

Elouera Home Support Insights

## **Navigating Aged Care In Australia: A Closer Look At The Landscape**

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## Navigating Aged Care In Australia: A Closer Look At The Landscape

Australia's aged care system is designed to cater to the diverse needs of its aging population, offering a range of services from in-home support to full-time residential care. Access to government-subsidized aged care services is determined based on assessed need, without a minimum age of eligibility requirement (with the exception of home support). While the majority of people using aged care services are aged 65 and over, younger individuals also benefit from these services (AIHW 2023d).

This multifaceted system is thoughtfully designed to cater to the diverse needs of seniors, offering a range of care types tailored to individual requirements. Whether it's supporting older adults to maintain their independence at home or ensuring full-time care in specialized residential facilities, the aged care system strives to create a nurturing environment that promotes well-being and enhances quality of life.

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### An Inclusive Approach

Age is not a barrier when it comes to accessing government-subsidized aged care services, with eligibility determined solely by assessed needs. This inclusivity allows individuals of all ages to benefit from the tailored support provided by the system, ensuring that everyone receives the care they deserve. While the majority

of individuals utilising aged care services are aged 65 and over, it's important to recognize that younger people also find value and assistance in these programs, reflecting the system's dedication to supporting Australians throughout their lives (AIHW 2023d).

As the aging journey unfolds, understanding the array of aged care options available is vital for individuals and their families. This guide delves into the various facets of Australia's aged care system, shedding light on the services offered, the assessment process, and the ways Elouera Home Support can be your trusted partner in navigating this important chapter of life.

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### Types of Aged Care:

1. *Residential Aged Care:* Comfortable and Supportive Living
2. *Permanent Care:* For individuals who require full-time care due to increased needs.
3. *Respite Care:* Offers a temporary break for caregivers while ensuring the individual receives quality care.
4. *Home Support:* Independence in the Comfort of Home

Commonwealth Home Support Programme (CHSP): Entry-level support at home, including:

Domestic Assistance: Helping with

household chores and tasks.

**Flexible Care:**

**Transition Care:** Short-term care to restore independent living after a hospital stay.

**Short-term Restorative Care:** Early intervention to maintain or restore independence in daily tasks.

**Multi-Purpose Services Program:** Integrated health and aged care in remote communities.

**National Aboriginal and Torres Strait Islander Flexible Aged Care Program:** Culturally appropriate care for Indigenous communities.

**Department of Veterans' Affairs Community Nursing and Veterans' Home Care:** Support for eligible veterans and their families.

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### **My Aged Care website:**

Navigating the aged care system can be a complex process, but various resources and assessment teams are in place to guide individuals towards the appropriate government-subsidised services. The My Aged Care website serves as the initial point of access, providing information and directing individuals to assessments tailored to their specific needs. Aged Care Assessment Teams (ACATs) play a crucial role in conducting comprehensive assessments for residential aged care, home care, and transition care programs. For entry-level home support services, the

Regional Assessment Services evaluate eligibility through the Commonwealth Home Support Programme.<sup>1</sup>

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### **Impact of COVID-19 on Aged Care:**

Amid the challenges posed by the COVID-19 pandemic, the aged care sector faced significant impacts, particularly for those residing in residential facilities. At Elouera Home Support, we understand the difficulties our clients may have encountered during this time and remain dedicated to providing exceptional care and unwavering support throughout any circumstances.

### **Maintaining Health and Well-being:**

Our aged care services include regular interactions with healthcare professionals, such as General Practitioners and specialists, to ensure the best possible care for our clients.

**Individual Journeys through Aged Care:** As people age, their care needs may change, and we are here to provide flexible services that adapt to those needs. Whether our clients require higher levels of care or assistance to transition back home, Elouera Home Support is dedicated to providing the support they need.

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### **Insights from AIHW:**

**A Comprehensive Report on Aged Care**  
The Australian aged care system is a vital support network catering to the diverse

needs of its ageing population. The system provides a range of services, from enabling independent living at home to offering full-time care in residential facilities. Access to government-subsidised aged care services is based on assessed needs, with no minimum age requirement for eligibility, except for home support services. While the majority of individuals utilising aged care services are aged 65 and above, younger people also benefit from these essential services.<sup>2</sup>

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### Noteworthy statistics from the report:

In 2021–22, there were approximately 273,000 home support assessments and 201,000 comprehensive assessments conducted, reflecting the growing demand for care services.<sup>3</sup>

Among those aged 65 and over in permanent residential care, females represented nearly double the number of males, with the most common age group being 85–89 years.<sup>4</sup>

Furthermore, the number of individuals aged 65 and above receiving home care experienced a significant increase, reaching almost 213,000 by June 2022, which was more than triple the number recorded in 2017.<sup>5</sup>

Throughout the year 2021–22, a substantial 245,000 individuals aged 65 and over accessed both residential and home care services, underlining the significance of aged care in the lives of older Australians.<sup>6</sup>

These statistics provide valuable insights into the utilisation and demand for aged care services in Australia, highlighting the importance of continuously adapting and enhancing the support offered to the ageing population.

### Enabling Independence: Partnering with Elouera Home Support

At Elouera Home Support, our mission is to navigate the complexities of aged care with compassion and dedication. Our personalised approach ensures that each individual's well-being, comfort, and dignity are at the forefront of their aged care journey. For those seeking aged care services or guidance through the aged care system, we are here to provide unparalleled support and care.

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