

My Aged Care Assessment Planning:



This form is to assist you in identifying your needs before your 'My Aged Care' assessment. Having your needs pre-identified for your assessment can ensure you and your assessor knows your requirements and secure the appropriate funding.

Name:	
My Aged Care ID:	
Date of Birth:	
Phone Number:	
Email Address:	
Residential Address:	

My Support Needs:

Support Category/Item	Associated Needs	Yes/No	Comments
<u>Domestic Assistance</u> Cleaning Laundry Shopping	Are you able to complete household cleaning chores regularly? Are you able to shop at stores independently & remember everything you need? Are you able to wash your clothing & bedding regularly? Are there specific chores you struggle with, such as vacuuming?		
<u>Meal Preparation</u> Meal delivery Support to prepare	Are you able to prepare meals regularly? What are the specific barriers?		

meals in the home Pre-prepared meals	Would you benefit more from kitchen modifications or receiving pre-prepared meals? Do you just need assistance with a specific task in cooking, such as cutting or operating a stove?		
<u>Home maintenance</u> Home repairs Gardening	Are you able to maintain your garden? If something at home breaks, will you be able to confidently fix it? Are there certain chores you find difficult, such as cleaning the gutters?		
<u>Personal Care</u> Assistance with self-care and activities of daily living Assistance with the self administration of medication Continence management	Are you able to move independently? Are you able to shower & maintain hygiene independently? Are you confident in managing your medication? Would you benefit more from a support worker or home modifications?		
<u>Respite</u> Supervision and assistance of an older person by a person other than their usual informal carer	Is your carer caring for you 24/7? Would you benefit from varied social support? Do you have any concerns for your carer's workload or mental health?		
<u>Social Support</u> Community engagement Cultural & religious support Management of personal affairs	Do you feel engaged with your community? Do you have cultural or religious values you want prioritised in your care? Are you able to manage your personal affairs, such as relationships, paying bills & appointments?		
<u>Therapeutic services</u> Acupuncturist Chiropractor Diversional therapist Remedial masseuse Art therapist Osteopath	Are you confident in managing your conditions independently? Do you feel that you are missing knowledge about your conditions? Do you feel you would benefit from support of therapeutic services, such as a masseuse?		

<p><u>Transport</u> Driver and car provided via direct transport Taxi or rideshare services via indirect transport</p>	<p>Are you able to consistently, independently travel to your usual activities? Are you confident in your transport options when booking appointments? Do you have any concerns about your ability to drive a motor vehicle?</p>		
<p><u>Nursing Care</u> Registered nurse Enrolled nurse Nursing assistant Nursing care consumables</p>	<p>Are you able to assess, treat and monitor your conditions independently? Do you need assistance with your medication management? If you have a wound, are you confident in treating it and avoiding infection? Are you able to maintain on-going medical treatments independently?</p>		
<p><u>Allied health assistance</u> Aboriginal and Torres Strait Islander health worker Allied health therapy assistant Counsellor or psychotherapist Dietitian or nutritionist Exercise physiologist Music therapist Occupational therapist Physiotherapist Podiatrist Psychologist Social worker Speech pathologist</p>	<p>Would you benefit from assistance to maintain physical, functional and cognitive abilities, to be able to remain safe & independent at home? Do you find a need for support in learning how to self-manage your life at home and improve your capacity? Do you feel a need to be assessed and prescribed home modifications or assistive technology? Do you have any specific concerns for being able to maintain independent living, such as balance, meeting nutritional needs or pain management?</p>		
<p><u>Nutrition</u> Prescribed nutrition Kitchen modifications Meal support Meal preparation Meal delivery</p>	<p>Do you have any difficulties preparing meals or maintaining a healthy diet? Do you know of your nutritional needs, are there additional needs from any conditions? Do you struggle with using utensils, chewing or swallowing?</p>		

<p><u>Care management</u> Care planning Service coordination Advocacy Support and education</p>	<p>Are you confident in managing your own care? Do you have an established care plan? Would you find your life easier if you had someone else managing & coordinating your services? Do you feel you have an adequate say in your service provision?</p>		
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Short Term Pathways:

Pathway	Associated needs	Yes/No	Notes
<p><u>The AT-HM Scheme</u> Assistive Technology and Home Modifications Scheme gives you upfront access to funding for products, equipment or home modifications to meet your assessed needs.</p> <p>If you identify a need for Assistive Technology or Home Modifications, you need to bring it up in your assessment for it to be assessed & included in your package.</p>	<p>1. Assistive technology — products and equipment that help make tasks easier and safer. It can also help you keep doing activities independently.</p> <p>Assistive technology includes:</p> <ul style="list-style-type: none"> - equipment to help you move around such as wheelchairs, walking frames, or walking sticks - toileting supports such as bedpans and commodes - bathing devices, including shower chairs and bath boards - alternative and augmentative communication products - products used for preparing and eating food, such as adaptive cutting boards, or modified cutlery. <p>2. Home modifications — changes to your home to make it safer and more accessible, so you can live safely at home for longer.</p> <p>Home modifications include:</p> <ul style="list-style-type: none"> - lever tap sets or lever door handles - grab rails in your shower or bathroom - internal and external handrails - ramps and stair lifts - non-slip materials and mats for floors and stairs. 		

<p><u>Restorative Care Pathway</u> The Restorative Care Pathway provides up to 16 weeks of intensive allied health and/or nursing services with a \$6,000 budget. This is to assist in restoring function after specific incidents or illnesses.</p> <p>If you identify a need for the Restorative Care Pathway, <u>you need to bring it up in your assessment</u> for it to be assessed & included in your package, this will additionally include creating a goal plan, which will outline your needs & your goals & acts as a care plan for this pathway.</p>	<p>The services you can receive are the same as those available through Support at Home, including access to:</p> <ul style="list-style-type: none"> - clinical supports – such as nursing care, occupational therapy, and physiotherapy - independence – such as help with showering, getting dressed, taking medications, transport, and respite care - everyday living – such as cleaning, gardening, and shopping. <p>The Restorative Care Pathway has no impact on your ongoing Support at Home budget or services, as this pathway has a separate budget. Restorative care services should be clinically focused and different to your Support at Home services.</p>		
<p><u>End of Life Pathway</u> The End of Life Pathway will support participants who have been diagnosed with <u>3 months or less to live</u> and wish to remain at home by providing an increase in the level of services available.</p> <p>If you identify a need for the End of Life Pathway, <u>you need to bring it up when applying for an assessment</u> for it to be marked as priority, assessed & included in your package.</p>	<p>The services that you can receive are the same as those available through Support at Home, including access to:</p> <ul style="list-style-type: none"> - clinical supports – such as nursing care, occupational therapy, and physiotherapy - independence – such as help with showering, getting dressed, taking medications, transport, and respite care - everyday living – such as cleaning, gardening, shopping, and meal preparation. <p>The End-of-Life Pathway provides access to \$25,000 over a 12-week period to spend on extra services. You can access this for a total of 16 weeks, if those funds are still available to provide flexibility. This replaces any other funding you may have through My Aged Care.</p> <p>If you are approved for the End-of-Life Pathway, you will receive an individual support plan and budget to share with a provider. This could include a separate budget for assistive technology (products and equipment). The provider then helps to develop a care plan and coordinate services.</p>		

Additional notes:

Things to bring to your assessment:

- Medicare card
- One additional form of ID
- Medical history (request a copy from your GP)
- Recent GP referrals (request from your GP)
- Contact details for GP, relevant specialists and an emergency contact
- List of current medications
- List of current services you access
- List of medical conditions
- This completed form

Any further questions or concerns, feel free to contact the **Leongatha Community House** :

Phone: 5662 3962

Or contact My Aged Care, quoting your My Aged Care ID:

Phone: 1800 200 422