



Who can I speak to in my local area?

1. Phone your regular doctor. If you need help finding one, visit:
www.healthdirect.gov.au/australian-health-services
2. Request a face-to-face meeting (in Rosny) or video call with an Aged Care Specialist Officer. Ph: 1800 227 475
3. Request an Aged Care assessment through My Aged Care
Ph: 1800 200 422, Website: www.myagedcare.gov.au/assessment
4. Care Finder - COTA Tasmania
Ph: 1800 518 048, Email: carefinder@cotatas.org.au
5. Elder Abuse Tasmania
Ph: 1800 441 169, Website: www.elderabuse.tas.gov.au
6. Advocacy Tasmania
Ph: 1800 005 131, Website: <https://advocacytasmania.org.au/>
7. Lions Club of Huon
Address: Huon Ex-Servicemens & Womens Club, Shield Street, Huonville
Email: huon@lionstasmania.org
8. Country Women's Association Ranelagh Branch
Address: 10 Wilmot Road, Huonville
Ph: Jo Garner 0400 368 939, Website: www.cwaintasmania.com.au
9. Huon Valley Garden Club
Address: Huonville Scout and Guide Hall, Heron Street, Huonville
Contact Val Poxon through the FB page:
www.facebook.com/groups/171559242857243
10. Landcare Groups in the Huon
Ph: (03) 6234 7117, Website: www.landcaretas.org.au
11. Huonville Men's Shed
Ph: 0458 969 562, Address: 72 Wilmot Road, Huonville
12. Rotary Club of Huon
Ph: 0448 999 666, Email: president.huonvalley@rotary9830.org.au
13. Huonville Heartbeats Walking Group
Weekly walking group meeting at 9.30am every Thursday in front of the Huonville Library (Skinner Drive, Huonville TAS)

The people depicted in the scenarios are not real. We have created these scenarios to show examples of how accessing aged care services may help older people stay healthy and independent for longer.

Accessing aged care in Huonville, Tasmania

**When should I start planning for getting older?
What services are available close to home?**

When day to day tasks become more difficult

As Helen got older, she found it harder to do the things she enjoyed like cooking and playing tennis. She also found other tasks, like cleaning and gardening, becoming more difficult.

Helen talked with her friend, Liz, about how she was having difficulty with daily tasks. Liz suggested contacting My Aged Care to get an assessment.

After her assessment for aged care services, Helen received some help around the house and garden. She was happy that she could stay living in the home she loved.



Planning for getting older

Planning for the future is the best way to ensure you and your loved ones stay healthy and independent for longer.

Knowing what supports are available and how to access them can help you stay living at home for as long as possible.

It is common to feel like it is “all too hard”, to not know where to start, or how to find out what services are in your local area.

There are supports to help guide you.

My Aged Care

If you are starting to think you need some support, contacting My Aged Care is the first step.

My Aged Care can help you with:

- information on the types of aged care services available, such as help around the house or aged care homes
- arranging an assessment to find out if you are eligible and the types of care that meet your needs
- finding service providers
- information on what you might need to pay towards the cost of your care.

Call: 1800 200 422

Website: myagedcare.gov.au

In person: Speak with an Aged Care Specialist Officer.
To book an appointment call **1800 227 475**.

People who have difficulty speaking or understanding English can contact My Aged Care through the interpreting service TIS National for the cost of a local call:

1. call TIS National on **131 450**
2. tell the operator the language you speak
3. ask the interpreter to call My Aged Care on **1800 200 422**.

You may need to wait on the line for the interpreter, or the operator may need to call you back when an interpreter is available.

I have noticed some changes in my loved one. How can I help them?

Talking about ageing with a loved one can be an emotional experience. If you have noticed some changes in behaviour or daily routine, it is important to start the conversation early.

This might be uncomfortable, but it will bring peace of mind for you and your loved one. Everyone needs some help from time to time, and aged care is no different.

Support to help you continue doing the things you enjoy

Jack used to love going to the Men's Shed, local club and fishing.

His family noticed he was becoming forgetful and losing his confidence in driving, so not going out to do the things he enjoyed.

They went with Jack to visit his local doctor. The doctor thought Jack could benefit from some supports and provided him with information about My Aged Care.

My Aged Care was helpful in organising an assessment. As a result, Jack received support from a care worker to help him keep doing the things he enjoyed in his local community.

