



Welcome to todays Webinar

Your Presenter is: Stephanie Symes  
Your Facilitator is: Mary Ng



## Acknowledgement



We acknowledge and pay respect to the traditional custodians past and present on whose lands we meet today.

We acknowledge the deep feelings of attachment and the relationship of Aboriginal people to country and respect the cultural authority of the elders in each community

## Research Update



The information presented today is based on research findings and does not include management strategies

Individuals should seek further advice regarding their situation by contacting MS Connect on 1800 042 138

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## Informed Choice



This presentation has been prepared and is presented by an independent expert.

The views presented are not necessarily the views of Multiple Sclerosis Limited.

Individuals are encouraged to seek further advice regarding the relevance of the information presented for their situation.

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## Transitioning into Supported Accommodation (moving well)



### Learning objectives



After this webinar you will:

- Understand the importance of planning for the future
- Have increased knowledge of supports available to stay at home
- Know how important it is to care for your carer
- Have considered your fears and anxieties about transitioning into supported accommodation

## Learning objectives cont.



After this webinar you will:

- Be able to identify your care requirements
- Understand different types of accommodation and which is best for you
- Be aware of how to make supported accommodation work for you if you need it

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The need to plan for the future

## The need to plan for the future



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## The need to plan for the future



### What normally happens when you end up hospital:

- Most people end up in hospital due to an accident or an acute episode
- In most cases the hospital will consider you unsafe to go home
- They will tell you, you need to go into supported accommodation
- This will usually be Residential Aged Care (RAC), as it is the quickest to get into (the hospital needs your bed)
- They will then organise an Aged Care Assessment
- You will then have to choose a RAC quickly and move in
- The hospital will then do a discharge plan for you to RAC

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## The need to plan for the future



Many people make a hurried decision to move into supported accommodation:

- Without believing it is possible to go home after being in hospital
- With little knowledge of the supports available to enable them to manage at home
- With little knowledge of what accommodation options are available to them
- With no idea how and where to apply
- With no understanding of how a move will affect them and their family
- Because a health professional has told them to

This often results in an inappropriate placement and considerable distress for the person and their family/carer

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## The need to plan for the future



WHAT IF YOU ARE TOLD YOU CAN NO LONGER LIVE AT HOME?

You can opt for a *temporary* accommodation solution to give you time to adequately prepare and decide on a more permanent option.

- Rehabilitation
- Transition care programme
- Respite
- Grants

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## Supports to stay at home

## Supports to stay at home



- Personal care
- Access to the community
- Therapy services
- Equipment
- Nursing assistance
- Volunteers
- Meal services
- Home modifications
- Social activities
- Rehab/Exercise
- Respite options
- Transport
- Domestic assistance

## Supports to stay at home



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Caring for your carer



## Caring for your carer



- Don't forget who your carer is
- Don't take your carer for granted
- Caring is a big job. Love may not be enough
- Carers can get worn out and dejected
- Carers may be coping now, they may not be able to cope next month or next year
- Your carer may not be aware they need a break
- Just because a carer needs a break, it doesn't mean they don't love or care about you



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## Caring for your carer



- Be polite
- Acknowledgement and appreciation goes a long way.
- Apologise for irritability or frustration.
- 'Sorry' and 'thank-you' are very important words.
- Ensure that your carer has regular self-time, freedom and breaks.
- Accept other carers into your home to assist in your care.
- Encourage regular open discussions.
- A happy carer is a long-term carer.
- Remember things that are important to them.

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## Fear and Anxieties

### Coping with fears and anxieties



- Avoiding your fears and anxieties  
- can make the problem worse
- Sharing your fears and anxieties  
- 'a problem shared is a problem halved'
- Confronting your fears and anxieties – check out accommodation
- Relieving your fears and anxieties  
- get informed





## Planning ahead

### Retain Control



- Discuss your needs and wishes with your carer, family & friends
- Write down all the things you need to live well
- Investigate supported accommodation options
- Identify which places can meet your needs best
- Have a period of respite to see if you like them or not
- Ask an experienced health professional for advice

## Planning ahead – self-assessment



Completing the Self-Assessment will:

- Identify all the things you need to live well
- Form the basis of your NDIS plan
- Assist in identifying suitable care facilities for you (Respite or Permanent)
- Assist with your discharge planning from hospital

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## When is it the right time to move?



- Physical decline
- Cognitive decline
- Carer limitations
- Financial limitations

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# Accommodation Options

## Accommodation options



### Positives

- Relief for carer
- 24 hour support
- Proper care/experienced staff
- Prepared meals
- Activities
- Company
- Better access to health supports

### Negatives

- Emotional distress
- Worry
- Loss of independence
- Food that you don't like
- Personality conflicts
- Inexperienced staff
- Age difference (aged care)

## Accommodation options



Supported accommodation options broadly fit into three categories:

- Disability accommodation (government, not-for-profit or private)
- Supported residential services (private)
- Residential Aged Care (government, not-for-profit or private)

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## Disability Accommodation



Current disability accommodation options:

- Dispersed housing
- Group homes (4-6 people)
- Larger residential facilities
- Purpose built accommodation



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## Supported Residential Services



These are privately owned and vary greatly in:

- Cost - Pension and above pension level
- Numbers – 5-80 residents
- Care – basic to full nursing
- Focus – mental health, drug and alcohol, disability, aged care
- Amenity – single or shared room, appearance, size, grounds

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## Residential Aged Care



- There are public, not-for-profit and privately owned facilities
- Variable cost - pension and above pension level, bond
- No longer eligible for personal care, domestic assistance and equipment allowances
- Appropriate company – age, impairment, communication, behaviour
- Investigate meals – content, times, your input
- Check that there are suitable activities for you
- The **My Aged Care** website is the main entry point
- ***Research well before committing***

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## Residential Aged Care



### Negative Experience:

*Jason was moved in to first RAC his family could find when the hospital he was in after a fall, told him he could not go back home.*

*Because he was wheelchair bound and needed to be hoist transferred and fed, his ACAS assessed him as high care.*

*As a result , he was placed in the dementia wing. Each day he was wheeled into the Lounge Room and placed in front of the TV along with older people with dementia.*

*This was the only activity provided for him and he had no-one he could communicate with.*

*He found this extremely difficult.*

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## Residential Aged Care



### Positive Experience:

*Diane was offered a place in a group house for 6 residents. She was concerned about what would happen if she didn't get along with one of the people.*

*So she chose to live in a large aged care facility as she felt she could always avoid people she didn't like and always find someone she could get on with.*

*Diane is part of a group that has input into the menu, and so she really enjoys the meals.*

*The chef even runs cooking master classes for the residents.*

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## Things to Consider



- Large versus small facility
- Location
- Staff
- Computer
- Appropriate company
- Appropriate activities
- Meals
- Fitting in



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## Accommodation options



- Currently there is not enough disability accommodation to meet the demand
- The NDIS is designed to enable people to live in the community and not be dependent on living in accommodation that does not meet their needs
- For the proportion of people that require supported accommodation, the NDIS is encouraging the construction of new and innovative Specialist Disability Accommodation (SDA)
- SDA will gradually become available as it is built

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## The best choice for you



You need to work out in advance:

- The range of supports and activities you need (Self – assessment)
- What each facility can provide (Questions to ask – next slide)
- Find the best fit

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## Questions to assist your choice



- Facility
- Governance
- Staff
- Personal Care
- Meals
- Activities
- Other residents



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## Improving the Experience

### Top tips



- Educate staff about your neurological condition
  - MS Education can provide this
- Stay connected to other people
  - Visits and outing with friends and family
  - Computer/tablet with high speed internet or WiFi
  - Social programs
  - Community Visitors Scheme
- Make sure you have all the services and supports you need
  - Contact MS Connect 1800 042 138

## Summary



- Investigate supports to stay at home
- Look after your carer
- Prepare a written self assessment of your requirements to live well
- Investigate accommodation options in preparation
- Do not leave the decision to move into supported accommodation until a crisis occurs

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## Next steps



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## Questions



MS Connect  
1800 042 138  
[msconnect@ms.org.au](mailto:msconnect@ms.org.au)

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## Library & Publications

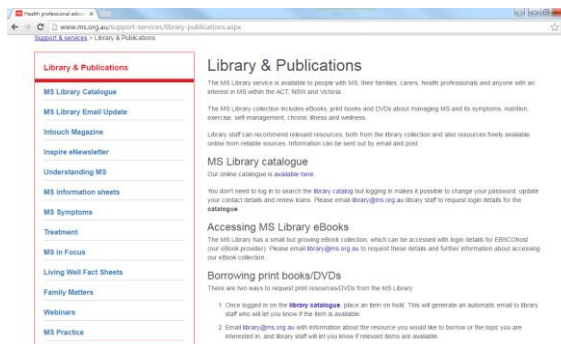


In the [Library & Publications](#) section of our website you can find information about:

- MS Library services
- How to borrow both eBooks and print books on topics such as wellness, and managing multiple sclerosis and its symptoms
- Accessing our online library catalogue
- MS publications, including *Intouch* magazine, email newsletters, booklets and information sheets

Visit our website for more information [www.ms.org.au](http://www.ms.org.au)

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## A major change to the way disability supports and services are funded and delivered

- Available to people who are: under 65, satisfy residency requirements and are able to demonstrate that their disability substantially affects daily living
- Promoting choice, control and social and economic participation
- Providing a whole-of-life approach
- It is not means tested
- Providing reasonable and necessary supports and services
- Ensuring equity of access

## We can help you to



- understand the eligibility requirements
- understand the pathways to access the NDIS
- prepare for a planning conversation
- understand your current supports and any unmet need
- develop your goals

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## We are a 'Registered Provider'



### **Once you have an NDIS approved plan MS is registered with National Disability Insurance Agency to deliver:**

- Support Coordination – assistance to help make your plan active
- Residential Respite
- Social Support Day Program (Vic)
- Exercise physiology and personal training (NSW)
- Specialist Continence Assessment (NSW)
- Physiotherapy and Occupational Therapy (NSW and Vic)
- Want to learn more - please call MS Connect

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Thank you



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