



Older people from diverse backgrounds can get support to live in their own home.

As people become older, they might need a little bit of help to live at home. The Australian Government's *My Aged Care* can provide information about the types of help and support available for older people in the community.

Older people can get assistance around the house like vacuuming and cooking, or with transport to the shops or appointments. As well as regular help, one-off changes can be made at home to make life easier, such as adding hand rails and ramps.

It's a good idea to plan ahead with friends and family members so they can live at home, in their community. Accessing services at home can help older people stay independent and improve their wellbeing.

There are different types of support services available for older people, from help at home to aged care homes. You can find out more about what help is out there, how to access services and organisations that work with people from diverse backgrounds by contacting *My Aged Care*.

By getting in touch with *My Aged Care* older people can find out if they are eligible to receive support and if there are any costs. *My Aged Care* may arrange a face-to-face assessment of the older person's care needs.

The best place to start is getting in touch with ***My Aged Care***. You can call *My Aged Care* on **1800 200 422** between 8am and 8pm Monday to Friday and 10am to 2pm on Saturdays. If you need an interpreter call 131 450 and ask for *My Aged Care*.

Or you can visit *My Aged Care* online at www.myagedcare.gov.au where you'll find all the information you need, including translated information.



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Older people can get assistance around the house like vacuuming and cooking, or with transport to the shops or appointments. As well as regular help, one-off changes can be made at home, such as adding hand rails and ramps.

Accessing services at home can help older people stay independent and improve their wellbeing. As well as help at home, older people can access short-term help and support in aged care homes.

You can find out more about what services are available, how to access them and organisations that work with people from diverse backgrounds by contacting *My Aged Care*. All the information is in one place so you can also find out if you're eligible to receive support and if there are any costs.

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