



Let's yarn about ageing well



What is aged care?

Aged care supports older people who need help at home or more care than they can get at home. It can help you stay at home longer and live a better life as you get older.

Aged care helps you stay healthy and safe, stay connected to your community, be more independent, and meet your cultural and social needs.

Services at home can include support for cleaning, cooking, bathing, social and cultural activities, nursing, and transport for shopping and appointments.

If you need more care and support, and you want to stay living at home, you can get extra services like help with walking and physio. You may also be eligible to live in an aged care home, if that is the best option for you.

Aboriginal and Torres Strait Islander people aged 50 years and over can access aged care.

What types of aged care are available?

Aged care can come in different forms. These include:

National Aboriginal and Torres Strait Islander Flexible Aged Care services

There are services offered through the National Aboriginal and Torres Strait Islander Flexible Aged Care Program. These are designed with your cultural safety as a focus. This program offers a range of different, flexible types of aged care depending on community needs. This program operates mostly in rural and remote areas.



Help at home: support to help you stay living at home longer

Getting some extra help in your home can help you live life to the fullest as you age.

Help at home looks different for different people. It could be:

- getting help with shopping or cooking
- help with dressing and getting out of your bed
- getting a wound dressed by a nurse
- transport to different places and getting you to appointments.

Restorative care: short-term care to help you improve your health and mobility

This can look different for different needs. You will be linked up with health workers who can help fix a temporary issue to help you live safely at home.

Respite care: temporary care to allow your carer to have a break

This break could be for a few hours, days, or weeks. It can be provided in your home, community or your aged care home.

It will usually be planned ahead but can be arranged in an emergency if needed.

Assistive technology and home modifications: products or changes to your home that support you to live at home

These products can help you with things like walking, cooking or getting dressed.

Changes to your home could include:

- grab rails or seats in the shower
- handrails or ramps
- non-slip surfaces on the floors or stairs.

End-of-life care: this can help you stay at home in your last months of life

This is extra funding to get the care you need to be at home if you have 3 months or less to live. It can help you avoid having to go into hospital or into an aged care home if you don't want to. You can also get cultural support and help from Aboriginal and Torres Strait Islander health workers.

Residential aged care: living in an aged care home

This is for older people who can no longer live at home and need ongoing help with everyday tasks or health care. When you live in an aged care home, you will get:

- your own room or an area in a shared room with amenities like a shower or toilet
- services that meet your day-to-day needs, such as meals, laundry and social activities
- help with bathing, eating and taking medications, as you need or want it
- clinical care, such as nursing and other health care.

How do I access aged care?

It's important that your aged care service meets your individual needs, while also respecting your culture.

To access aged care services, you need to register with My Aged Care and get an aged care assessment. There may be an Aboriginal and Torres Strait Islander assessment organisation in your area. They will yarn with you about what services and support will best suit your needs.

Wherever you live, you have the right to culturally safe aged care that meets your needs. You can lodge a complaint about any aged care services that are not providing quality care or treating you with respect.

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.

