



# Let's yarn about ageing well



## Getting ready for aged care

**It's important to plan ahead for getting older. Being prepared for using aged care services will mean one less thing to worry about.**

Our older people may be eligible for aged care from the age of 50 and it's important to think about it before you need it. There's a lot to consider when you come to need aged care, so getting a head start will make it easier for you and your family when the time comes.

### What can I do to plan for my future?

There are many things you can do now to plan for getting older. These include:

#### Finding out about the different services

- You can learn about these on the My Aged Care website or by speaking with an Elder Care Support worker, care finder or Older Persons Advocacy Network contact.
- Talk to your local health service.

#### Yarn with your family

Have conversations with your family about what sort of care you want and what matters to you.

#### Book an aged care assessment

Register online. You can log your preference for an Aboriginal and Torres Strait Islander assessment organisation. This is new so one might not be near you yet.



## Make a living will

This helps your family to legally do what you want. This includes your choices in how you are laid to rest. These are called Advanced Care Directives and legally tell people what you want to happen when you are sick and you can't make decisions for yourself anymore.

## Get free support and advice about how to manage your finances

A Services Australia Aged Care Specialist Officer or their Financial Information Service can give free financial information.

Don't wait until you are sick or it's an emergency. Plan your aged care today.

## For more information:

- Go to [MyAgedCare.gov.au](https://myagedcare.gov.au)
- Call My Aged Care on **1800 200 422**
- Visit your local Services Australia office.