

# Newsletter

JUNE 2026





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↳ [lifecare.org.au](https://lifecare.org.au)

# A Message From the CEO

Dear readers,

**It has been a productive start to the year as we continue to navigate the transition to the Support at Home. While much has changed already, we are preparing for further updates on the horizon.**

While the Government has indicated that price capping may begin on **1 July**, there is still some uncertainty regarding the exact date this will commence. Regardless of the timeline, our priority is to manage costs responsibly and keep you informed every step of the way.

I am thrilled to share a budget update, from 1 October, Personal Care services—including showering, dressing, and non-clinical continence management—will be reclassified as clinical support. This means there will be **no out-of-pocket expenses** for these services! If you would like to discuss how this may impact you, please reach out to your Case Manager.

Thank you to everyone who participated in our recent client survey. We are currently analysing your responses and look forward to sharing the outcomes with you soon. Your feedback is vital in helping us shape the future of our care.

As the weather cools, please remember that flu season is here. We encourage you to arrange your vaccinations soon. If you are feeling unwell, please let us know so we can continue to keep our community well and safe.

Thank you for your continued trust and support.

Kind regards,



**Grace Scaffidi**  
**Chief Executive Officer**

life  
care



# More Ways to Move: More Times for Your Favourite Classes

Due to popular demand, we are thrilled to be adding more sessions to our wellness timetable. If you've been looking for a way to fit more movement into your week, we now have two fantastic new options available to help you reach your goals.



## Active Moves with Annalise

- **New Session:** Tuesdays @ 10:30 AM (45 minutes)
- **The Focus:** Balance, Stability & Functional Strength

We are adding a Tuesday morning session of **Active Moves!** Led by our Allied Health Assistant, Annalise, this 45-minute group session is designed to help you build measurable progress in balance and stability.

**Why join?** Whether you want to improve your movement quality or simply boost your confidence in everyday tasks, this class offers tailored progressions to match your individual needs. Expect a supportive, motivating environment where every move counts toward a stronger you!



## Fit and Functional with Michelle

- **New Session:** Thursdays @ 2:00 PM (45 minutes)
- **The Focus:** Energy, Agility & Circuit Training

Our popular **Fit and Functional** class is now available on Thursday afternoons! Michelle leads this dynamic, circuit-style gym session, featuring varied stations to keep you engaged and moving.

**Why join?** This class is the perfect way to build agility and functional strength at your own pace. With Michelle providing expert guidance at every station, you'll get the perfect balance of a high-quality workout in a welcoming, social atmosphere.

### Join Us!

With these new times now available, it's a great time to start (or increase!) your weekly exercise.

**Ready to book?** Please contact our reception team or speak with your Case Manager to secure your spot in these new sessions.

# Heart of the Home: Andy's Story

We are incredibly proud of the culture we've built at Life Care. But don't just take our word for it—read on to hear firsthand from a member of our team about their experience supporting our community and why they feel like part of the Life Care family.

## Meet Andy - Home Support Worker

*The relationships I have built here will stay with me forever.*

### Andy, Life Care Home Support Worker

Working with Life Care has been an incredible experience. The supportive culture here is genuine; management is approachable and truly cares about the well-being of both staff and clients. I never feel like 'just a number'—I feel like part of an extended family

I especially value the flexibility Life Care provides. They understand the importance of balancing my personal life, allowing me to build a schedule that works for me while I continue providing meaningful, one-on-one care to my clients. It is a perfect balance!

It is a privilege to support our clients to live independently at home. There is no better feeling than going home knowing I've made a real difference—whether through companionship, helping with daily tasks, or just sharing a laugh. The relationships I have built here will stay with me forever.

Life Care truly invests in us, providing high-standard training and opportunities to grow. I feel confident and well-supported to deliver the best care possible.

If you have a passion for supporting the elderly, Life Care is a professional, caring, and wonderful place to be.



# Navigating the Switch: CHSP to Support at Home

If you have recently received a letter from My Aged Care regarding your Support at Home package, you might be wondering what comes next. Transitioning from CHSP to a structured package is a significant milestone, and it's one that offers you much more control over your long-term care.

## Understanding Your New Package Level

Under the new system, the old "Level 1–4" packages have been replaced by 8 Support at Home package levels. Your assignment letter will specify which level of funding you have been allocated. Each level comes with a dedicated budget designed to meet your specific needs—from basic help around the home to more complex clinical support.

## What Happens to Your Current Services

The most important thing to know is that your care will not stop. During this transition:

We will work with you to move your existing CHSP services (like cleaning or transport) into your new package to maintain continuity.

## The Benefits: More Than Just Domestic Help

Transitioning to a package opens up new doors that CHSP may not have covered, including:

- **Clinical Care:** Easy access to nursing and allied health (like podiatry or physio) with **no out of pocket cost.**
- **Assistive Technology:** Upfront funding for equipment or minor home modifications to keep you safe.
- **Care Management:** You will have a dedicated partner at Life Care to help you coordinate appointments and adjust your plan as your life changes.

Moving to a package is a positive step toward staying independent in your own home for longer. If you have any questions about your letter or your new budget, please don't hesitate to call us. We'll handle the paperwork so you can focus on living your life

Contact Life Care today on 1300 555 220  
to start exploring Support at Home

# Winter Well-being: Staying Safe, Warm and Active

As the days get shorter and the temperature drops, it is important to take a few extra steps to look after our health. Winter can bring challenges like seasonal sniffles or slippery paths, but with a little preparation, you can stay vibrant and well all season long.

## Boost Your Immunity

- **Vaccinations:** It's not too late to arrange your flu or COVID-19 boosters. Speak to your GP or local pharmacist.
- **Nutrition:** Support your immune system with seasonal fruits and vegetables rich in Vitamin C, like citrus, broccoli, and spinach. Warm soups are a delicious way to stay hydrated and nourished.

## Move Safely

- **Stay Active:** Consider joining Annalise or Michelle in our **Active Moves or Fit and Functional** classes! These sessions are held in a temperature-controlled environment and focus on the stability you need for winter conditions.
- **Footwear:** Check your slippers and shoes. Ensure they have good grip to prevent slips on damp or frosty surfaces around the home.

## Chase the Light

- **Open the Curtains:** Let the natural light in during the day to help regulate your sleep and mood.
- **Stay Connected:** Cold weather can be isolating. Make an effort to call a friend, visit a community centre, or have a chat with your Life Care support worker. A little companionship goes a long way.

## Home Comfort & Safety

- **Layer Up:** Several thin layers of clothing are more effective at trapping heat than one thick layer.
- **Heater Safety:** If you are using electric blankets or heaters, ensure they have been safety-checked. Keep heaters at least one meter away from curtains, bedding, or clothing.
- **Hydration:** We tend to feel less thirsty when it's cold, but your body still needs water. Try herbal teas or warm lemon water if cold water isn't appealing.

**A Friendly Reminder:** If you are feeling unwell, please let your Case Manager know as soon as possible. We want to ensure we are providing the best care while keeping our entire community safe.



# WORDS THAT RHyme WITH

List 4 words that rhyme with the following



DIME	
SEAT	
TOO	
KITE	
HOLD	
FEAR	
LOCK	
TIE	
TABLE	
FAST	
CAR	
AND	
BEE	

# Connect with Life Care: On the Go Bus Trips

Enclosed with this month's newsletter, you'll find the July-December 2026 'On the Go' Bus Trip Calendar. We've curated a spectacular line-up for the rest of the year, featuring a mix of South Australia's finest food, history, and hands-on fun.

From the rolling hills of the Barossa to the salty breeze of Port Adelaide, there is something for everyone.

## A Sneek Peak at Some Upcoming Destinations



Studio Vino  
**Friday 3<sup>rd</sup> July**



Dolphin Cruise &  
Birkenhead Hotel  
**Friday 23<sup>rd</sup> October**



Government House  
& Caledonian Hotel  
**Friday 4<sup>th</sup> December**

### Funding Your Trip

We want to make these experiences accessible to all! Everyone is welcome to join, and costs can be covered through various funding options:

- Support at Home (SAH)
- Commonwealth Home Support Program (CHSP)
- Fee-for-Service (private payment)



### Where would you like to go?

We love hearing your suggestions! If there is a particular destination or café you've been dreaming of visiting, let our team know. Many of our best trips come from client recommendations.

Contact Life Care on 1300 555 220 or  
visit [lifecare.org.au](http://lifecare.org.au) to reserve your spot

# Sharing the Care: Community Connections Referral program

Do you know a friend, family member, or neighbour who could benefit from a little extra support at home?

Since launching our **Life Care Community Connections** program in February, we have loved seeing our community grow through your kind recommendations. There is no greater compliment than when you share your positive experience with others—and we want to continue saying "thank you" for your trust.

## How it Works

It's simple! If you refer someone you know to Life Care, and they successfully join us as a **Support at Home** client, we will send you a \$200 Pre-paid Visa Card to enjoy.

## The Reward

- **For You:** A \$200 Pre-paid Visa Card as a token of our appreciation.
- **For Them:** Access to the dedicated, high-quality care and community you already know and love.

## 3 Easy Steps to Your Reward!

- Share your Life Care experience with a friend or neighbour who is looking for support.
- Have them contact us on 1300 555 220 to discuss our Support at Home services.
- To qualify for the reward, the person you refer must provide your name at their initial enquiry.

Once their onboarding is finalised and they begin their journey with us, we'll get your \$200 card straight out to you!

## Why Refer?

Many people in our community aren't sure where to start when it comes to aged care. By sharing your story, you aren't just helping Life Care, you're helping a friend navigate their options so they can stay independent and safe in their own home, just like you.



# Life Care on Air: Tune in to Radio Italiana

Have you heard some familiar voices on your radio lately? We are thrilled to share that Peter and Lisa, whom many of you will recognise from our Payneham Clinic, recently joined the team at Radio Italiana 531!

They took to the airwaves to dive into the world of Allied Health, breaking down the roles of Physiotherapists, Occupational Therapists, and Exercise Physiologists.

## What's the difference?

During the segment, Peter and Lisa shared valuable insights into how these three disciplines support our community:

The team discussed how these experts work together to ensure you can stay active, safe, and confident in your own home.



## Join us every month!

Did you know that Life Care is a regular guest on Radio Italiana? We are featured every month during the Essere & Benessere (Well-being) segment. It is a fantastic opportunity to stay informed about the latest in aged care from the comfort of your living room.

## When to tune in:

- The first Tuesday of every month
- 11:00 AM
- Radio Italiana 531 AM

Listen to our experts each month share advice on a range of topics.

Whether you are a regular listener or tuning in for the first time, we invite you to join the conversation. It's just another way we are staying connected with our vibrant South Australian community!



↘ [lifecare.org.au](http://lifecare.org.au)

p 1300 555 220