

Audio Script – English Translation

This is about growing old in Australia.

In many countries across the world, as we get older, our families look after us. That also happens here in Australia.

But sometimes, our adult children are busy working, or studying, or looking after their own children; some may not live close-by, or even live in the same city as we do. So sometimes we need to ask other people for help – people who are not our family. Luckily, in Australia, there is an arrangement to help support you as you get older. Home care can help by giving you extra assistance to stay safe, comfortable and well at home.

The Commonwealth Home Support Programme—also known as CHSP—aims to help older people live as independently as possible by focusing on working with you, rather than doing things for you. It's about finding your strengths and understanding your goals, and together, helping you to remain living independently and safely at home.

The program can have people come to your home, when you need it, to help you with things like:

- Doing household jobs, like cleaning or gardening
- Providing you with physiotherapy, nursing assistance, , and other care
- Driving you to medical appointments
- Making changes to your home, like installing hand rails or ramps
- Social activities such as taking you to interesting events.
- Preparing meals and helping with cooking
- And access to equipment like walking frames or wheelchairs

You can have this type of help and assistance regularly.

Sometimes you may only need help for a short while. Perhaps you've had an accident or an illness, and so you need some help for a short time while you recover and get back on your feet. Or maybe you have someone in your family who normally helps you, but they are unavailable for a time, and you need some help while they're away.

We call this short-term help 'respite care'.

So who can access this type of help, either regularly or just for a short time?

Well, you need to be aged over 65 years. If you are younger than 65, you may be eligible if you have a permanent condition that prevents you to live the life you want. You do not need to be an Australian citizen, but depending on your visa, there may be some costs. The main criteria is that you need some assistance to remain in your home.

This program is partly paid by the Australian Government, but sometimes, depending on how much help you need, you may have to make a contribution. This amount depends on your income.

Some migrants and new Australians have the idea that old people in Australia are put into nursing homes. That sounds sad, but in reality, people are kept living independently at home for as long as possible, and they are supported to get the help they need to stay at home. In fact the government wants to help people to stay at home. That's why they fund services that can care for older people at home.

So how do you get access to help?

You need to register with My Aged Care. You can call 1800 200 422 and ask for an interpreter. Or you can register online at myagedcare.gov.au. After you've registered, someone will set-up a time to visit you at home to find out more about the type of help you need. An interpreter will be provided for you and you can also have your family with you through the whole process.

So if you want to find out more, you can call 1800 200 422 and ask for an interpreter. Or you and your family can look up the My Aged Care website at www.myagedcare.gov.au.