

My Aged Care

- It is never too late or too early to start planning for Aged Care
- There are a range of options for support for you and your carer
- Further information is available: www.myagedcare.gov.au or 1800 200 422

What Is My Aged Care?

My Aged Care is available to anyone over 65 years of age. It provides information, assessment and referrals to aged care services. It would help to talk about your needs with family, friends, carers, and health professionals in advance. Planning for the future helps you be prepared for different life events.

Website: www.myagedcare.gov.au

Phone: 1800 200 422

What Type of Support Is Available?

Commonwealth Home Support Programme

Provides help with housework, personal care, meals and food preparation, transport, shopping, allied health, social support, and planned respite. This may be short-term or ongoing.



Short Term Care Options:

- **Short-term Restorative Care:** help returning to independence, transition from hospital, or recovery from an accident or illness. Length is up to 8 weeks.



- **Transition Care:** help after leaving hospital. Length is up to 18 weeks.
- **Community-Based Respite Care:** allows you and/or your carer to have a short break or to do a planned activity. Planned or emergency - may be 1 hour or several days.
- **Residential Respite Care:** provides you with a short stay in an aged care facility.

Home Care Packages

Help to stay at home with access to a range of ongoing personal services, support services, and clinical care that help you with day-to-day activities.

Residential Aged Care

Care options and accommodation for those who are unable to continue living alone in their own homes.

How Long Will It Take?

There are considerable wait times. This includes assessment, approval for care and/or services and a package, or a place becoming available. For example, waiting over 12 months for a home care package. It is recommended to start the process early.

How Have Other Polio Survivors Used My Aged Care?

Polio survivors have reported receiving the following services:

- weekly cleaning
- monthly gardening
- allied health services - including regular podiatry and chiropractic
- assistance with personal care (e.g. showering, toileting, dressing)
- help with meal preparation
- transport and personal assistance (e.g. with shopping or social activities)

Some polio survivors have also had luck with getting [aids and equipment](#) through their My Aged Care package, including:

- adjustable beds
- mobility scooter

- crutches
- brace repair
- hand rails at front stairs, shower and toilet

I Am A Carer: Where Can I Get Support?

[Carer Gateway](#) provides information and support:

- local support and respite services
- looking after yourself while caring for someone
- financial and legal considerations of being a carer
- what to do in an emergency situation
- adjustment with caring needs

Phone: [1800 422 737](tel:1800422737)



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