

Choosing Aged Care

Five Steps to KNOW THE FACTS

Aged Care Options

Retirement Village / Community

Retirement villages are complexes of residential units or a number of separate complexes of residential units on common land.

In-Home care

In-home care is care that can be delivered to you in your current family home such as government funded community packages or private nursing and personal care.

Private Aged Care

Private aged care is retirement village style accommodation with the added care levels and security of residential aged care (such as Seasons Private Aged Care).

Residential Aged Care

There are two levels of care provided in residential aged care facilities: low level care (formerly known as hostels), and high level care (formerly known as nursing homes).

Instructions

This handy five step checklist contains some of the questions you should know the answers to for each type of aged care option to help you plan for and make an informed choice.

When you find out the answer to a question for each aged care option, place a tick (for yes) or a cross (for no) in the corresponding column.

Then you can see at a glance how the aged care options compare.

Five Steps To KNOW THE FACTS

Planning for and choosing aged care is one of the most important decisions you can ever make. After all, you want to be sure you are well cared for, have everything you need and you will be happy living there.

The Australian aged care system is complex and provides a range of care options to meet the varied needs of Australians. Choosing the option that suits you can be complex, so knowing the options and planning ahead can make all the difference.

Often the cycle of aged care begins with low-level community care in your home or retirement community before progressing to higher-levels of care. Some people may continue into a residential aged care facility (formerly known as nursing homes) for low-level or high-level care, or they may access the same levels of care they need from a Private Aged Care provider (such as Seasons). Respite care is also available in both residential aged care facilities and private aged care and may provide a short term care alternative for some people.

The Australian Government provides some subsidies to assist financially disadvantaged people to access in-home community care and residential aged care, however for many Australians, private aged care may be a better option.

You are more likely to make the right choices if you:

- Know what is available
- Know what you need
- Seek professional financial and/or legal advice before you sign a contract

This handy five step checklist contains some of the questions you find useful to help you plan for and make an informed choice.



STEP**1**

Your Care Needs

When You Inspect This Option:	Retirement Village / Community	In-Home Care	Private Aged Care	Residential Aged Care
Does this option provide all levels of care?				
Does this option provide 24/7 low to high care?				
If your care needs change/increase, will you have to move?				
Can you access health care services such as GPs, podiatrists, physiotherapists, etc?				
Does this option provide short-term or respite care?				
Does this option support people with dementia?				
Does this option provide support for end-of-life care?				
Does this option let your family and friends know if you are unwell?				



STEP
2

Atmosphere and Lifestyle

When You Inspect This Option:	Retirement Village / Community	In-Home Care	Private Aged Care	Residential Aged Care
Does it feel clean and inviting?				
Do the bedroom areas feel spacious?				
Can you bring your own furniture and belongings?				
Does the option provide transport?				
Does this option have a lifestyle and activities coordinator to get you out and about?				
Does this option provide meals and are they nutritious and tasty?				
Can your friends and family stay with you overnight?				
Can you have a pet such as a bird, cat or small dog?				

STEP
3

Staff

When You Inspect This Option:	Retirement Village / Community	In-Home Care	Private Aged Care	Residential Aged Care
Are the staff easily identifiable and friendly?				
Are there staff on duty at all times?				
Are the staff trained and qualified in aged care?				
Are people treated with dignity and respect when receiving care?				
Can staff accompany residents to regular hospital and clinic visits?				



STEP
4

Contracts and Fees

When You Inspect This Option:	Retirement Village / Community	In-Home Care	Private Aged Care	Residential Aged Care
Do you own your own home?				
Is the fee structure clear and understood?				
Do fees cover all care needs?				
Are there extra fees for additional services?				
Is there a large bond or deposit required?				
Can this option negotiate flexible fee structures to suit your needs?				
Is there a waiting list?				





STEP
5

Safety and Security

When You Inspect This Option:	Retirement Village / Community	In-Home Care	Private Aged Care	Residential Aged Care
Is this option gated and secure?				
Are there smoke detectors and fire extinguishers?				
Does this option offer a medical emergency call button?				
Is the building equipped for easy mobility (ramps, lifts etc)?				



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