in community life.

Funded by Queensland Health – Home and Community Care Program

ST JOHN'S COMMUNITY TRANSPORT SERVICES

This program provides assistance to HACC eligible frail aged and younger people with disabilities to be transported to and from medical appointments, shopping, banking etc. This service is also available to other clients.

Funded by Queensland Health – Home and Community Care Program

SUPPORTED ACCOMMODATION

The program provides 24-hour care and support for people who have a disability and provides assistance with:

- Becoming involved with others in the community in order to experience a variety of activities and relationships, which are meaningful and similar to other community members of a similar age and cultural background.
- Developing and maintaining recreational interests, participating in recreational and social groups or clubs and making community contacts relating to leisure goals and interests.
- Household management e.g. cooking, laundry, management of household finances and assistance with using local facilities and services – banks and shops.

Funded by Disability Services Queensland

TWILIGHT AND OVERNIGHT CARE

Twilight and Overnight Care caters specifically for people who have dementia, are frail and elderly and from diverse ethnic backgrounds. It enables clients to spend a pleasant evening with friends, with the opportunity to stay overnight, if required. A qualified nurse is on duty overnight.

The program allows time for carers to have time for themselves, while the person attending the centre can enjoy the break by participating in various activities and making some new friends.

Funded by National Respite for Carers Program

YOUNG LIFESTYLE CARE

Two houses accommodating up to ten young people with high and complex care/disability needs and who are at risk of entering an aged care facility. Residents receive 24 hour care from qualified staff. It is anticipated that living in these houses will give the young people the opportunity to live as normal a life as possible.

Funded by Disability Services Queensland

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