



Staying Strong with Telehealth

integratedliving's Staying Strong with Telehealth service offers remote monitoring of a person's vital health signs and symptoms in their own home through effective use of technology. Flexible, timely services are provided that respond to the health and wellbeing needs of individual consumers, supporting them to be independent and receive enhanced choice and quality of life.

This service has been made possible through funding provided by the Australian Government under the Commonwealth HACC Program.

Am I eligible to receive this service?

Ask yourself these questions:

- Are you 65 years or older?
- If you identify as an Aboriginal and/or Torres Strait Islander person, are you 50 years or older?
- Are you still living at home?
- Do you think that if you don't get some basic help at home, you might have to go into an aged care home before you're ready?
- Risk factors such as History of Falls, Obesity, Underweight?
- Chronic Disease Management e.g. Chronic Obstructive Pulmonary Disease, Chronic Heart Failure, Atrial Fibrillation, Diabetes, Obesity and Hypertension?
- Post-Acute or Sub-Acute or Transition Care?
- Ability to use Telehealth equipment or Carer support available at home and strong internet connection?

If you answer 'yes' to these questions, then you may be eligible.

How do I access the service?

You may refer yourself or referrals may be made by health professionals, health services or community groups, provided you have given consent for the referral.

Do I need a referral?

Under HACC, you and your carer don't have to worry about having a comprehensive assessment to work out whether you need services. Instead contact Intake on 1300 782 896 who will talk to you - and maybe your carer, and assess your eligibility for a referral to this service.

What types of support can be provided?

Telehealth services use technology to remotely monitor your vital health signs. Our registered nurse will work with you and your GP to develop your Health and Monitoring Plan based on your health needs. Your Monitoring Plan will determine what vital health signs will be measured and how frequently. Your responses will be transmitted to a database that will alert and prioritise readings outside the Monitoring Plan range. If an alert is raised, our nurse will coordinate an appropriate response, in consultation with you, your GP or Health Service.

What are the costs?

The Australian Government funds HACC service providers so that they can deliver affordable services to you. There is usually a small fee for each service and the amount depends on your income and the type and number of services you want. What you or your carer pay will be discussed and agreed upon between you and integratedliving before you receive the relevant services.

Can I have an advocate?

Yes, you may have an advocate support you at any interviews or interaction with integratedliving. An advocate can be a family member, a friend, or an independent advocate. For more information regarding advocacy contact the National Aged Care Advocacy Line on 1800 700 600.

For further information you may contact integratedliving on 1300 782 896.