

Nick's story

Learn how Nick was supported to access aged care services that work for him so he can live more comfortably at home.

Nick is in his early 70s, is autistic and has periods of depression. Nick lives in a regional area and has found aged care support that works for him with the help of his GP.

Read Nick's story or [listen](#) to his video story.



Nick lives in regional Tasmania with his cats, Oscar and Sid. He enjoys gardening and caring for the local wildlife who visit his home, including birds, possums and wallabies. Nick's semi-retired and a passionate advocate for people who are neurodivergent and who have a mental health condition.

In late 2024, Nick was experiencing intense back pain and required surgery. During this time, he was also diagnosed with severe depression. This related a lot to his struggle with autism and loneliness, but also the impact of the pain and physical strain. It was at this time that Nick realised he might need some support at home.

Finding out about aged care

Nick's first step to get help was speaking with his GP who he trusts and respects. This strong relationship was central to giving him the courage to seek out options for aged care support.

Nick found the process of finding out about aged care supports simple and straightforward with his GP's advice and assistance.

When looking for aged care it was important to Nick that people providing services in his home understood his needs. As an autistic older person, it's particularly important to Nick that providers are practising neuroaffirming and trauma-informed care.

Getting aged care that works well

While waiting for surgery, Nick was able to seek support to keep his home clean and ensure he didn't risk further injury to his back.

'The cleaning service happens once a fortnight. That's only ground surface stuff, vacuuming, cleaning, changing the bed and anything at a lower level, which is what I struggle with.'

Nick was also able to access physiotherapy support to assist with his back pain. The physiotherapist comes to Nick's home, which is a huge help to him.



Nick says that while he was offered additional support from his provider, he wasn't pressured to accept services that he didn't need or want. He felt reassured that he had choice and control over the services he could receive.

Knowing your rights to safe aged care

Nick is a passionate advocate for mental health, neurodivergence and aged care. It's important to Nick for everyone to have care that is person-centred and trauma-informed.

'I have a particular interest and commitment to trauma-informed care. It emphasises safety and choice, and the issue of trust—working alongside the person.'

Nick encourages other older people to seek out help when they need it and get support from people they trust—whether that be a GP, family member or friend.

He wants other autistic older people and people living with a mental health condition to know that they have the right to access aged care that meets their needs and is safe for them.

'Having a mental health problem should not be a barrier at all, but you may have to find someone who can advocate for you or who you can trust to help you.'

If the provider is unable to give you the care you need, find a new provider. Find someone you trust. Find someone who cares for you.'

Your aged care needs to work for you. Like Nick, you have the right to aged care that is safe, meets your needs, and gives you choice in the support you receive.

For more information visit [MyAgedCare.gov.au](https://myagedcare.gov.au) or free call 1800 200 422.