

Aged care

Part 2: types of aged care available

Aged care can be a tricky area to navigate, and requires careful thought. To help you or your loved one obtain the best outcomes, this three-part guide will take you through the process of applying for, receiving, and paying for suitable aged care services.



This second part of the series will look at the types of aged care available, depending on the outcome of your assessment. From entry-level care at home, to 24-hour support in a residential aged care facility, each stage of support is designed to give you the help and care that you need.

Types of aged care available

After your ACAT/ACAS or RAS assessment (read more about this in our first Aged Care flyer, Part 1: approval), an approval letter will be provided which will identify the type of aged care services you are eligible for.

Commonwealth Home Support Program

You may have been approved for the Commonwealth Home Support Program (CHSP). It is an entry level program for older people who need basic assistance with daily tasks to live independently at home.

You are expected to contribute to the cost of your care if you can afford to. The amount you contribute will depend on your income and the type of services you need. You will need to discuss and agree to any fees with relevant service providers before you receive services.

Types of CHSP services available

The types of services you can receive under a CHSP include:

- Domestic assistance including laundry, cleaning and shopping.
- Home maintenance and modifications.
- Transport to appointments and community activities.
- Nursing and allied health services.
- Day/overnight respite to give you or your carer a break.

Finding a CHSP provider

Visit the Government's My Aged Care website (www.myagedcare.gov.au) or phone 1800 200 422 to find CHSP service providers in your area. You can access a list of provider contact details to find out whether a particular provider can suit your needs, how much they cost, and how they provide their services.

Home care packages

You may have been approved for a home care package. There are four levels of home care packages available, from providing basic care needs (level 1) to providing high level care needs (level 4).

Whilst there will be a subsidy that the government will pay towards your home care package (increasing with each package level), you will be expected to contribute to the cost of your care if you can afford to. Visit the Government's My Aged Care website (www.myagedcare.gov.au) for information on how much you could be expected to pay.

Types of home care services available

The types of services you can receive under a home care package include:

- Domestic assistance including laundry, cleaning and shopping.
- Home maintenance and modifications
- Personal care including showering, toileting and dressing
- Meals and food preparation
- Nursing and allied health services including podiatry and physiotherapy.

Finding a home care service provider

Visit the Government's My Aged Care website (www.myagedcare.gov.au) or phone 1800 200 422 to find home care service providers in your area, based on level of home care package you have been approved for. You can access a list of provider contact details to find out whether a particular provider can suit your needs, how much they cost, and how they provide their services.

Residential aged care

You may have been approved for services in an aged care home. If you decide this is right for you, it will be helpful to visit these homes so you can see for yourself whether it will provide you with the support you want.

As you visit each aged care home, you may want to make a note of what you liked, didn't like, and whether you would be happy to live there. This will help you decide which home would be most suitable. There may be different fees associated with each home, and these are explained in more detail in our next guide, Part 3: fees and funding.

Types of residential aged care services available

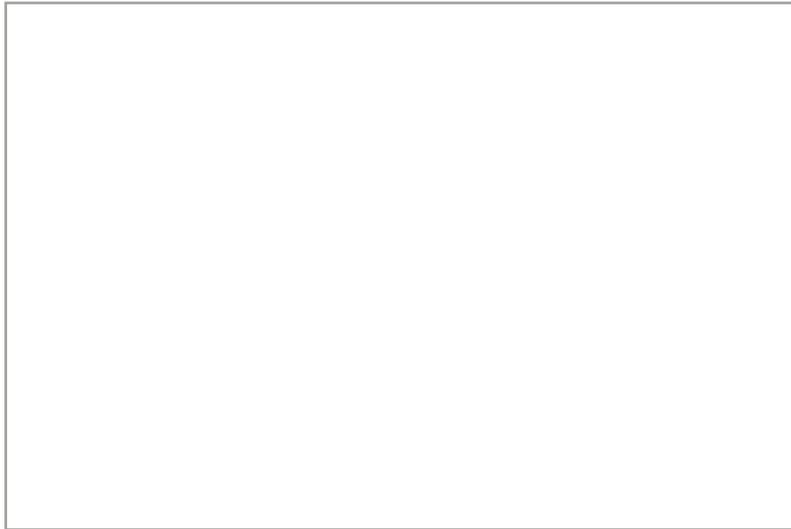
Aged care homes can help you with:

- Accommodation including furnishing, bedding and toiletries.
- Day to day needs including meals, laundry and social activities.
- Personal care including showering, toileting, dressing and mobility.
- Clinical care including nursing, therapy and health management.

Finding an aged care home

Visit the Government's My Aged Care website (www.myagedcare.gov.au) or phone 1800 200 422 to help you find aged care homes in your area. You can access the contact details of homes plus find a description of their services, costs, and any areas of care speciality they can help with.

**To find out more about your aged care options,
talk to your financial adviser.**



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