

Being assessed for a Home Care Package

If you've decided that you would like to get a Home Care Package, the first step is to arrange an assessment. Once you've been assessed and approved, you'll need to choose a provider.

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Before you can get a Home Care Package, you'll need to check your eligibility and have an assessment.

Checking your eligibility

Home Care Packages are meant for older people, but there is no minimum age requirement.

There are no citizenship or residency restrictions on Home Care Packages, however, they are not meant for visitors to Australia or people who need only temporary or short-term care. If you want short-term care, the Commonwealth Home Support Program might be a better option for you.

ACAT assessments

Home Care Package assessments are done by the Aged Care Assessment Team (ACAT), or ACAS in Victoria. An ACAT professional visits you in your home to find out about your needs. They assess whether you are eligible for a Home Care Package (or other assistance) and what level of help you will need.

ACAT assessments are free.

Arranging an assessment

To arrange an ACAT assessment, call My Aged Care on **1800 200 222**. You can ask for an interpreter if you need one.

Before you call, have your Medicare card ready and the contact details of your doctor and a family member. You may also like to prepare by writing down a few things that are starting to be challenging for you.

My Aged Care will ask you some questions about:

- your living arrangements
- your health and wellbeing
- things you find difficult to do
- support you are currently receiving.

Based on your answers, My Aged Care will work out whether you need an ACAT assessment or an assessment for a different service, like the Commonwealth Home Support Program. They will help to arrange an assessment for a time that suits you.

During the assessment

During the assessment visit, the ACAT member (usually a nurse, social worker or other health care professional) will ask questions about how well you are managing in your day-to-day life. They will also explain the assessment process.

The assessment is an opportunity for you to share what is important to you and what support would make a difference in your life. It might be helpful to think about this before the visit.

You can have a friend, family member, partner, carer or advocate with you during the assessment. To find a local advocate, contact the National Aged Care Advocacy Line on **1800 700 600**.

After the assessment

After the assessment, the ACAT will write to you with the outcome and explain what level of Home Care Package you are eligible for.

If you disagree with your assessment you can [appeal the decision](#). Alternatively, discuss your concerns with an advocate by calling the National Aged Care Advocacy Line on **1800 700 600**.

Once you have been assessed and approved, you decide if you want to accept the services. **It's your life and your choice.** Some older people are worried that having an assessment means a fast-track into a nursing home. The truth is that most people will be linked into community care services that help them stay living in their own home.

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