Building Defensible Decisions

About Staying at Home

Autonomy First Lawyers

Welcome

Michael Perkins

Co-Founder Autonomy First Lawyers

Autonomy First Lawyers

GUEST PRESENTER

Michael Perkins is a founder of the boutique mult-disciplinary law firm Autonomy First Lawyers and a 3rd generation practicing lawyer. He has over 30 years' experience in trusts, estates and private client practice. Michael has received TEP Designation from the Society of Trust and Estate Practitioners (STEP) for his expertise in these areas. His practice focusses on helping clients build a sustainable and inclusive future for themselves, their supporters and successors. He acts as mentor and general counsel to a range of closely held businesses and families.

MAIN AREAS OF PRACTICE

- Private Client Wealth Conservation, Governance and Succession
- Business Structuring
- Estate Planning & Administration
- Probate, Estate Administration & Disputes
- Corporate & Commercial Operations

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Prestige Inhome Care

Amanda Keogh
Business Development Manager

Amanda has worked in the community aged care industry for over 15 years, across both private and the not-for profit sectors. Prestige Inhome Care (formerly Dutiful Daughters) has been providing flexible and tailored inhome care services for over 20 years.

PRESTIGE inhome care

Main Types of Home Care

- Comm Home Support Program
- Home Care Packages
- Private Care

Support Services available

- Domestic tasks such as laundry, housework or meal preparation/delivery
- Transport to appointments, shopping
- Assistance with personal care
- Gardening, home maintenance & modifications
- Goods & equipment
- Respite/ post hospital support
- Nursing & Palliative Care
- Social support
- Case Management

Home Care Package (HCP)

"a higher level of home support if you have more complex needs"

- Most common type of home care for those over 65
- Government funded (maybe required to contribute financially) Income Tested Fee (ITF)
- 4 Tiers – Level 1 (low) to Level 4 (high)
- Services are based on your needs and your provider of choice coordinates agreed services
- Services are provided to assist you to remain living in your own home
- Assessment by a health professional from the Aged Care Assessment Team (ACAT)
- Assessment will determine level of care and services

Funding Levels Available

Level 1 = **$9,179 p/a** (approx. 4 hours per fortnight)

Level 2 = **$16,147 p/a** (approx. 7 hours per fortnight)

Level 3 = **$35,138 p/a** (approx. 15.4 hours per fortnight)

Level 4 = **$53,268 p/a** (approx. 23.4 hours per fortnight)

Waiting times:-

Level 1 **3 – 6 months** Level 2, 3 & 4 **12+months**

Private Care

"personally tailored care to suit your needs, without the wait"

- Not necessarily more expensive, can be more cost effective
- Only pay for services required, no Gov subsidy
- No waitlist and can be implemented quickly
- Services arranged directly with you and provider
- Short term or one off services can be accommodated
- Flexibility around what type and time services required
- No limit to number of hours required, can be increased/decreased
- Can provide at home 24hr care

How much does it cost?

Be Client Focussed, Be Kind, Find The Joy, Create Trust, Be Agile

Low Level Care

- **2 hours**, 7 days a week.
- Consistent care includes (but not limited to) personal care, medication prompting, meal preparation.
- c. $1,059 a week.

Medium Level Care

- **5 hours**, 7 days a week..
- Services include (but not limited to) personal care, meal preparation, domestic assistance, transport to appointments, respite, shopping and laundry.
- c. $2,648 a week.

High Care

24-hour Care:

- Around the clock care, either with carers or RNs (higher rate).
- c. $11,500 a week.

Live In Care:

- Continuity of care with live-in carer 24 hours a day.
- c. $6,302 a week.

The role of a provider

- Comprehensive assessment
- Customisation of care
- Engagement of stakeholders
- Funding options
- Collaboration to improve outcomes
- Ongoing review of services

Things to consider?

Be Client Focussed, Be Kind, Find The Joy, Create Trust, Be Agile

- What is their service area?
- What is their experience as a Home Care provider?
- What are their fees?
- Do they have a Service Agreement and appropriate Insurances?
- What is the recruitment process – background/police checks?
- What qualifications do staff have?
- Are they accredited by the Government? (HCP & CHSP only)
- How do they determine appropriate staff for your needs?
- Who would be my main contact?
- What is the minimum length of service?
- Will I have a regular staff member?
- What additional support can be provided?

PRESTIGE inhome care

FOR MORE INFORMATION

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COGNITIVE STIMULATION THERAPY FOR SENIORS, SENIORS LIVING COMMUNITY AND SERVICE PROVIDERS

FIT MINDS AUSTRALIA

FIT MINDS

SHANNON CHIN

DIRECTOR, FIT MINDS AUSTRALIA

AUTHOR OF DEMYSTIFYING DEMENTIA

FIT MINDS

CARING FOR COGNITIVE HEALTH

FAMILY CONCERNS

Socially withdrawn, becoming forgetful and disoriented.

COGNITIVE HEALTH PERSPECTIVES

Decline in cognitive abilities.
Signs of cognitive impairment or dementia.

WORKING WITH THE CLIENT

OBJECTIVE

- Stay at home for as long as possible.

ASSESS

- Needs, preferences, strength.
- Cognitive function evaluation.
- Life story, interests, hobbies.
- Lifestyle.
- Person-centred approach.
- Consistency.

OUTCOME

- Maintain or possibly enhance cognitive ability.
- Potentially slow down progression of mild cognitive impairment or dementia.
- Restore purpose and meaning in life.

FIT MINDS PROGRAM OPTIONS

FIT MINDS

PERSONALIZED ONE-ON-ONE PROGRAM

Person-centred program: One-on-One program, personalised to match the cognitive ability, preferences and strengths of the person.

COGNITIVE STIMULATION PROGRAM

Weekly Cognitive Stimulation Therapy worksheets to facilitate regular sessions with the person.

DAILY BRAIN BOOSTER PROGRAM

Daily brain exercises sent to the person's email or to family or carer to work through with the person.

COGNITIVE STIMULATION THERAPY

Evidence based.

Highly structured.

Engaging and challenging.

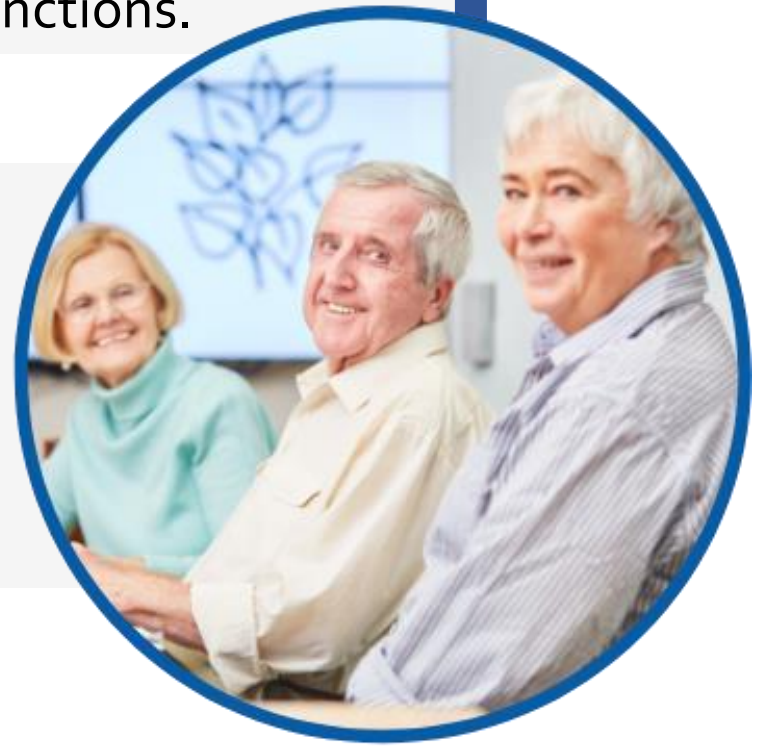
Exercise different core brain functions.

Human interaction.

Improve self-esteem.

Sense of accomplishments.

NOT Word Games, Quizzes or Crossword puzzles.



FOR MORE INFORMATION

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ExSitu™

Empowering core values & individuality

April Creed
Co-Founder Executive Director – Clinical Systems and Quality

April has over 25 years' experience in Aged Care as a Registered Nurse, a Palliative Care Nurse and as a Care Manager in a large Residential Aged Care Facility.

Rebecca Glover
Co-Founder Executive Director – Technology / Product Development

Rebecca has over 16 years' experience in various environments in Aged Care, ranging from Residential Aged Care to Home Care. She has a passion for utilising technology to improve human outcomes.

HELEN'S STORY
A case study

Helen is a 79-year-old Widow with no updated will, an no appointed Guardian or Attorney

She was born on a farm, her daughter lives in Orange and Son Lives in Eastern Suburbs of Sydney

Helen lives in Roseville in Home worth $3.5Million plus over $2million in other assets

She is withdrawing from family and friends and forgetting things

"How can I stay at Home as long as possible?"

WHAT ROSE MIGHT SAY
About Helen and Hindsight

"I went to the lawyer and helped make sure ***we knew WHO would make decisions*** *on mum's behalf. But I wish the lawyer had have told me that I needed to also know* ***HOW to make those decisions****."*

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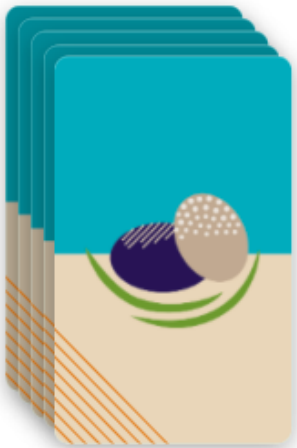
Help videos

Skip card



Where I Live/What Makes Home

Continue

Not as important

Pets

Moderately important

How I Communicate

Very important

What Brings Me Joy/What I Love

HOW VALUES BASED DOCUMENTS
Could Help Helen

Card Sorting helps us to provide value clarity.

Support and Information lead to effective decision making and reduced decision regret and stress [1]

[1] J Korean Acad Nursing (2018) Korean Society of Nursing Science. "Family Surrogate's Decision Regret and Psychological Stress about End-of-Life Cancer Treatments".

COLLABORATION
For better outcomes

How Can We Work together to help Helen Stay at Home?

We work with a range of organisations to make our offering available as part of your client offering. Your staff can be trained as facilitators of our app, and you can help your clients understand their values.

Want to know more?

ExSitu™

Empowering core values
& individuality

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Autonomy First Lawyers

MAINTAINING DECISION MAKING ABILITY AND CARE OBJECTIVES AS YOU AGE

Michael Perkins

Founder and Principal Lawyer
Autonomy First Lawyers Pty Ltd

www.autonomyfirstlawyers.com

A LAWYER'S PERSPECTIVE

Which comes first? Values or representation?

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A Person's Right –
4 national decision-making principles

Principle 1: The right to make decisions

Principle 2: Support

Principle 3: Will, preferences and rights

Principle 4: Safeguards

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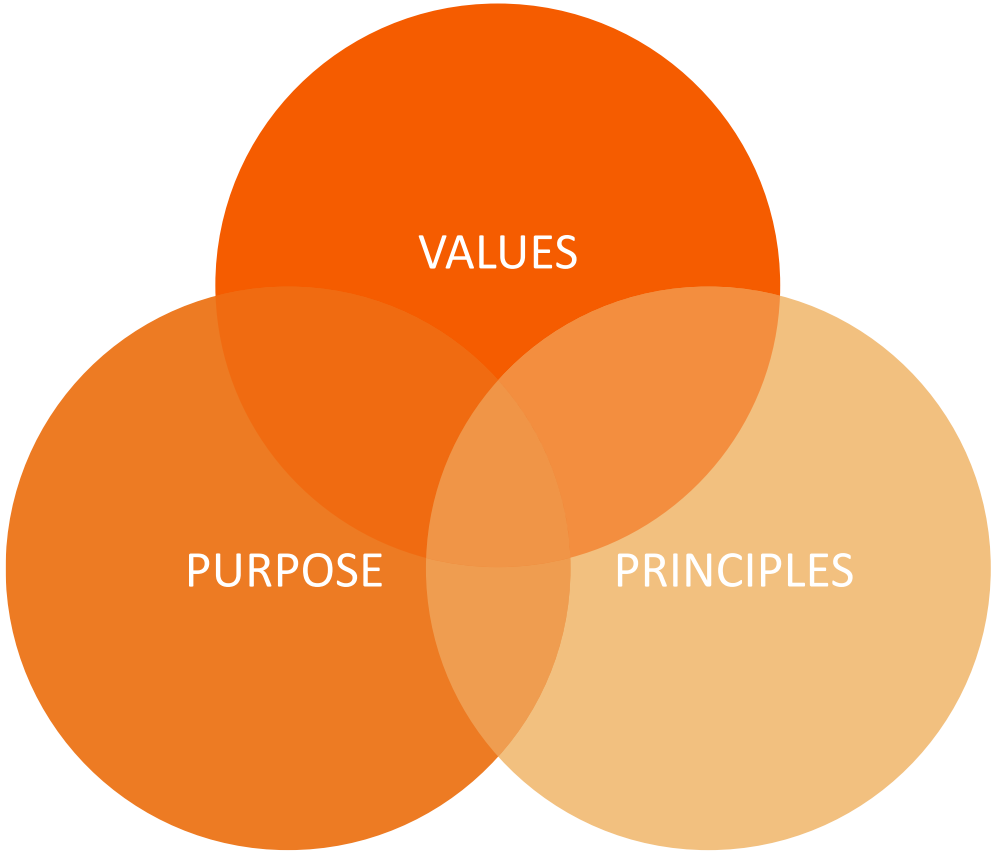
Mechanics of Representation

Whose values drive the representation?

Representation as collaboration or agency?



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SAMPLE PRINCIPLES AND VALUES

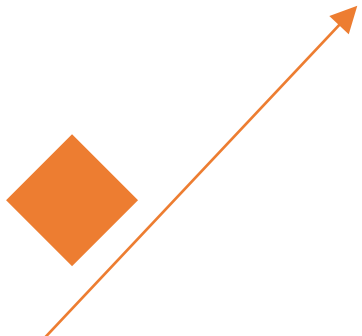
Drawn from CSIRO AI Ethics Paper

PRINCIPLES

- Generate net benefits
- Comply with the law and regulations
- Be Fair
- Be transparent and explainable
- Be subject to informed consent

VALUES

- Do no harm
- Protect privacy
- Provide contestability
- Provide accountability to your donor / client's purpose.



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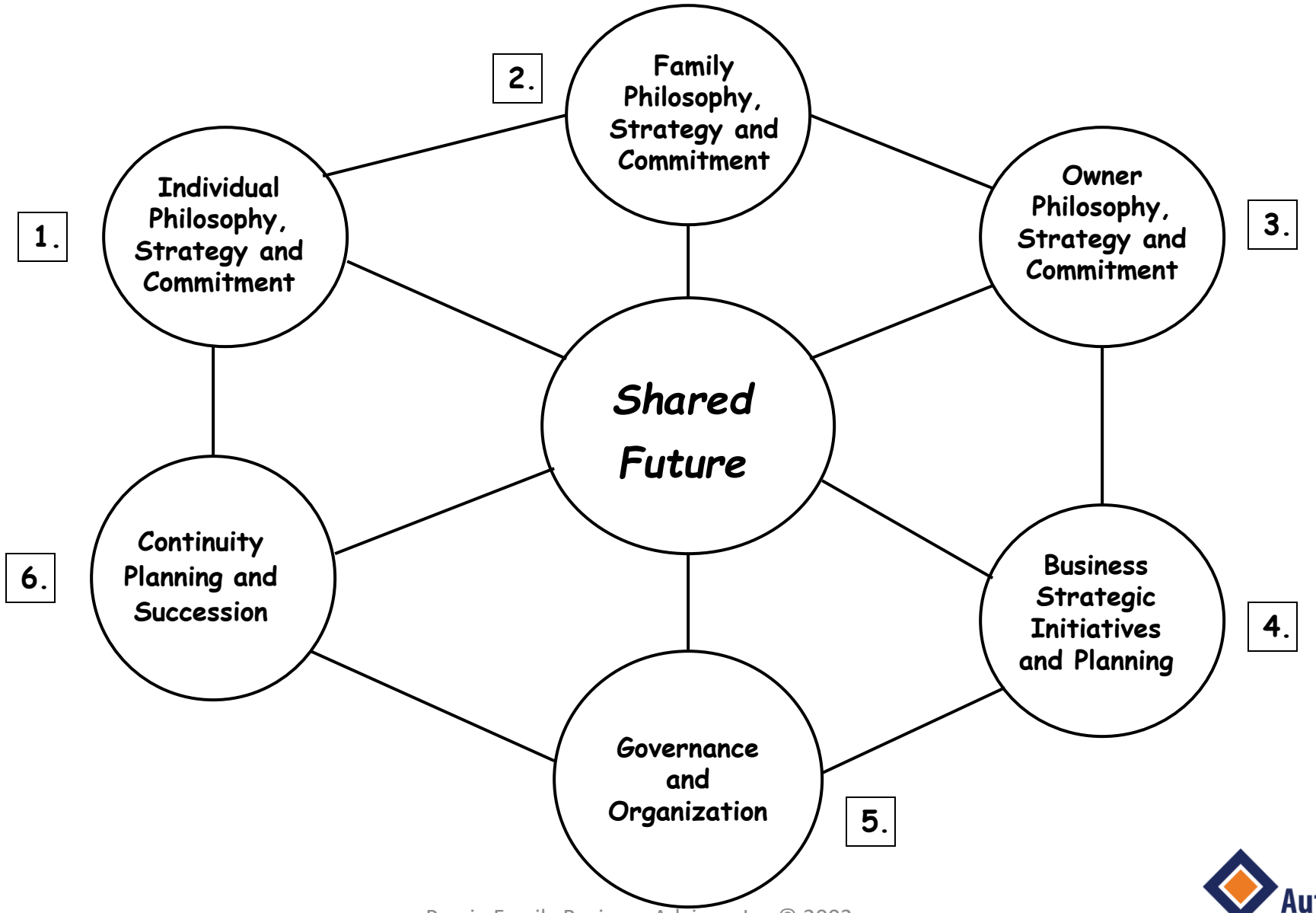

Pervin Family Business Advisors Inc © 2003

What can undermine decision making?

Types of triggers

Complexity of the decision
Knowledge skill and experience of a person
Lack of a person's confidence in their decision making ability.
Cognitive decline – for a range of reasons
Acquired brain injury
Congenital brain injury
Intellectual disability
Culture, language and education factors

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GUIDANCE FOR GOOD PRACTICE

01

Respect the will and preference of your donor/ client including extending to them the dignity of risk.

02

Be confident of the reasons by which you conclude (not assume) you are dealing with a competent person.

03

Be cognitive responsive in your dealings with your donor/client
Understand the wellbeing expectations of your donor / client

04

Know the property and intentions you are responsible for if you are a representative.

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Building Defensible Decisions … about staying at home

Disclaimer

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Questions?

QUESTIONS...

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