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I look forward
to every visit

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Is someone you know at risk?

ARAS's Home Care Check-in Project targets older
people who are vulnerable to harm and neglect



I wasn't sure where to start

When 75-year-old Graham's* long term relationship ended, he became disconnected from his community. A severe bout of depression followed.

A home care check-in Advocate put Graham in touch with his local men's group. This turned out to be an important first step. Graham and the Advocate are currently working together to identify other connections that can support him in his new stage of life.

**Not his real name*



The Home Care Check-in Project connects older people with their community

ARAS's Home Care Check-in Project is aimed at people, already connected to aged care services, who are vulnerable to risk of harm or neglect.

One in two Australians over 65 live with a disability, and in the aged care planning regions covered by this pilot project, half of the people receiving home care services live alone, which can make them over-reliant on a support worker or family member.

Potential risk factors include:

An older person living alone and reliant on only one carer or provider.

They might also:

- be experiencing grief or loss
- not have family or friends who regularly check in on them
- live with a cognitive impairment and are unable to problem solve or speak up
- have difficulty communicating or being understood
- have mobility issues
- have lost the ability to drive

How do we work?

Our home care check-in Advocate will establish trusted relationships with regular, in-person visits.

By gaining an understanding of the circumstances that affect an older person's wellbeing, we can refer them to existing supports to assist them to live a connected life.

This project is available for an extended period and Advocates will plan the client's exit strategy with them.

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