Support for all ages at Macedon Ranges Health

After suffering a workplace injury eight years ago, Janet found herself unable to work, and performing everyday tasks became harder to manage as her physical movement continued to decline.

Besides regular consultations with her GP, Janet struggled to access support to maintain her independence at home.

Janet self-referred to Macedon Ranges Health after hearing about the Home and Community Care Program for Younger People (HACC PYP).

She was assessed by the HACC PYP co-ordinator and was deemed eligible for the program.

Since commencing HACC PYP, Janet has accessed garden maintenance to complete tasks she is unable to, had in-home cleaning assistance through the home care team, as well as accessed funded allied health appointments at the centre.

"Honestly, since being on this program, it has changed my life for the good. I previously had little support and struggled to keep on top of things at home as well as my physical and mental health," Janet says.

"I would not have gotten this far with my health and wellbeing if it wasn't for this program, I am so grateful to have received the help I have thus far."

If you are under 65 years of age and living in the Macedon Ranges Shire, you may very well be eligible for a wide range of health and wellbeing support at a significantly reduced cost.

You don't need to have a disability or be in your twilight years to be in need of support around the home, receive meal assistance, or access to a nurse or physiotherapy.

The fact is that many people in their thirties, forties, and fifties are experiencing mental or chronic illness, or recovering from an injury or surgery. These people would benefit from support to stay healthy and safe in their community.

Soldiering on can increase a person's risk of encountering an acute health issue that requires greater care or potential hospitalisation.

While people can resist seeking additional support when they're recovering from an injury or managing an illness, not doing so can cause its own challenges.

Seeking professional support is particularly important in the current climate, given how challenging it is to receive extra care from our family and friends at the moment.

"I really hope to see these services bring the support and care to people across our community to lighten the load during this period and ensure they remain safe and independent at home," HACC PYP program co-ordinator Bernice Mathers says.

Macedon Ranges Health can assess your eligibility and book your services for you.

For more information about the Home and Community Care Program for Younger People, phone (03) 5428 0300 or visit www.mrh.org.au/HACC-PYP.

Janet has benefited greatly from the services provided to her at Macedon Ranges Health. (Supplied)

Have you recently undergone a procedure and need short-term support to help you stay independent at home?

Talk to us today or learn more by visiting **mrh.org.au/hacc-pyp**

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