Australian Government

myaged*care*

Find the help you need with **my**aged*care*

If you're finding it harder to do the things you used to, you might need a bit of support at home. The Australian Government's **my**aged*care* phone line and website can help you to:

Access services to support you with:

- **Transport**
  (e.g. appointments and activities)

- **Household jobs**
  (e.g. vacuuming and preparing meals)

- **Modifications to your home**
  (e.g. hand rails, ramps)

- **Nursing and personal care**
  (e.g. help getting dressed, help shaving)

Find information in one spot on:

- **Different types of services**
  (in home support, short-term care, aged care homes)

- **Your eligibility**

- **Your contribution to the cost**

- **Organisations that provide aged care**

Connect with **my**aged*care* on
www.myagedcare.gov.au or **call 1800 200 422**

*1800 calls are free from land lines; calls from mobile phones might be charged.