

Home Care Connection

Newsletter

December 2024

VMCH

Victorian seniors go digital



Seniors Cards are now more accessible and convenient thanks to the addition of the digital Seniors Card to the Service Victoria App. Older Victorians are embracing the new digital card, with 80,000 downloads since the app's launch in June 2023.

"The Service Victoria app makes it easy for all Victorians - including seniors - to access benefits and services quickly, easily and securely," says Minister for Government Services Gabrielle Williams.

The digital Seniors Card is stored securely on the Service Victoria app, which takes just five minutes to download. To access all the benefits, you simply need to:

- Login to the app
- Tap 'My Wallet'
- Tap 'Seniors Card or Seniors Business Discount Card'
- Show your card to the participating business.

The digital Seniors Card offers the same range of benefits as the physical card, including savings on:

- Dining
- Groceries
- Travel
- Attractions
- Utilities
- Health services.

These savings support older Victorians and help them stay active and engaged in the community. Victorians can apply for a Seniors Card at seniorsonline.vic.gov.au/seniors-card.



Be scam smart

Scammers have been impersonating Whitehorse City Council, claiming to arrange services like Meals on Wheels. While this incident occurred in one area, scams like this can happen anywhere. Please stay vigilant and never share personal information with unknown callers.



Handy quick fixes at home

Many of our home care clients say it's 'the little things' that can have the biggest impact on their day-to-day life at home. There are many ways you can adapt your current home fittings and fixtures to assist you to manage more independently.

Some quick fix ideas include:

- Replace cupboard doorknobs and round door handles with pull and lever-style handles
- Replace round taps with lever taps
- Elevate the toilet seat
- Lower the level of the bed, the bed should only be as high as necessary
- Install a hand-held shower
- Increase bulb wattage to light up dark areas

- Install light strips in cupboards
- Install night-lights and sensor lights, especially hallway and stairs
- Add safety treads for stairs inside and outside
- Use magnetic door stops to hold open doors in place
- Apply non-slip safety tape in showers, bathrooms, outdoor steps and under rugs.

These quick fixes can be very low cost and easy to install. Depending on your personal care needs and risk situation, your package may contribute to the cost. We'll need to make sure your assessment and care plan reflect how these minor adjustments can positively impact on your health, safety and wellbeing, so give us a call at **1300 650 615** to discuss your ideas on what might work best for you.

Have your say

We want to ensure your experience with VMCH is the best it can be. With this in mind, we are always open to feedback and suggestions on ways we can improve. If you have some insights you'd like to share, we would appreciate you scanning the QR code below or visiting us at vmch.com.au/feedback.

Follow us on Facebook to stay updated on the wonderful work VMCH does, and we'd be grateful if you could leave us a positive review!

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