

My Aged Care Success

Information booklet



**Vision
Australia**

Blindness. Low Vision. Opportunity.

How Vision Australia helps you through the My Aged Care planning process

To become a My Aged Care participant, you'll have to make a plan about how you would like to live your life and what supports you'll need to help achieve your goals.

This plan is essential to ensure a great outcome - with as little hassle for you as possible.

Once you've completed your plan you'll be asked to attend a planning meeting with a My Aged Care assessor. They'll assess your goals and needs to see if you can receive funding.

One of our staff can help you prepare for your meeting with My Aged Care, putting together a plan that makes everything clear and simple. If you like, they can go with you to your meeting too.

We've found that this is the best way to ensure that you don't miss out on important services and supports. It's all about getting you the things you need to meet all of your goals.

Why are we the best people to support you? Because with 150 years of experience, Vision Australia has a deep understanding of the needs of people who are blind or have low vision. We support more than 26,000 people of all ages and circumstances, through our 29 Vision Australia centres nationwide.

Our services

Here are just some of the services Vision Australia offers:

- **Orthoptists**
for vision assessments, advice and support
- **Occupational therapists**
to help you function in your home
- **Orientation and mobility experts**
to support you to get around safely
- **Emotional support**
to help you adjust to vision loss
- **Social groups**
to connect you with other people who are living with vision loss
- **Assistive technology**
including technology training
- **Support**
for your family, friends and carers.



Getting ready for your planning meeting

My Aged Care is a big change that comes with many benefits. Your planning meeting is where you get to set out your goals and the support and services you'll need to meet them. Throughout this process we'll be available to answer questions, offer support and help out in any way we can. Below are some useful tips to help you get the most out of your meeting.

Step 1: Find out if you're eligible for My Aged Care

To be eligible, you must:

- be over 65 years old (or 50 years and older for people who are Aboriginal or Torres Strait Islander heritage)
- be an Australian citizen or hold a permanent visa or a Protected Special Category visa.

You can receive more information about your eligibility for My Aged Care by calling the Vision Australia helpline on **1300 88 70 58**.

All you need to do is register on the My Aged Care portal. Vision Australia can help you do that. It takes about 10 minutes. Once you're registered with My Aged Care, you'll be contacted by an assessor to organise your planning meeting.

Step 2: Preparation is key for your My Aged Care planning meeting

Before you can receive funding, you'll need to attend a planning meeting with a My Aged Care assessor. To get the most out of this meeting, make sure you're well prepared. You'll need to have all your supporting documentation.

This includes:

- **your completed planning guide and materials**
- **past therapy or specialist appointments**
- **letter(s) from your doctor or therapist**
- **plans and diary appointments for day programs or community groups**
- **anything else that helps to communicate what you do now and what you want to do in the future.**

Vision Australia has experts who can help you with all of this. Plus, we've developed a planning guide to help you prepare. This is particularly helpful for your first plan, or when you're having a plan review.

We also have many online resources to help you with your My Aged Care plan.

Just visit visionaustralia.org/referral/my-aged-care.

Getting ready for your planning meeting (cont.)

Step 3: Attend your My Aged Care planning meeting

This meeting usually happens at your home and lasts between one and two hours.

At this meeting the My Aged Care assessor will ask you about your goals and needs, then record your answers in their own words.

Vision Australia can come to this planning meeting if you'd like. Just call us on **1300 88 70 58**.

Please ensure that you ask for Vision Australia to be included in your Support Plan. The assessor can find us under 'Specialised Support Services – Vision'.

Step 4: Selecting your provider

Once your plan is approved by My Aged Care you'll need to choose your service providers. You're able to select any provider that has been registered by My Aged Care. It's important to choose the provider or providers that are right for you.

Vision Australia is a registered My Aged Care provider and a leading organisation for people who are blind or have low vision.

Any questions? Get in touch

If you have any questions at all, please call one of our highly trained My Aged Care specialists on **1300 88 70 58** today.



Understanding My Aged Care

What is My Aged Care?

My Aged Care is the main entry point to the aged care system in Australia. It aims to make it easier for you and your family to access information, funding and support.

My Aged Care is run by the Australian government and consists of Home Support, Home Care and Residential Care programs.

Am I eligible for My Aged Care?

You're eligible for My Aged Care if you are 65 years or older. You must also be an Australian citizen or hold a permanent visa or Protected Special Category visa.

Why is My Aged Care better for me?

My Aged Care is designed to help you get support, stay independent and achieve your goals. It's focussed on getting you the support you need to achieve what you want and live in your home for as long as possible.

When will My Aged Care be available?

The Australian Government introduced My Aged Care in 2015. The system is now up and running in all states and territories.

What if I'm already getting a service?

You can continue to get the supports you need. If your needs change, the Australian Government may require you to register with My Aged Care so you can continue to access Vision Australia services.

What if I'm not currently accessing a disability service?

Call Vision Australia today on **1300 88 70 58**. We'll work with you to register with My Aged Care, help you get the most from your plan.

Blindness, low vision and My Aged Care

There is specialist support for people who are blind or have low vision, including those who are experiencing vision loss for the first time. If you think you need help, ask My Aged Care to include 'Specialised Support Services - Vision' in your Support Plan, and ask for Vision Australia to be your preferred provider.

What if I'm not currently accessing any disability or aged care services?

You can join My Aged Care even if you're not currently accessing any disability or aged care services. Vision Australia can help you complete the forms you'll need to apply.







Ph: 1300 88 70 58
E: info@visionaustralia.org