



Experiences of clients and carers who have accessed the Extended Aged Care in the Home packages in rural NSW



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EACH packages are high level care for older frail Australians wishing to stay in their own homes instead going into permanent placement. The packages are relatively new, growing from 288 in 2002 to 2,999 in 2007.

The author's anecdotal observations as a clinical supervisor of EACH packages for four years were positive, the packages offered:-

- Client focus of care
- One to one care
- Flexible provision of care
- Affordability of care
- Availability of respite

The author's qualitative research project dealing with the experiences of group of EACH clients who were previously unknown to him returned the same positive results. The clients and carers in the study who were receiving an EACH package were overwhelming satisfied with the care they received.

The validation of the author's observations, lead by the fact that no research literature has come to light on EACH, indicates that further research needs to be undertaken.

From the perspective the of the health dollar, EACH packages are cost effective with money being spent directly on flexible care and not being spent on bricks and mortar.

Therefore, the author recommends that EACH packages continue to be utilised for the frail elderly wishing to stay in their own homes. The cost effectiveness of increasing numbers of EACH packages is also a subject for further study.

For the full report on this project visit our website, follow the link to the Rural Research Capacity Building Program and click on 'view completed projects'

Stuart Garland is a Clinical Nurse Specialist based at Grafton where he has enjoyed his role as a community nurse for the past 25 years. Stuart's other passions are fishing, cooking, theatre and tinkering in his shed.



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