

Accessing Aged Care Support Services (not funded by the LSA)

It's common to experience physical, medical or social changes as we age. This is a part of normal ageing.

The Lifetime Support Authority is here to support you with treatment, care and support for your motor vehicle injury. If your needs are due to age, we will discuss other government funding and support available as well as assist you to work out what is related to your motor vehicle injury and what is age related.

Common challenges in ageing populations

While everyone is different, there are some common issues as we age:

- mobility and agility decline, and there are reduced reaction times
- increased fall risk, bruising and fracturing (particularly from 65 years)
- thin skin that leads to wounds that heal slowly
- weakened immunity and common health conditions (inc. hearing loss, eye problems, back and neck pain, osteoarthritis, diabetes, heart disease etc.)
- incontinence and constipation
- cognitive decline and mental health challenges.

What other help is available from other Government sources

The federal government offers support and subsidies through MyAgedCare. The support offered differs across individuals, based on need.

- MyAgedCare eligibility begins at 65 years (50 years for Aboriginal or Torres Strait Islander).
- It helps people in their home, in aged care or short-term care (after-hospital and respite).
- You must register (or be referred through a health practitioner) and have a MyAgedCare assessment for funding to be provided.

The types of services available

- everyday living: housework, shopping, cooking or social outings
- equipment or home modifications: walking frames, handrail, ramps
- personal care: dressing, eating, bathing or going to the toilet
- health: nursing, physio or medical
- additional support for dementia/cognition, oxygen, enteral feeding, veterans and rural and remote.

External help is available to assist you

There is free help available that can assist with ageing and injury.

- **COTA SA:** Volunteers and advisors who assist with navigating the MyAgedCare system.
- National Aged Care Advocacy Program (NACAP): delivered by **Older Persons Advocacy Network (OPAN)**.
- **National Disability Advocacy Program (NDAP):** various agencies, are available to support people.

More information

- The **senior services guide** lists both subsidised and non-subsidised providers.
- **MyAgedCare** is the central point of access to the aged care system.
- Search aged care support for other government services and general information, available through the federal and state governments (i.e. Office Ageing Well / SA Health).