



**Aspirations Wealth Group**  
Build and Protect your Wealth

# Fact Sheet

## Aged Care

The Aged Care system in Australia is complex and can also be difficult to navigate without assistance.

The purpose of this fact sheet is to help you understand basic information on aged care. This includes information on:

- ⇒ Where to begin
- ⇒ Aged care choices
- ⇒ Commonwealth home support program
- ⇒ Home care packages
- ⇒ Residential care
- ⇒ Granny flats
- ⇒ Tips and traps



## Where to begin

### Aged Care Assessment

Before subsidised aged care can be received, you must obtain a health assessment by a member of an Aged Care Assessment Team (ACAT). The assessment is free and is carried out at home, in hospital or a health care centre.

To find your nearest ACAT, phone **1800 200 422**, or visit the Government's My Aged Care website at [myagedcare.gov.au](http://myagedcare.gov.au)

The health assessment will determine if you are eligible for Government funded services and if so, which particular services.

### Financial Assessment – Department of Health and Ageing

The ability of the recipient to pay for aged care services and accommodation will be assessed, taking into account the value and type of assets.

## Aged care choices

### Non-government subsidised

- ⇒ Self care units
- ⇒ Retirement villages
- ⇒ Granny flat arrangements

### Government subsidised

#### ***For those needing 'at home' assistance:***

- ⇒ Commonwealth Home Support Program (CHSP)
- ⇒ Aged care packages – Levels 1 - 4

#### ***For those no longer able to live at home:***

- ⇒ Residential Aged Care Facilities



## Commonwealth home support program (CHSP)

The Commonwealth Home Support Programme (CHSP) helps senior Australians access entry-level support services to live independently and safely at home.

Eligibility for this program is based on support needs and age. To be eligible for this program, the recipient must be aged:

- ⇒ 65 years or older (50 years or older for Aboriginal or Torres Strait Islander people), or
- ⇒ 50 years or older (45 years or older for Aboriginal and Torres Strait Islander people) and on a low income, homeless, or at risk of being homeless.

### Services that may be accessed

<b>Meals and other food services</b>	Pre-made meals and help with food preparation
<b>Personal care</b>	Help with showering, self-care, hygiene and grooming
<b>Nursing</b>	Help with medicines, telehealth support
<b>Allied health and therapy services</b>	Health and therapy services e.g. podiatry, occupational therapy, dietitian
<b>Specialised support</b>	Help for people with a particular condition e.g. vision, dementia
<b>Respite care</b>	Care for you while your carer takes a break
<b>Domestic assistance</b>	Help with basic chores around the house
<b>Home maintenance</b>	Help with keeping your home and garden safe
<b>Home modifications</b>	Changes to your home to improve safety and access e.g. ramps and rails





<b>Goods, equipment and assistive technology</b>	Items to help you get around or adapt e.g. walking frame, shower chair
<b>Transport</b>	Community transport or vouchers to attend appointments or activities
<b>Social support</b>	Contact and company with others e.g. social groups
<b>Homelessness support</b>	Linking to housing and care services for people experiencing homelessness

## Who provides the services?

The Government subsidises a variety of organisations across Australia. These organisations are called service providers. They deliver care and services at a subsidised price.

## How much does it cost?

The cost depends on the type of support and the provider. Simple services like house cleaning and meals might cost a few dollars. More complex services like renovation work will cost much more.

## Home care packages

Home Care Packages can be an option if you need a coordinated approach to the delivery of your help at home - perhaps because you need help with many everyday tasks, or the care you need is more complex or intensive.

Once a formal assessment has been made to determine the level of care you are entitled to, the next step is to select a home care provider who can assist you at your own home.

Some things to consider:

- ⇒ If the provider operates in your area. MyAgedCare provides a databank of providers in the local area on their website.
- ⇒ The services available from the provider and if these meet your needs both now and in the future.
- ⇒ The cost of the services provided.



- ⇒ The reputation of the home care provider and online reviews. Independent site **Care Opinion Australia** provides users the chance to anonymously publish stories about their care experience with any in-home care provider. You can also ask your doctor or friends.
- ⇒ How the provider matches support staff with your requirements. Consider cultural background, gender and general interests.

## Residential aged care

If you can no longer stay at your own home, **residential care** is required and some things to consider are:

- ⇒ Location of the facility in relation to relatives and friends.
- ⇒ If the facility caters for your particular needs, e.g. dementia, high care, dietary requirements, cultural background.
- ⇒ How affordable are the accommodation and ongoing fees.
- ⇒ If meals are prepared on site or brought in from an outside provider.
- ⇒ The reputation of the provider. Visit: **Care Opinion Australia**
- ⇒ For reviews or ask your doctor or friends.
- ⇒ Indication of staff ratios (not mandated by government) and availability of registered nursing staff during the week and weekend.
- ⇒ Type of activities provided for residents and other resources made available such as newspapers, books, internet access.
- ⇒ Quality of outdoor areas: pleasant and accessible for all levels of mobility.
- ⇒ Provides quiet areas throughout the facility for residents to utilise.

Additionally, there are organisations such as 'Aged Care Placement Services', who can assist with finding and selecting a suitable facility (for a fee).



## Granny flats

- ⇒ If a person transfers the title of their property and/or assets in exchange for a life interest in their home, upon entering residential care their assets are likely to be below the threshold and they will be considered a 'fully supported resident'. Accommodation charges (ie RAD) are unlikely to apply.
- ⇒ However, as a 'fully supported resident' it may limit the choice of facility.
- ⇒ There is a drawback if a client needs to leave the home and move into a facility less than 5 years after the life interest is created.
- ⇒ In this situation, the amount would be subject to the 'gifting rules'.
- ⇒ However, if this is due to an accident or something that could not have been foreseen when the 'life interest' was established the gifting rules will not apply.

This is a complex area and should only be entered into after discussions with your financial planner, accountant and legal professional.





## Tips and traps

### Tips

- ⇒ Determine if the recipient is eligible to enter into residential care – will need an assessment first.
- ⇒ Try before you buy – ‘Respite Care’ is available for up to 63 days per financial year. A potential resident can enter into a desired facility under respite, then become a permanent resident after this period. The Basic Daily Care Fee is the only charge during this period. There is no RAD or Means Tested Care Fee during Respite Care.
- ⇒ Ensure you understand all fees involved with the facility – extra services fees are sometimes mandatory and expensive.
- ⇒ Consider how re-arranging assets and entering care may affect Age Pension entitlements if applicable.
- ⇒ Ensure there is sufficient cash flow to fund ongoing care costs and maintenance on the family home if retaining.
- ⇒ Revise estate planning documents – these will normally be required before being accepted into a care facility.

### Traps

- ⇒ Avoid selling the home until advice has been received due to possible impacts on ongoing fees and Age Pension entitlements.
- ⇒ Avoid gifting assets over the limits allowed due to possible impacts on fees.
- ⇒ Not negotiating – in some cases the published rate for the room may be negotiated with the facility. However, they ultimately decide whether to accept the offer.
- ⇒ Not planning ahead. Make a plan and let your family know of your wishes so that you will have control over where you may ultimately reside.



## Aspirations Wealth Group

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### **Aspirations Wealth Group Pty Ltd**

ABN 17 066 549 906

Corporate Authorised Representative

Aspirations Private Wealth Pty Ltd

**[www.AspirationsWealth.com.au](http://www.AspirationsWealth.com.au)**

Phone: (02) 9580 7966

Postal: PO Box 210 Miranda NSW 1490

Office: Level 1, 621 Kingsway Miranda NSW 2228

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