



## There is a lot of support available as you get older that enables you to stay at home, close to loved ones and connected to your community.

It's never too early to start talking about getting older. It's a good idea to talk with family, friends, carers and health care professionals about getting some support if you find it harder to do the things you used to do. Knowing what services are available before you need them will help you be prepared to make decisions about your future.

Aged care isn't just residential aged care, you can get support to continue living at home too. Older people can get help with cooking or cleaning, or get a lift to the shops, or even have handrails or ramps installed. The support can be for just a short term, if you need help for just a few months, or on a regular, long term basis. There are also culturally appropriate services for older people from diverse backgrounds.

The Australian Government's **My Aged Care** is the starting point to access aged care services for all older people, including those from culturally and linguistically diverse backgrounds. Contacting *My Aged Care* is the best way to find out if you're eligible to receive services, what services are available and if any costs are involved. *My Aged Care* may arrange for a trained assessor to come to your home. You can also ask *My Aged Care* to arrange for an interpreter to come to the assessment. The assessor will assess your care needs and determine your eligibility for services. You will only be asked to contribute to the cost of care if you can afford to do so.

Find the help you need by calling **My Aged Care** on **1800 200 422** between 8am and 8pm Monday to Friday and 10am to 2pm on Saturdays or visiting *My Aged Care* online at **[www.myagedcare.gov.au](http://www.myagedcare.gov.au)** where you can access all the information you need, including translated information.

If you need an interpreter you can use the **Translating and Interpreting Service**. Call 131 450 and ask for *My Aged Care*.