

Bringing health and aged care together



What is Core by integratedliving?

Core by integratedliving is a new way of delivering integrated, personal health management services. It is part of a three-year, independently evaluated Integrated Health Systems Demonstrator (IHSD) program aiming to bring health care providers and our services together to form an ecosystem of support around you.

Core adopts a person-centred focus by taking into consideration your desires, values and needs, and partnering with you to develop care solutions that enable you to live a healthier life in your community.

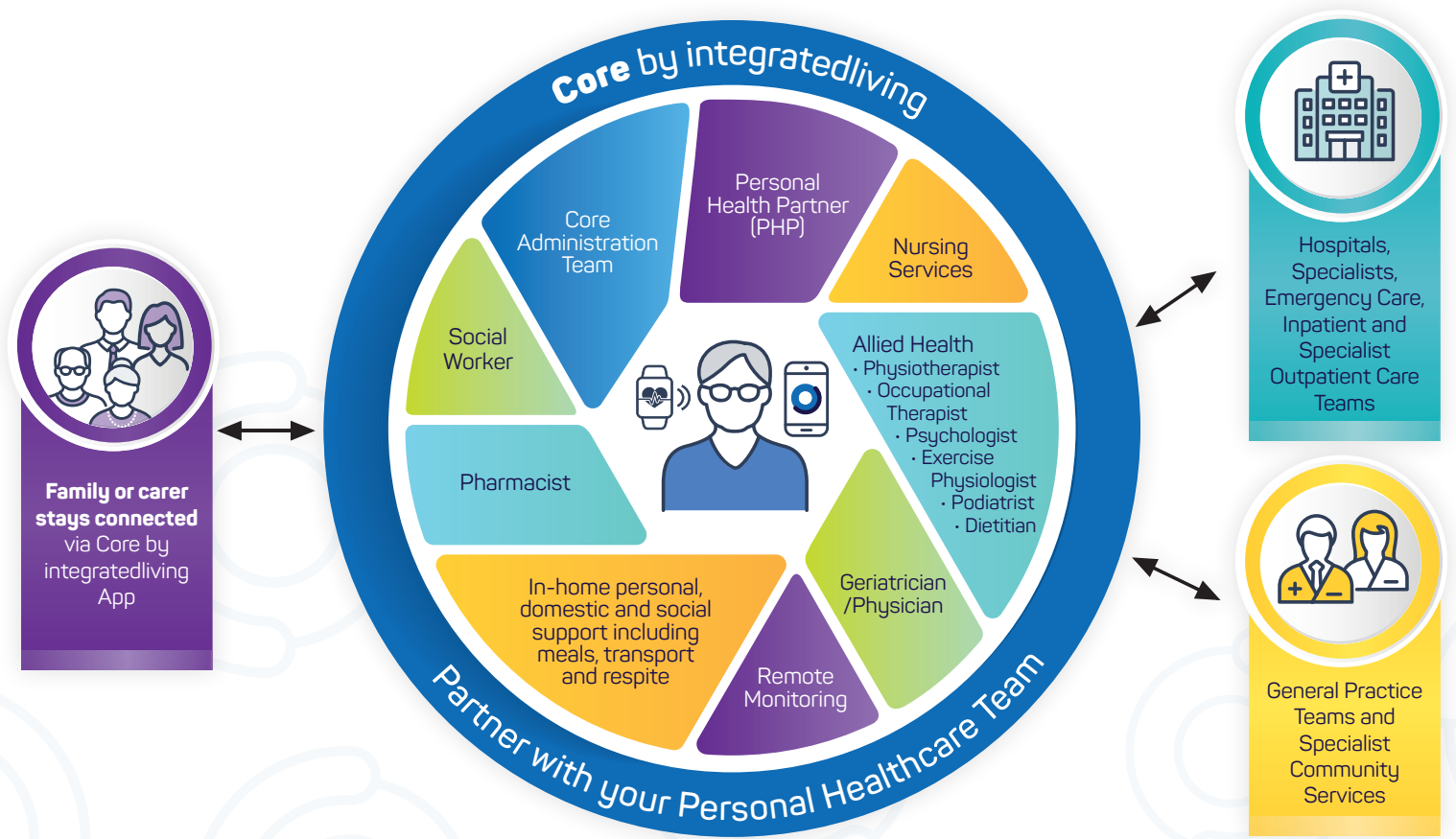
Your Personal Health Partner will work collaboratively with you and the rest of your multi-disciplinary Personal Healthcare Team, and your other health partners, to develop your Personal Health Management Plan. Your Plan will be reviewed and updated as your health care needs change to ensure services are targeted, with a focus on prevention and health maintenance. Services are delivered both online via the **Core App** and face-to-face on-location (e.g. at home).

Who is integratedliving Australia?

A not-for-profit in operation since 1999, integratedliving has a proud history of helping people who are ageing and living with chronic health conditions in regional, rural and remote areas access the services and support they need to remain living safely and well at home.

Our vision is to improve health outcomes, and we are committed to meeting our responsibility in addressing the equity gap in access to health services in these regions.

We offer customised health services and in-home support across Australia. Last year, over 22,000 clients partnered with 1,200 staff and volunteers.



Our commitment to you



Tell your health story once and feel supported to reach your goals.



Be a partner in your care – actively engaged in defining and reaching your goals.



Dedicated Personal Health Partner working with you to understand your changing needs and tailor a Personal Health Management Plan.



Flexible funding to access the services you need when you need them.



Achieve optimal health outcomes with timely support from your multi-disciplinary team.



Virtual health and wellbeing consults and services.



Interact, access and schedule services and monitor your health with one App.



Access assistive technology that benefits your health and provides peace of mind.



Coordinated and trusted health care and services, in consultation with your GP.



Be part of the development of a new integrated model of care.

Core by integratedliving is supported by a mobile App - the **Core App**. This is your personal health companion making communication and health management easy, at home or on the move. The Core App connects you, your Personal Healthcare Team and your loved ones anytime and anywhere.



The **Core App** allows you to:

- Interact with your Personal Healthcare Team to help you achieve your health goals.
- Participate in virtual health and wellbeing services, including remote monitoring and triage.
- View your calendar of integratedliving services and reminders, reschedule or request a new service.
- Measure and monitor your health status with integrated and secure remote monitoring technology.
- Join a virtual community group for activities and conversation.
- Communicate with your family and friends in a variety of ways.

We will assist you and your nominated family members or carers to set up and use the App.

Am I eligible for Core?

You are eligible for Core if you meet the below criteria:

- Have been allocated or waiting on Home Care Package (HCP) Level 3 funding by My Aged Care (MAC).
- You live in the following regions – Gold Coast, Wide Bay or Sunshine Coast.

OR

- Can privately pay and have been assessed as having the equivalent care needs as someone eligible for HCP Level 3 funding and live in Gold Coast, Wide Bay or Sunshine Coast.

If you haven't been assessed for any aged care funding by My Aged Care but have chronic health conditions and require moderate levels of support and you live in one of the launch regions of Gold Coast, Wide Bay or Sunshine Coast, please call **1300 782 896** and ask to speak to the Core team. We can help you to apply for the necessary funding.

integratedliving plans to expand its Core health service to other regions and clients over time.

Core by integratedliving clients will benefit from integrated health and aged care services focused on prevention, health maintenance and continuity of care.

Contact us: core@integratedliving.org.au or call us on **1300 782 896**