

# Let's yarn about ageing well

Aboriginal and Torres Strait Islander people can apply for aged care services from age 50. Getting aged care services can help you age well. You choose what support you want and what is right for you.



## Understanding aged care

Aged care is about helping people with the support they need as they get older. It might be for you, or for someone you know.

You don't need to be receiving a pension to access aged care.

Aged care services can help you with everyday health or daily tasks so you can:

- stay living at home
- stay active in your community
- be close to your family, Country, Island Home and community.

## Ageing well means starting early

Learning about aged care early can help you plan for your future.

- It's OK to ask questions.
- You don't have to sign up for anything until you are ready.
- Support is there to help you age well, in the way that is right for you.

Knowing your options means you can make good choices when you are ready or when your needs change.

## Getting started with My Aged Care

My Aged Care is the starting point to access Australian Government-funded aged care services and information. Elder Care Support workers can help you contact My Aged Care.

## Registering with My Aged Care

You first need to register with My Aged Care. Registering is free.

You can register:

- with help from your local health service, a family member, carer, Elder Care Support worker or care finder
- online at **MyAgedCare.gov.au**
- by calling My Aged Care on **1800 200 422**
- in-person with an Aged Care Specialist Officer at a Services Australia office.

You are not alone; help is there when you need it. Elder Care Support workers can help with forms, phone calls and identification documents.



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## Aged care assessments

After registering with My Aged Care, you need an aged care assessment. An assessment team will yarn with you about what help you might need.

- You have the right to culturally safe aged care that meets your needs.
- You can ask if there is an Aboriginal and Torres Strait Islander assessment organisation in your area.

## Your support plan

After your assessment, you'll get a support plan that tells you what help you can get.

- You can choose what matters to you and what services you agree to.
- You can ask about any costs. Most My 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.

## The right service for you

Aged care is person-centred. This means the type of help is different for different people. It needs to meet your needs and change as your needs change.

# Where to get help

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](https://myagedcare.gov.au)

 Call My Aged Care on **1800 200 422**

 Visit a Services Australia office

## National Aboriginal and Torres Strait Islander Flexible Aged Care Program

These services:

- are designed for Aboriginal and Torres Strait Islander people
- are flexible and based on community needs
- help you stay connected to family, Country, Island Home and community.

Types of services include:

- help at home with daily tasks to do the things you enjoy
- assistive technology and changes to your home to help you stay safe
- short-term care to help after an illness, injury or accident
- respite care that helps you for a short time so your carer can have a break
- aged care homes where your needs can be met in a care setting
- palliative care support to help you stay at home.



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