Your Guide to *My Aged Care* Assessment and Reassessment

ACH GROUP

How ACH Group can help you prepare for assessment and reassessment with My Aged Care



1. Talk to your ACH Group contact about what has changed.

Sometimes the signs that you need more support aren't obvious. Tasks may take longer, family members may be helping more often, or you may be avoiding activities you once enjoyed.

Your ACH Group contact can help you reflect on these changes, identify gaps in your current support, and determine whether it may be time to request an assessment or reassessment with My Aged Care.



2. Understand your everyday support needs

Changes in everyday life can happen slowly, making it easy to overlook new or increasing challenges. We'll help you reflect on activities that now take longer, tasks you've stopped doing, and support you're receiving from family and friends.



3. Prepare for the assessment conversation

We'll help you gather relevant information and clarify your goals and support needs so you feel confident discussing what matters to you during your assessment or reassessment. This can help ensure your circumstances are fully understood.



4. Support you to articulate your goals and challenges

Your ACH Group contact can help ensure your assessment reflects what matters most to you, including your goals, everyday challenges and support needs.



5. Turn your outcome into a support plan

Once your assessment or reassessment is complete, your ACH Group contact will discuss your outcome with you and develop a tailored support plan, ensuring you have access to the services and support that best meet your needs.

Turn over for a practical checklist to help you prepare for your assessment or reassessment.
Work through it yourself, with a family member, or with your ACH Group contact.

Assessment and Reassessment Preparation Checklist

Your Daily Activities

Think about tasks that have become more difficult over time.

- [ ] Do I need help with showering, dressing or grooming?
- [ ] Do I find it harder to prepare meals?
- [ ] Is housework, laundry or gardening becoming difficult?
- [ ] Have I stopped doing activities I used to enjoy?
- [ ] Do everyday tasks take longer than they used to?

Changes in Your Health

Consider any recent changes.

- [ ] Have I experienced a change in my health?
- [ ] Have I had any recent falls or near misses?
- [ ] Has my ability to walk or move around changed?
- [ ] Am I experiencing pain, fatigue or balance issues?
- [ ] Have I had a hospital admission recently?
- [ ] Am I afraid of having a fall?

Support from Family and Friends

Many people don't realise how much support they already receive.

- [ ] Who helps me regularly?
- [ ] What tasks do they assist with?
- [ ] How often do they provide support?
- [ ] What would happen if they weren't available?

Staying Connected

Social wellbeing is an important part of ageing well.

- [ ] Am I getting out and about as much as I'd like?
- [ ] Do I have opportunities to socialise?
- [ ] Has transportation become more difficult?
- [ ] Am I feeling isolated or less connected to my community?

Your Home Environment

Think about how safely you can move around your home.

- [ ] Are there areas of my home that are harder to access?
- [ ] Do I need assistance with stairs?
- [ ] Would equipment or modifications help me remain independent?
- [ ] Are there safety concerns around the home?

Looking Ahead

Assessments are about both current and future needs.

- [ ] What would help me stay independent for longer?
- [ ] What activities are important to my quality of life?
- [ ] Are there goals I would like to achieve?
- [ ] What support would make everyday life easier?

Gather Important Information

If available, have these ready for discussion with your ACH Group contact.

- [ ] Recent health information or medical reports
- [ ] Health summary
- [ ] Details of current services and support
- [ ] Notes about changes in your circumstances
- [ ] Questions you'd like to ask

A Helpful Question to Ask Yourself

"What am I doing differently today compared to 12 months ago?"

Many older people gradually adjust their routines without noticing the changes. Taking time to reflect on what's become harder, what you've stopped doing, and where you're relying on others can help ensure your assessment accurately reflects your needs.

Your ACH Group contact can guide you through this checklist and help you recognise the support that could help you continue living well at home.