

Understanding aged care services

Aged care services are person-centred. This means the type of help is different for different people as their needs change. Many aged care services are free or low cost. There may be some out-of-pocket costs. You don't need to be receiving a pension to access aged care.

National Aboriginal and Torres Strait Islander Flexible Aged Care Program (NATSIFACP)

These services:

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

Other types of aged care are available if or when you need them.

Help at home

Aged care workers can come to your home and help with daily tasks so you can keep doing the things you enjoy.

It could be:

- help with shopping, cooking, getting dressed and having a shower
- care from a nurse if you have an injury or illness
- transport to appointments
- help with joining in with cultural activities.



Assistive technology and home modifications

Sometimes you need changes to your home or new products to help you stay safe and independent.

Products can help with:

- walking
- cooking
- getting dressed.

Changes to your home might be:

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



Australian Government

Department of Health,
Disability and Ageing

Restorative care

Health workers will help you get back to living safely and independently at home after an illness or injury. It helps you to get stronger and move well.

Respite care

Respite care is when someone looks after you so your carer can have a break.

It can be:

- short term for a few hours, days, or weeks
- at your home, in the community or in an aged care home.

Respite care is usually planned ahead of time, but it can be arranged urgently if needed.

Aged care homes

Aged care homes are for when people need more help than they can get at home.

If you move into an aged care home, you can get:

- your own room or a shared room with a bathroom and toilet
- daily services like meals, laundry and cultural and social activities
- help with bathing, eating and medications, if you need or want it
- health and clinical care, including nursing support.

Palliative care support

The End-of-Life Pathway and other palliative care services help people to stay safe and comfortable at home.





It provides a choice to:

- stay at home
- avoid having to go into hospital or into an aged care home
- get cultural support or care from Aboriginal and Torres Strait Islander health workers.

The person decides what support they want and what is right for them.

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**
-  Call My Aged Care on **1800 200 422**
-  Visit a Services Australia office

