

WHAT IS AGED CARE?

When someone finds it difficult to go about their daily chores and look after themselves independently, outside help is often required. Family and friends will fill this role for as long as possible, but when it becomes too much for them, there are outside organisations that can help. Outside help generally comes in three forms: Retirement Villages/Assisted Living, Home Care or Residential Aged Care.

RETIREMENT LIVING / ASSISTED LIVING

This involves the person moving out of their home into a community setting that caters for retirees and the elderly with services to meet their social and lifestyle needs.

Living quarters are similar to that of an apartment or unit, with many villages providing communal areas such as halls and sports and recreation facilities.

Most of these communities will have either carers available at short notice or carers on site 24 hours to meet the health needs of the community. Meals, cleaning, transportation and other services can be provided if needed on a user pays system.

This type of living arrangement best suits those with minimal care needs looking to down-size.

HOME CARE

Outside carers who are qualified to assist in personal hygiene, domestic duties, transport and nursing can come to the home of the person requiring care. This is done as required and the care recipient will typically pay for the time of the carer. This type of care is performed in the person's home and does not require them to leave their home.

The care can be as little as a few hours per week to 24 hours per day. This is normally arranged directly between the care recipient (or their family) and the care provider. A General Practitioner is often the person to contact to arrange this type of care.

RESIDENTIAL AGED CARE

Residential aged care is for those who can no longer cope at home by themselves or with the support of a spouse or family. Most aged care providers are approved by the Australian Government and they receive federal funding to help cover the cost of a resident's care. Those wishing to enter aged care require a health assessment prior to entry.

The person requiring care lives in the aged care residence full time and has all of their personal care and living arrangements taken care of (to the degree to which they require). This included: 24 hour care, all meals, laundry, cleaning, utilities (electricity, gas, water etc.) and some lifestyle activities and outings.

Family and friends are welcome and actively encouraged to visit residents, who can leave the residence overnight for up to 52 nights per year.