



# Your toolkit for moving out of aged care

## Chapter 3

### Part 3 Your new community



**Australian Government**

**Department of Health,  
Disability and Ageing**

The Australian Government Department of Health Disability and Ageing wrote this.

We say **DHDA** for short.

When you see the word **we** it means DHDA.

We wrote this with help from the

- National Disability Insurance Agency.

We say **NDIA** for short.

We wrote this in an easy to read way.

We use pictures to explain some ideas.



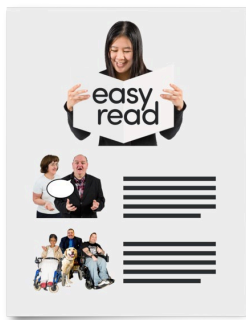
# Bold

# Not bold

We have some words in **bold**.

This means the letters are thicker and darker.

These are important words.



This is an Easy Read summary of another document.

This means it has the most important ideas.



You can ask for help to read this document.

You can ask

- A friend
- Family members
- A support person.



We recognise Aboriginal and Torres Strait Islander people as the **Traditional Owners** of the land we live on.



They were the **first people** to live on and use the

- Land
- Waters.

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# About Chapter 3



This Easy Read is about **Chapter 3**.

Chapter 3 has Easy Read documents called



- Part 1 Finding the right home
- Part 2 Changes to your new home
- Part 3 Your new community.



This Easy Read is **Part 3**.

It is called **Your new community**.



It has information about

- **Medium term accommodation**
- Working towards moving
- Your support network
- Your community
- Learning from others.



**Medium term accommodation** is somewhere for you to stay until you can move to your new home.

We call it **MTA** for short.

## Medium Term Accommodation



Some people will need a place to stay until their home is ready.

The NDIS sometimes helps pay for MTA.



You can only stay at MTA for up to **90 days**.

You can get funding for MTA if you have somewhere to live for a long time after you leave.

The NDIS will **not** pay if you do **not** have somewhere to go after.



You might need MTA if

- You are waiting for changes to your home to finish



- You are waiting for the NDIS to make decisions about your home.



- You are waiting for **specialist disability accommodation** to be built

We call it **SDA** for short.

**SDA** is a place to live for people with disability who need a

- Home where they can safely get support
- Lot of support

# Working towards moving



Moving to a new home can be exciting.



You may have **challenges** when you move out of aged care.

Challenges are hard things.

It is important to

- Think about challenges you may have
- Make plans to support you.



You may like to do some things before you move.

You can get to know the area you are moving to.

It can be good to look around.

You might like to find the



- Shops
- Parks



- Medical services
- Community services.



You may get to know your new home.

You may be able to have a visit before you move in.



You may

- Look at your new home



- Think about where to put your things



- Think about any new things you might need.



Not everyone will be able to visit their new home before they move in.



Moving into a new home may change your **routines**.

Routines are the activities you like to do the same everyday like

- When you wake up
- How you have your meals.



You can choose what you want to do.

You can make changes when you are ready.



Sometimes things do **not** go to plan.

You can talk with your **support coordinator** about what to do.



A support coordinator is a person who helps you with your NDIS plan.



You can make a plan together.

# Your support network



Your **support network** can help your move go well.



Your support network are people who help you in your daily life.

A support network can look different for everyone.



Your support network may be

- Your family
- Friends.



They may help with things like

- Making big decisions
- Your feelings
- Planning visits to your home.



Your **support providers** may be part of your support network.

Support providers are people like your Support Coordinator.



They may help you make sure you have the right support.



**Allied health professionals** may be part of your support network.

They are people like occupational therapists.



They may help you to

- Get used to your new home
- Think about how to solve problems.



Your support network can include other people like

- Community workers



- Neighbours

Neighbours are people who live near you.



- Mentors

Mentors are someone you talk to for advice.

- Advocates.



Advocates are people who support you to speak up for your **rights**.

Rights are **rules** about treating everyone

- Fair
- Equal.

# Your community



Moving to a new home is a good chance to have a new community.

There are lots of ways to take part.



You could join a group

- In person
- Online.

This is a good way to meet different people who like the same things as you.

You could



- Go to events
- Take a class
- Do some **volunteer** work.

A volunteer helps someone but does **not** get paid.



Being part of the community can help you feel comfortable in your new home.

It can help you make friends.

## Learning from other people



It may be helpful to talk to other people who have moved out of aged care.

It may help you understand what you need to think about when you move.



You could ask your

- Support coordinator
- Family
- Friends

If they know anyone you can talk to.



When you talk to someone you may like to ask them some questions.

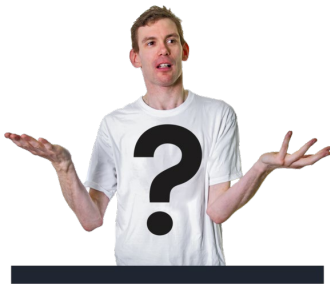
These are some questions you may ask.



- Has your life changed?



- Were you worried about moving?



- What new skills did you learn?



You can also watch videos about people who have moved out of aged care like

- This video about James Bailey.

[www.youtube.com/watch?v=wS4jdYfuGfg](http://www.youtube.com/watch?v=wS4jdYfuGfg)

## More information



We wrote Easy Read information about

- The 5 toolkit chapters
- Why we wrote the toolkit
- How to contact us.



They are on this website.

[www.health.gov.au/ypirac](http://www.health.gov.au/ypirac)

The website is **not** Easy Read.

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