

Aged Care Guide

Explaining Aged Care



Do you or a loved one need a bit of extra help at home?



Or a break from caring responsibilities?



Or perhaps full-time care?

There are three options available to meet your needs.

You can get government funding for these different aged care options, and depending on your health, you're more likely to be eligible for funding than not.

3 Options

Home Care



Commonwealth Home Support Programme (CHSP)

Stay safe and independent in your own home.

CHSP provides services like cooking, cleaning, personal care, transport and social support, typically for a few hours each week.

Government funded Home Care Package

Four levels of help are available, from about 2 to 12 hours per week.

Includes care planning and in-home support services like those of the CHSP.

Respite



Day respite

Allows your loved one to spend some time away from home, perhaps on an outing with people who have similar interests to them.

Respite at home

A qualified carer or nurse can stay for a few hours, or even overnight.

Longer stay

Respite centres and residential aged care homes offer longer stays to give the carer time to rest.

Residential Care



Aged care homes provide around the clock care in a safe, comfortable and home-like environment.

There are plenty of options and you will find one near you or your family.

Make sure you organise a tour and go and speak to the care team about what its like to live there.

Next steps

If you are thinking about the right place to start, here are a couple of ways to find out more.

My Aged Care

Whatever your needs, My Aged Care is the best place to start. You can call them or visit their website to learn more, check your eligibility, and organise an assessment.

You can call the My Aged Care contact centre on **1800 200 422** or visit **Myagedcare.gov.au**

How Benetas can help

Benetas will take the time to help you find out more and discuss which support option could be right for you - even if it's not Benetas.

We also offer retirement living and health care services.

Call us for **FREE** aged care support and advice for you and your family on **1300 23 63 82** or visit our website.



PAT

Positive Ageing Tool

Too often, ageing is associated with frailty. While ageing is inevitable, the rate in which physical decline occurs is not.

If you are worried about your health, you can test your frailty with the Positive Ageing Tool. Its easy to do for you or for someone you know. Get the right information to stay healthier and independent for longer.

Take our quick two-minute Health Check to help you detect and prevent early signs of frailty.

Visit benetas.com.au/pat