

Benefits or Entitlements for Carers and People Living with Parkinson's

Information for Carers

Below is a list of benefits and entitlements relevant to carers of people living with Parkinson's. Phone the contact numbers below to see if you might be eligible.

For information or to access counselling and support groups, make a free call to the **Parkinson's NSW InfoLine: 1800 644 189**.

Payments

For more information and to see if you are eligible for any of the payments below, phone the individual contact numbers or visit the relevant website.

- **Centrelink Carer Payment:** An income support payment paid fortnightly if you provide full-time daily care (and are therefore unable to work in substantial, paid employment) for someone who has a severe disability or illness, or is an adult who is frail and old. You will also receive a Pension Concession Card (see below) and be entitled to receive other benefits.

Contact the **Department of Human Services (Centrelink): 13 27 17** or visit www.humanservices.gov.au/individuals/services/centrelink/carers-payment

- **Carer Allowance:** An income supplement paid fortnightly for carers providing extra daily care for either an adult with disability or a medical condition, or someone who is frail aged. The Carer Allowance is a fortnightly payment. There is an annual income test but no assets test, and it is paid in addition to your wages, Carer Payment and any other income support payment.

Contact the **Department of Human Services (Centrelink): 13 27 17** or visit www.humanservices.gov.au/individuals/services/centrelink/carers-allowance

- **Carer Supplement:** An annual lump sum payment. It helps with the costs of caring for a person with a disability or a medical condition. You'll receive the Carer Supplement if you're receiving a Carer Payment or Carer Allowance.

Contact the Department of Human Services (Centrelink): **13 27 13** or visit www.humanservices.gov.au/individuals/services/centrelink/carers-supplement

- **Rent Assist:** A regular extra payment if you pay rent and receive certain payments from Centrelink. You don't need to submit a claim for Rent Assistance. Centrelink assess your eligibility when you claim a payment from them.

Contact the **Department of Human Services (Centrelink): 13 27 17** or visit www.humanservices.gov.au/individuals/services/centrelink/rent-assistance

- **Remote Area Allowance:** A regular extra fortnightly payment if you live in a remote area (tax zones define remote areas) and receive an income support payment from Centrelink or you move to a remote area and will stay longer than 12 months and receive an income support payment from Centrelink. You don't need to claim this allowance; Centrelink will check if you are eligible when you get your income support payment, or move to an eligible tax zone.

Contact the **Department of Human Services (Centrelink): 13 27 17** or visit www.humanservices.gov.au/individuals/services/centrelink/remote-area-allowance

- **Pension Concession Card:** A concession card used to obtain cheaper health care, medicines and some discounts if you receive certain payments from the Department of Human Services (DHS) – such as a Carer Payment. Some of the benefits you are entitled to with your Concession Card include:
 - Cheaper medications under the Pharmaceutical Benefits Scheme.
 - Bulk-billed doctor visits (this is up to your doctor).
 - A larger refund for medical costs under the Medicare Safety Net. Your doctor's visit will still cost the same, but you will receive a higher benefit back.
 - Concession fares on public transport within NSW.
 - Contact Transport NSW: **13 22 32** or visit www.transportnsw.info/tickets-opal/ticket-eligibility-concessions/pensioners
 - Discount on electricity and gas bills.

Contact **Service NSW: 13 77 88** or visit

www.service.nsw.gov.au/transaction/apply-low-income-household-rebate-retail-customer

or

www.service.nsw.gov.au/transaction/apply-low-income-household-rebate-supply-customers

- Discount on property and water rates.

Contact your **local council and Sydney Water: 13 20 92** or visit

www.sydneywater.com.au

- Discount on motor vehicle registrations.

Contact **Roads and Maritime Services: 13 22 13** or visit

www.rms.nsw.gov.au/roads/registration/fees/index.html#Pensionerconcessions

- **Companion card:** The NSW Companion Card program is for people with significant and permanent disability who have a lifelong need for a high level of care to enable participation in community events and activities. The Companion Card allows a person's carer free entry to participating venues and events.

Contact **Companion Card NSW: 1800 893 044** or visit
www.companioncard.nsw.gov.au

- **Carer Concession Card (QANTAS):** The Qantas Carer Concession Card is issued to people with significant support requirements who – through a physical, sensory, intellectual, cognitive or psychosocial disability – are unable to travel on an aircraft without the full-time assistance of a carer.

A person is eligible if they need to have one-on-one support when seated on an aircraft for assistance with meals, drinks, toileting, administration of medication, orientation, communicating with the flight staff etc. A person is not eligible if they only need assistance boarding the aircraft, or when they arrive at their destination.

Contact **People with Disability Australia: 1800 806 769** or visit
www.pwd.org.au/services/qantas-card

Information for People Living with Parkinson's

National Disability Insurance Scheme (NDIS)

The NDIS is for people aged 65 years or under at the time of application.

It provides support for people with a permanent and significant disability (such as Parkinson's) that affects their ability to take part in everyday activities. The NDIS is a way to for people under 65 living with Parkinson's to obtain services and supports.

The NDIS works with you to identify the supports you need to achieve goals in many aspects of your life. This may include independence, involvement in your community, education, employment and health and wellbeing.

It provides greater choice and control over how and when you receive your supports, and ensures you receive the support you need over your lifetime. It also focuses on early intervention where getting early support can reduce the impact of disability for you.

The main component of the NDIS is individualised packages of support to eligible people. The NDIS also has a broader role in helping people with disability to:

- Access mainstream services, such as health, housing and education
- Access community services, such as sports clubs and libraries and
- Maintain informal supports, such as family and friends.

The NDIS is not means tested and is an uncapped (demand-driven) scheme.

Contact the **National Disability Insurance Scheme: 1800 800 110** or visit www.ndis.gov.au

My Aged Care

My Aged Care is the starting point for people aged over 65 years at the time of application to access Australian Government funded services.

Under My Aged Care, you may be eligible to receive services such as:

- Help at home
- Personal care such as assistance to get dressed, shower or toilet
- Transport
- Modifications to your home, such as hand rails or ramps
- Nursing, physiotherapy and other care
- Meals and help with cooking
- Household jobs like cleaning or gardening

- Equipment like walking frames
- Social activities
- Short-term assistance to help you recover your independence following a setback such as injury or illness, following a hospital stay, or when you or your carer need a break (respite care).

Care in an Aged Care Home

If you find you need ongoing help with day-to-day tasks or health care, an aged care home allows you live in a supported environment where help is available 24 hours a day.

You may be eligible for Australian Government funded aged care services if you are over the age of 65 and finding it harder to do the things you used to do.

You will need to have a face-to-face assessment of your care needs to find out if you are eligible. Everyone who has an assessment through My Aged Care and is found to need services, is eligible to access services that:

- May be partly or fully funded by the Australian Government; and
- Are regulated by the Australian Government.

If you're not assessed as eligible, or are waiting for services, you can access [privately funded](#) services at any time.

The Australian Government contributes to the cost of aged care services. You are also expected to contribute if you can afford to. Costs vary for different types of care and different service providers. There are no standard costs for aged care services.

How much you pay depends on:

- Your financial situation
- The number and types of services you receive
- The service provider's fees.

Contact **My Aged Care: 1800 200 422** or visit www.myagedcare.gov.au/home-start-here

Other Payments

For more information and to see if you are eligible for any of the payments below, phone the individual contact numbers or visit the relevant website.

- **Disability Support Pension:** Financial assistance paid fortnightly if you have a permanent physical, intellectual or psychiatric condition that stops you from working. You will also receive a Pension Concession Card (see below) and be entitled to receive other benefits.

Contact the **Department of Human Services: 13 27 17** or visit

www.humanservices.gov.au/individuals/services/centrelink/disability-support-pension

- **Pension Concession Card:** A concession card used to obtain cheaper health care, medicines and some discounts if you receive certain payments from the Department of Human Services (DHS) – such as a Carer Payment. Some of the benefits you are entitled to with your Concession Card include:
 - Cheaper medications under the Pharmaceutical Benefits Scheme.
 - Bulk-billed doctor visits (this is up to your doctor).
 - A larger refund for medical costs under the Medicare Safety Net. Your doctor's visit will still cost the same, but you will receive a higher benefit back.
 - Concession fares on public transport within NSW.

Contact **Transport NSW: 13 22 32** or visit

www.transportnsw.info/tickets-opal/ticket-eligibility-concessions/pensioners

- Discount on electricity and gas bills.

Contact **Service NSW: 13 77 88** or visit

www.service.nsw.gov.au/transaction/apply-low-income-household-rebate-retail-customer or

www.service.nsw.gov.au/transaction/apply-low-income-household-rebate-supply-customers

- Discount on property and water rates.

Contact your **local council and Sydney Water: 13 20 92** or visit

www.sydneywater.com.au

- Discount on motor vehicle registrations.

Contact **Roads and Maritime Services: 13 22 13** or visit

www.rms.nsw.gov.au/roads/registration/fees/index.html#Pensionerconcessions

- **Mobility Allowance:** A payment to help with costs for travel to and from home for paid work, voluntary work, study or training – or to [look for work](#) if you have a disability, illness or injury that means you can't use public transport without substantial assistance.

Contact the **Department of Human Services (Centrelink): 13 27 17** or visit www.humanservices.gov.au/individuals/services/centrelink/mobility-allowance

- **Sickness Allowance:** A temporary income support payment if you can't work or study for a while because of illness, injury or disability. For further information including eligibility contact

Contact the **Department of Human Services (Centrelink): 13 27 17** or visit www.humanservices.gov.au/individuals/services/centrelink/sickness-allowance

- **Pharmaceutical Allowance:** An additional fortnightly payment to help with medicine costs if you get certain payments from Centrelink. Centrelink will assess if you should receive the Pharmaceutical Allowance automatically. You don't need to do anything.

Contact the Department of Human Services (Centrelink): 13 27 17 or visit www.humanservices.gov.au/individuals/services/centrelink/pharmaceutical-allowance

- **Health Care Card:** A concession card to obtain cheaper medicines and some discounts if you receive a certain payment from the Department of Human Services (DHS). There is no need to apply if you are eligible a card will automatically be sent to you.

Contact the Department of Human Services (Centrelink): 13 27 17 or visit www.humanservices.gov.au/individuals/services/centrelink/health-care-card



- **National Public Toilet Map** that can be accessed via web or prior to travelling or by downloading the APP on your phone.

<https://toiletmap.gov.au>



- **The Master Locksmiths Access Key (MLAK)** is an innovative system that enables people with disabilities to gain 24/7 access to a network of public facilities. Eligibility is restricted to people who have a disability or those who have written authority from a health professional, namely a GP. You may need to check with your local councils. www.locksolutions.com.au

- **Continence Aids Payment Scheme (CAPS):** A Government Scheme that provides a yearly payment to assist eligible people who have permanent and severe incontinence to cover some of the costs of their continence products that help manage incontinence. The payment is made by Medicare Australia.

A CAPS Application Form and Guidelines are available from the **bladder and bowel website**: www.bladderbowel.gov.au

Contact the **CAPS Team: 1800 239 309**

Contact the **Department of Human Services (Centrelink): 13 27 17** or visit www.humanservices.gov.au/individuals/services/medicare/continence-aids-payment-scheme

Contact the **National Continence Helpline: 1800 330 066** or visit www.bladderbowel.gov.au

- **Medical Energy Rebate:** The Medical Energy Rebate helps eligible NSW households cover the costs of their energy bills. The rebate is for NSW customers who have an inability to self-regulate body temperature when exposed to extreme hot or cold environmental temperatures. To be eligible for the rebate, you'll need to have a diagnosis that you're unable to self-regulate your body temperature (such as Parkinson's) as well as an eligible concession card.

Note: Retail customers receive their energy bills directly from the retailer.

Contact **Service NSW: 13 77 88** or visit www.service.nsw.gov.au/transaction/apply-medical-energy-rebate-retail-customers

Note: 'On supply' means you receive your energy bill or invoice from the strata manager or community/village operator.

Contact **Service NSW: 13 77 88** on visit www.service.nsw.gov.au/transaction/apply-medical-energy-rebate-supply-customers

- **Chronic Disease Individual Allied Health Services under Medicare:** You may be able to claim Medicare rebates for a maximum of five Allied Health services per calendar year from eligible providers if you have a chronic (or terminal) medical condition that is being managed by your GP under both of these Medicare Chronic Disease Management (CDM) items: a GP Management Plan (GPMP) and Team Care Arrangements (TCAs).

A chronic medical condition is one that has been (or likely to be) present for six months or longer). The need for Allied Health services must be directly related to your chronic condition. For further information speak to your GP or practice nurse.

Contact **Department of Human Services (Medicare): 13 20 11** or visit <http://www.health.gov.au/internet/main/publishing.nsf/content/health-medicare-allied-health-brochure.htm>

- **Program of Appliances for Disabled People Scheme (PADP):** PADP is a NSW Government program to assist eligible residents of NSW who have a life-long or long-term disability to live and participate within their community by providing appropriate equipment, aids and appliances.

People interested in seeking further information about the program should discuss their query with a health care provider, or contact **EnableNSW: 1800 362 253** or visit www.enable.health.nsw.gov.au/services/aep

- **Taxi Transport Subsidy Scheme:** The Taxi Transport Subsidy Scheme (TTSS) provides support for NSW residents who are unable to use public transport because of a disability. The subsidy covers 50 per cent of the total fare with a maximum subsidy of \$60 per journey and is claimed using travel docketts. There are strict eligibility guidelines which depends on the extent or severity of the disability or mobility limitation.

For further information contact **Transport for NSW (Taxi Transport Subsidy Scheme): 1800 623 724** or visit www.transport.nsw.gov.au/projects/programs/point-to-point-transport/transport-disability-incentives-and-subsidies#Taxi_Transport_Subsidy_Scheme

- **Community Transport:** A Home and Community Care service which meets the needs of transport for disadvantaged groups in the community. Community transport services are available to a wide range of people who require transport to recreation and shopping areas, medical and social services and social contact.

These services are delivered through several government-funded programs outlined on the Transport for NSW website. Community transport services are locally based in communities and assist people experiencing transport disadvantage, including: people who are financially disadvantaged, isolated, lack public transport or have a mobility impairment, older people who are frail and their carers, and people with disabilities and their carers.

Contact **Transport NSW: 13 15 00** or visit www.transportnsw.info/travel-info/ways-to-get-around/community-transport

- **Mobility Parking Scheme** – The Mobility Parking Scheme (MPS) provides parking concessions to people with mobility disabilities. Roads and Maritime Services issues a licence-style card that includes your photo and other security features.

Contact **Roads and Maritime Services: 13 22 13** or visit www.rms.nsw.gov.au/roads/using-roads/mobility-parking/index.html

- **Isolated Patients Travel and Accommodation Assistance Scheme (IPTAAS):** A NSW Government scheme providing financial assistance towards travel and accommodation costs when a patient needs to travel long distances from their residence for medical treatment that is not available locally. Travel must be at least 100km (one way), or at least 200kms in a week by making multiple trips to and from treatment.

For further information including eligibility contact the **EnableNSW IPTAAS**

Office: 1800 478 227 or visit www.enable.health.nsw.gov.au/services/iptaas

- **Work Assist:** Work Assist can help if you're at risk of losing your job due to your illness, injury or disability. Work Assist is free. You can access it by registering with a Disability Employment Services provider. You don't need to be getting a payment from Centrelink to access the service.

Work Assist can help to redesign your job so you can keep working, change your workplace so you can continue to work, and get specialised equipment to help you do your job.

For further information including eligibility contact a Disability Employment Services provider for assistance.

Contact **JobAccess: 1800 464 800** or visit www.jobaccess.gov.au to find your local provider, or visit:

www.humanservices.gov.au/individuals/services/centrelink/work-assist

Other Benefits

- **Australian Government Hearing Services Program:** Provides eligible people with access to subsidised hearing services. This includes hearing assessments, hearing devices (including fitting a device) and maintaining and repairing hearing devices. Eligibility is dependent on receipt of a qualifying concession card. For further information including eligibility contact Hearing Services Program on **1800 500 726** or visit www.hearingservices.gov.au
- **NSW Spectacles Program:** The NSW Spectacles Program funds free glasses and optical aids to eligible residents of NSW. Funded by the NSW Department of Family and Community Services and administered by Vision Australia, the Program provides funding to participating optometrists and optical dispensers (providers) to supply optical aids to eligible applicants free of charge.

If you meet the Program's eligibility requirements, you are entitled, in any two-year period, to receive one pair of single vision spectacles or one pair of bifocal spectacles. The Program may fund other items including contact lenses, tinted lenses or low vision aids, depending on individual clinical needs.

For further information including eligibility contact **Vision Australia: 1300 847 466** and ask for the Spectacles Program or visit

www.visionaustralia.org/referral/benefits-and-funding/nsw-spectacles

- **Blue Badge Insurance** – Provides tailored and comprehensive insurance products for Australians with disabilities and limited mobility. Blue Badge Insurance offers insurance for disability converted cars, Disability Parking Permit users, mobility scooters and wheelchairs. Discounts are offered on selected Insurance products.

For further information contact **Blue Badge Insurance: 1300 304 802** or visit www.bluebadgeinsurance.com.au

For information on any of these benefits or entitlements, or any aspect of Parkinson's, make a free call to our experienced nurses on the Parkinson's NSW InfoLine: 1800 644 189.