

Community Programs utilising Commonwealth Funding

11th May, 2018



Commonwealth Home Support Funding(CHSP)

Aims of CHSP

- Increased focus on restorative approach including wellness and enablement
- Promoting equity and sustainability through a national fees policy
- Reducing red tape for service providers through more streamlined funding arrangements
- Clients contributing towards cost of care and services

MAC referral



Based on your knowledge is the client able to:

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	Without help	With a little help	With a lot of help	Completely unable	Not known
get out of bed or chairs easily? *	<input type="checkbox"/>				
get dressed? *	<input type="checkbox"/>				
eat their meals? *	<input type="checkbox"/>				
go to the toilet? *	<input type="checkbox"/>				
walk easily? *	<input type="checkbox"/>				
shower or have a bath? *	<input type="checkbox"/>				
manage their own medications? *	<input type="checkbox"/>				
travel in the community? *	<input type="checkbox"/>				
go shopping for groceries? *	<input type="checkbox"/>				
prepare their own meals? *	<input type="checkbox"/>				
do housework? *	<input type="checkbox"/>				
manage their money? *	<input type="checkbox"/>				

Client Service Team Use only:

Date Processed Referral to MAC:	
Processed by:	
MAC Receipt Number :	

[Type here]
Please email this form to – AtHomeclientservices@anglicare.org.au

Initial Physiotherapy assessment in the home

- What are the current issues , why did they refer
- Medical history
- What is the current function
- Falls history
- Functional tests eg 5 sit to stand, TUG, 6 metre walk, 4 stage balance test
- Are they receiving other services, any further referrals required
- Client goals established
- Physio program put in place.

Balance test



ASSESS

Sean 17+18

Patient name: _____ Date: _____ Time: _____ AM/PM
NHI: _____ Test carried out by: _____

The Four Stage Balance Test

Overview: The Four-Stage Balance Test, in conjunction with other measures such as the 30 Second Chair Stand Test and Timed Up and Go (TUG) Test and an assessment of postural hypotension can help to indicate if a patient is at risk of falling.

Purpose: To assess static balance

Equipment: A stopwatch

Directions: Patients are asked to perform four progressively more challenging positions. Patients should not use an assistive device (e.g. walking stick), and should keep their eyes open.

If you feel the patient may be unstable and at a high risk of falling, or you are unable to safely catch them, you may choose to avoid this test.

Instructions to the patient:

"I'm going to show you four positions:"

"Try to stand in each position for ten seconds. You can hold your arms out or move your body to help keep your balance but don't move your feet. Hold this position until I tell you to stop."

Describe and demonstrate each position. Stand next to the patient, hold their arm and help them assume the correct foot position.

When the patient is steady, let go, but be ready to catch them if they lose their balance.

For each stage, say "Ready, begin" and begin timing.

After 10 seconds, say "Stop."

If the patient can hold the position for ten seconds without moving their feet or needing support, proceed to the next position.

If not, stop the test.

See over page for detailed patient instructions and illustrations of the four positions.

Balance test

1. **Parallel stance**

 Stand with your feet side by side. Time:

2. **Semi-tandem stance**

 Place the instep of one foot so it is touching the big toe of the other foot. Time:

3. **Tandem (Heel-Toe) stance**

 Place one foot in front of the other, heel touching toe. Time:

4. **One-legged stance**

 Stand on one foot. Time:

Patients aged 65 years or older who do not progress to the tandem (heel-toe) stance or cannot hold this stance for at least ten seconds are at increased risk of falling.

Notes:

Reference: Rossiter-Fornoff J, Waifs, Wolfson L. A cross-sectional validation study of the FICSIT common data base static balance measures. Gerontol A Biol Sci Med Sci 1995;50A(6):M291-M297.

This resource was developed by bpac[™] for the Health Quality & Safety Commission based on the STEADY falls campaign by the US Centres for Disease Control and Prevention (CDC).

Physiotherapy Programs

- One on one physiotherapy sessions at home or in Anglicare centres across Sydney
- Range of different exercise classes, aimed at improving strength, balance and function and reconditioning classes
- Initial assessment, 3 monthly re-assessment and assessment on discharge
- Other programs offered with CHSP funding are respite programs, social support (centre based or outings) on site podiatry, occupational therapy, consults with dietitian and transport.
- Domestic and personal care support is available through CHSP funding

Case Study

- Mrs B lives in her own home with her husband, she is 87 yrs
- Referred to myaged care by her daughter
- Cardiac surgery Feb 2017, rehab, home, a couple of falls, pneumonia, back to rehab then home with referral for physio under CHSP
- Assessment Oct 2017: 4WW, decreased confidence, poor right shoulder movement, 5 sit to stand was 27.5 sec and using arms to complete, 2 stages of 4 stage balance test. Not walking outside due to her fear of falling
- Exercise program with physio aide attending weekly
- Re assessment Dec 2017, 5 sit to stand 19.6 sec, no use of arms and now able to complete 3 stages of balance test. Walking outside with aide.