



Aged care checklist

Aboriginal and Torres Strait Islander people can apply for government-funded aged care services from age 50. You don't need to be receiving a pension to access aged care. Learning about aged care early can help you plan for your future.



Your aged care,
your choice,
your way.

1. Learn about your options early

- Find out what services are available before you need them. Talk with an Elder Care Support worker or visit [MyAgedCare.gov.au](https://www.myagedcare.gov.au)
- It's OK to ask questions early, you don't have to sign up for anything.

2. Have a yarn with family

- Talk about what matters to you most. It could be staying at home, getting more active, or being connected to family, Country, Island Home and community
- Talk about what kind of care might be needed as you get older.

3. Register with My Aged Care

- Register with My Aged Care to apply for aged care services
- It is free to register and get an aged care assessment
- You can apply yourself, or with help from your local health service, an Elder Care Support worker, a family member, or carer
- You can ask for an Aboriginal and Torres Strait Islander assessment organisation if there is one near you
- At the assessment, you will talk about your needs, wants and goals
- After the assessment, you will get a support plan. It tells you what services you can get. Many aged care services are free or low cost. There may be some out-of-pocket costs. Service providers need to let you know about any costs before you agree.



4. Your care, your choices

- Your choices matter. You can choose what services you access
- Providers will give you easy to understand information about your services
- You can get help to understand your support plan and choose your services. This could be from your local health service, an Elder Care Support worker, a family member, carer or your assessment organisation.





5. Plan for your future, your way

- An advance care plan is a way to record your choices if you become sick or can't make decisions for yourself
- You don't need to wait until you are sick or it's an emergency to make a plan
- It means your family, support workers and community know your wishes and what is important to you
- You can ask for help to make an advance care plan
- If you have money worries, you can get free support and advice about how to manage your finances and options for support from a Services Australia Aged Care Specialist Officer.

Where to get help

Everyone has the right to make their own choices and receive care that respects their spiritual and cultural beliefs.

Get the support you need to age well – online, by phone or in person.

-  Speak with your local health service or Elder Care Support worker
-  Visit **MyAgedCare.gov.au**
-  Call My Aged Care on **1800 200 422**
-  Visit a Services Australia office



Australian Government
Department of Health,
Disability and Ageing