

UNDERSTANDING MY AGED CARE



Macular
Disease
Foundation
AUSTRALIA

The aged care system consists of programs and services to primarily support Australians aged 65 years and over (and Indigenous Australians aged 50 and over). Australians under 64 years may also be eligible for support under certain conditions.

Aged care can be provided to people in their own homes or in residential aged care facilities.

Support can be short-term or ongoing, and can include help with daily living, health care, accommodation, and equipment. The Australian Government subsidises many types of aged care services for those who are eligible.

What is My Aged Care?

My Aged Care is the main entry point to Australia's aged care system. Through My Aged Care you can access information on aged care support services, have your needs assessed, and find service providers.

You can access My Aged Care online at www.myagedcare.gov.au or by calling **1800 200 422**.

Are there fees involved?

Yes. Aged care services are only partially subsidised by the Australian Government and co-payments are often required. What you pay will depend on what type of care you've been assessed as eligible for, the provider you choose, your financial situation, and the services you receive.

Further information regarding fees can be found on the My Aged Care website (www.myagedcare.gov.au/understanding-costs).

Note:

This fact sheet only focuses on aged care services related to vision. However, you may be able to access support for other health conditions. Contact My Aged Care directly on **1800 200 422** or at www.myagedcare.gov.au for more information.

Am I eligible?

You are eligible for government-funded aged care services if you:

- are 65 years of age or older (50 years or older if you identify as an Aboriginal or Torres Strait Islander person); and
- need help to perform everyday tasks.

Some people may be eligible for certain government-funded aged care programs at a younger age:

- Commonwealth Home Support Programme (CHSP) - 50 years or older (45 years or older if you identify as an Aboriginal or Torres Strait Islander person) and on a low income, homeless or at risk of being homeless.
- Home Care Packages or Residential Care - a younger person with a disability, dementia or other special care needs not met through other specialist services.

Your financial situation will not affect your eligibility.

How do I apply?

To receive aged care support, you need to be assessed as eligible. Assessment is a two-part process.

First, a phone call to My Aged Care **1800 200 422** to discuss your eligibility, followed by an in-person assessment to determine the level of support you need.

What type of support will I receive?

There are three main programs that provide government-funded support. In addition to help with daily living, health care and accommodation, you may be able to access support for vision loss through these programs.

These three programs offer different levels of support and have different fee structures.

Commonwealth Home Support Programme (CHSP)

Under the CHSP, you can receive entry-level support services to help you live independently and safely at home. This includes cleaning, shopping and gardening services. Community transport is available if you need assistance with travelling to medical appointments.

You may be able to receive subsidised services from low vision service providers through the CHSP, by requesting a referral to a low vision service provider from the Regional Assessment Service (RAS) assessor. Low vision service providers offer services such as mobility training, counselling and low vision assessments.



Home Care Packages

Under the Home Care Packages, you can receive higher levels of support services for more complex care needs to help you live independently and safely at home. This includes increased hours of cleaning, shopping and gardening services. Community transport is available if you need assistance with travelling to medical appointments.

Package funds can be used on low vision services, such as low vision assistive technology, however you will first need approval from your home care package provider. You can access low vision services by requesting a referral to a low vision service provider from the Aged Care Assessment Team (ACAT) assessor or your home care package provider.

Residential Care

You will need to speak to your residential aged care facility to find out how they can support your access to medical appointments, low vision services, and assistive technology.

Accessing support

Once you've been assessed as eligible to receive aged care services, your assessor will refer you to the relevant service providers. The provider will then contact you.

Alternatively, you can ask your assessor for the referral codes for each service you are eligible for. You can then use these codes to source a provider by yourself.

Service providers offer services differently and charge different costs. Make sure you understand the differences between providers before making a decision.

Due to the high demand for some of the aged care support services, you may have to wait until services become available. Your assessor will be able to advise if you need to wait, and how long the wait will be.

If your needs change, you'll have to be reassessed before any changes can be made to the level of support that you receive.

You can also access our free, personalised support services and order information kits and Amsler grids by calling our National Helpline on **1800 111 709**.

MDFA has a free newsletter and you can sign up to receive invitations to education sessions and events in your area.

Macular Disease Foundation Australia is committed to reducing the incidence and impact of macular disease, by providing up-to-date information, advice and support.

Need more information?

Learn more about macular disease at www.mdfoundation.com.au.

How's your macula? Take the quiz at www.CheckMyMacula.com.au.

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