

How to Prepare for Your Aged Care Assessment

(Previously ACAT)

1

GATHER DOCUMENTS AND MEDICAL HISTORY FROM GENERAL PRACTITIONER AND SPECIALISTS

- YOUR MEDICARE CARD**
- ANOTHER FORM OF ID** (SUCH AS DRIVER'S LICENCE OR PASSPORT)
- HEALTHCARE CARD** (IF YOU HAVE ONE)
- VETERAN CARD** (IF YOU HAVE ONE)

FROM YOUR GP AND SPECIALISTS YOU REGULARLY SEE:

- REFERRALS**
- MEDICAL HISTORY** (SUCH AS CHRONIC CONDITIONS, ALLERGIES AND THERAPIES YOU ARE UNDERTAKING)
- LIST OF MEDICATIONS**
- OTHER SUPPORTING INFORMATION:**

CONTACT INFORMATION (NAME AND CONTACT NUMBER)

EMERGENCY CONTACT: _____

YOUR GP: _____

OTHER HEALTH PROFESSIONALS INVOLVED IN YOUR CARE:

IF YOU HAVE SOMEONE REPRESENTING YOU, THEY NEED TO BRING:

THEIR MEDICARE CARD **ANOTHER FORM OF ID CARD**

THEIR ADDRESS: _____

SUPPORTS AND PREFERENCES

LIST OF ALL EXISTING AGED CARE SUPPORT SERVICES YOU RECEIVE IF APPLICABLE, SUCH AS HOME CARE AND RESPITE CARE

Write here

DAILY ACTIVITIES WITH WHICH YOU NEED ASSISTANCE WITH, SUCH AS DRESSING AND MOBILITY

Write here

- PREFERENCES ON THE TYPE OF CARE** YOU WOULD LIKE TO RECEIVE OR SPECIFIC SERVICES OF INTEREST

Write here

- YOUR RESEARCH** (IF YOU'VE DONE A BIT OF YOUR OWN RESEARCH). FOR EXAMPLE, SERVICE PROVIDERS SHORTLIST OR LIST OF PREFERRED RESIDENTIAL AGED CARE HOMES.

Write here

2

YOUR GOALS AND PRIORITIES

What aspects of your life you would like to improve with aged care services? Think about your problems as if it's on your worst day. Imagine that you didn't have any current carers or support and how you would cope without them. For example, the daughter doing grocery shopping or going on holidays. List everything you want to discuss, including any considerations for your religious and cultural background.

YOUR GOALS AND PRIORITIES

Write here

3

CONSULT WITH FAMILY MEMBERS, CARERS AND CLOSE FRIENDS, WRITE IT DOWN

They may offer valuable insights about your care needs, as well as emotional support and encouragement.

Write here

4

PREPARE A LIST OF QUESTIONS FOR THE ACAT ASSESSOR

See examples below. Write your own on the next page.

WHAT SERVICES ARE AVAILABLE IN MY AREA? HOW CAN THEY HELP ME?

Write the answer

WHAT ARE THE WAITING TIMES FOR SERVICES?

Write the answer

CAN MY CARER ALSO ACCESS SUPPORT?

Write the answer

WHAT HAPPENS IF MY NEEDS OR CIRCUMSTANCES CHANGE?

Write the answer

WHAT HAPPENS IF I DON'T LIKE THE OUTCOME OF MY ASSESSMENT?

Write the answer

WHAT ARE THE WAIT TIMES ON SERVICES IN MY LOCAL AREA?

Write the answer

HOW CAN I GET IN TOUCH IF I HAVE QUESTIONS AFTER MY ASSESSMENT?

Write the answer

HOW LONG WILL IT TAKE TO GET A REPORT OF MY ASSESSMENT?

Write the answer

ARE THERE ANY SERVICE PROVIDERS THAT SUIT MY CULTURAL BACKGROUND, OR WHO SPEAK MY LANGUAGE?

Write the answer

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A series of horizontal dashed lines for writing notes.



5 KNOW YOUR RIGHTS THROUGHOUT THE ACAT ASSESSMENT PROCESS

This will help you feel more confident and informed. Key rights you should be aware of include:

- **The right to involve an advocate:** You are entitled to have someone attend the assessment with you, be it a family member, carer, or other representative, to help you navigate the procedure.
- **The right to a fair and unbiased assessment:** If you are unhappy with the assessment outcome, the letter provided after your assessment explains how you can apply for a review.

OTHER RELEVANT INFORMATION

- **Who can attend:** a support person (you are encouraged to have a friend, family member or carer with you) or a proxy (if the applicant is unable to attend due to health concerns).
- **How long:** an assessment will take between 45 and 90 minutes.
- **Where:** wherever you are located or over the phone or video call.
- **Don't hesitate to ask questions** or seek clarification. The assessor is there to assist you in making an informed decision.
- If you need an **Auslan interpreter**, [visit our sign language interpreting services webpage](#).
- **After the ACAT assessment**, it can take up to two weeks for assessors to complete their report, which will be posted to you. If you are eligible for home care or residential aged care, you will be placed on the government's national waiting list until you are allocated a package. If you need services while you wait, contact us on **1800 448 448**).

By following these steps, you'll be well-equipped to take control of your aged care journey.

Need quick Aged Care answers? Our warm and friendly Aged Care Specialists are waiting to chat with you. Don't wait, connect today!

1800 448 448 • contactus@wmq.org.au • www.wmq.org.au