

The Australian Government subsidises many different types of aged care services to help you stay at home. They are there to help you stay as independent as you can through a system that provides fair and equitable access to services for all older people living in Australia.

The Australian Government also subsidises aged care homes if you need a higher level of care.

Some of the main programs and packages are listed below:

### **Home Care Packages**

If you want to stay in your own home as you get older but need some help with things like cleaning and preparing meals, or with transport so that you can go shopping or attend appointments, this program will help you.

### **Home and Community Care**

If you want to stay in your own home, but need some help with daily tasks, or require basic care, this program HACC may be able to help.

### **Day Therapy Centres**

If you are living in the community or you are receiving low-level care in an aged care home, you might need various therapies to keep you as mobile and independent as you can be. If you are a person aged 65 years and over may be able to help.

The main services provided by Day Therapy Centres include:

Allied health services such as podiatry (foot care), physiotherapy (exercise, mobility, strength and balance) and occupational therapy (help to recover or maintain your physical ability), and

Fitness and restorative exercise such as small group exercises to keep you physically well or gym hydrotherapy.

### **Transition Care Program**

When you have been in hospital, often the most desirable place to go when you live is to your own home, rather than an aged care home. But sometimes you might need extra help to recover. This is where the Transition Care Program may be able to help.

The Transition Care Program is for older people who have been in hospital, but need more help to recover and time to make a decision about the best place for them to live in the longer term. Transition care may be provided either in your own home or in a 'live-in' setting. This setting can be part of an existing aged care home or health facility such as a separate wing of a hospital. You can only access transition care directly from hospital.

### **Assistance with Care and Housing for the Aged**

Some people are at risk of becoming homeless as they get older. This might be because they are renting or have insecure housing and face challenges finding a place to live that they can call a home. This is where the Assistance with Care and Housing for the Aged (ACHA) program may be able to help.

The ACHA program finds and links different types of community care to help older people that are not in sustainable housing or who are homeless. It does so by coordinating access to the best services for each particular situation. These services are usually provided by organisations such as housing authorities, charity organisations or church groups.

Even if a person is already homeless this program can help them get back into a house.

If you or someone you care for is in this situation, ACHA may be able to help you find the services you need.

### **Community Aged Care Packages**

You or someone you know may have previously received help with various tasks at home and in the community through a government-subsidised Community Aged Care Package (CACP).

### **Extended Aged Care at Home**

You or someone you know may have previously received help with various tasks at home and in the community through a government-subsidised Extended Aged Care at Home (EACH) package.

### **Extended Aged Care at Home Dementia**

You or someone you know may have previously received help with various tasks at home and in the community through a government-subsidised Extended Aged Care at Home Dementia (EACHD) package.

### **National Respite for Carers Program**

If you are caring for a person who needs help with various tasks at home or in the community, it is often rewarding but can also present challenges. With this in mind, you may need some extra help every now and then, including a short break from your caring role. This is where the National Respite for Carers Program (NRCP) may be able to help.

### **National Carer Counseling Program**

Caring for someone can be very rewarding, but it can also present some challenges. From time to time, you might need to talk to someone who understands your situation. This is where the National Carer Counseling Program (NCCP) may be able to help.

The NCCP provides short-term emotional and psychological counseling and support services that are subsidised by the Australian Government. It is for people who care for a person who needs help to look after them self, but who are not formally employed in their caring role.

You won't need any type of assessment to receive carer counseling through the NCCP.

### **Aged Care Assessment Team (ACAT)**

The first step in accessing most government-subsidised aged care services is to receive an assessment by the Aged Care Assessment Team (ACAT). Eligibility for Community Aged Care Packages and Residential Care is determined by an ACAT assessment, which determines eligibility by assessing a person's needs. This is a free and confidential service, and the process is not as daunting as it may sound. An ACAT representative (usually a doctor, nurse, social worker or other health care professional) will assess your situation and specific care needs. You will be informed about the services you are eligible to receive, and how to find a service that meets your needs. You may choose to have a relative or friend with you during the assessment. You also have the right to ask ACAT to provide an interpreter. If you are not satisfied with outcome of the assessment, you have the right to appeal the decision. To arrange an ACAT assessment, you can ask your doctor for a referral, or contact the Commonwealth Carelink Centre on 1800 052 222.

### Fees & Charges

The cost of receiving aged care services is based on a person's assessed care needs and their ability to pay. Special consideration is given to people who are financially disadvantaged. You will not be denied access to a service if you are unable to pay. All people receive the same quality of care regardless of the level of fees paid. To find out more about fees and charges, contact the Aged and Community Care Information line on 1800 200 422.

For more information go to: [www.myagedcare.gov.au](http://www.myagedcare.gov.au)