

## Accommodation advice - special needs

The Aged Care Assessment Services (ACAS) are part of the National Aged Care Assessment Program

The assistance available through ACAS means many older people, and some younger people with a disability, can receive advice about:

- Entering a high or low aged care facility like a nursing home or hostel.
- Appropriate community support services to enable them to continue living at home. For example, Community Aged Care Packages (CACPs)
- Older people face important lifestyle choices

As people grow older and become more frail, they need to make important choices about the way they want to live. Some people may wish to stay at home with support services; others may want to move into a hostel or nursing home.

### **ACAS provide assistance by health professionals**

ACAS are teams of health professionals who will assess the total needs of each individual. Usually only one of the team will visit you in your own home or current living arrangement. Staff involved in the assessment may include:

- Nurses
- Geriatricians
- Social workers
- Physiotherapists
- Occupational therapists.

### **Help to assess your options**

If you are getting older and your life circumstances are changing, ACAS can help you make well-informed choices about your future lifestyle. The professional staff can:

- Assess what you may need in the future
- Give you information about health issues and services
- Advise you about your options
- Help you to link up with other services.

### **ACAS can provide information about support in the home**

Many frail older people may choose to stay in their homes with appropriate support services. ACAS can help consumers and carers find the services they need including:

- Aged care services such as Home and Community Care (HACC).
- Other health and community support services like day programs and social groups.

### **Who is eligible?**

ACAS can provide assistance to:

- Older people who are becoming or have become frail.
- In some circumstances, younger people with a disability.
- Carers of older people or younger people with a disability.

### **Where to get help:**

- Refer to 'A Guide to Services for Older People, 1998'
- Your regional Department of Human Services office
- The White Pages under 'Living in the Community - Aged Care Services'.

**Things to remember:**

- ACAS provides support to older people who want to stay at home or who are thinking about residential aged carer. The ACAS can approve either a high level (nursing home) care or low level (hostel) care.
- Some younger people with a disability are also eligible for assistance from ACAS
- You can contact ACAS direct, or ask your GP to refer you.
- No fees are charged for services.

**This page has been produced in consultation with, and approved by:**

Department of Health - Rural and Regional Health and Aged Care Services

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