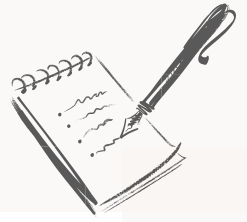


CLINICAL  
AGED CARE ASSESSMENT  
*checklist*



**BE PREPARED!**  
THE ONLY CHECKLIST YOU NEED FOR A  
STRESS-FREE ASSESSMENT

## PREPARING FOR AN AGED CARE ASSESSMENT – YOUR ESSENTIAL CHECKLIST

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*An ACAT (Aged Care Assessment Team) assessment is a vital step in accessing aged care services in Australia. It helps determine the level of care you need, whether it's in-home support, residential care, or other services. Preparing for the ACAT assessment can feel overwhelming, but having the right information ready can make the process much smoother. This checklist will guide you through everything you need to have on hand before the assessment and help you feel more confident during the process.*

## WHEN TO USE THE CHECKLIST

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**Before your assessment:** Gather your documents and make sure you know what's needed.

**During your assessment:** Stay focused on what's most important to share with the assessor.

**After your assessment:** Follow up, understand the outcome, and know what steps to take next.

## WHY THIS CHECKLIST IS HELPFUL

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**Stay Organized:** Keep all relevant medical documents, test results, and medications in one place so nothing is overlooked during the assessment.

**Stay on Track:** Understand what's expected from you at each stage of the assessment to avoid confusion and ensure that you provide all the necessary information.

**Save Time:** Having everything ready—like health history, medication lists, and doctor's notes—will streamline the clinical assessment and reduce any unnecessary delays.

*& most importantly:*

**Feel Confident:** By being prepared and knowing what to expect, you'll be able to approach your clinical assessment with ease and confidence.

## QUICK TIPS

- The ACAT assessors are there to help you access the care you need, so don't be afraid to ask questions or clarify any concerns you may have during the process. It's a collaborative effort!
- Consider bringing a family member, friend, or carer to the assessment for support

CLINICAL  
AGED CARE ASSESSMENT  
*checklist*



## BEFORE THE ASSESSMENT

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GATHER YOUR MEDICAL RECORDS

- Collect any recent test results, medical reports, and notes from your GP or specialists.

PREPARE YOUR MEDICATION LIST

• Write down all medications you're currently taking, including dosages.

DOCUMENT YOUR HEALTH HISTORY

- Make a brief list of any ongoing health issues, major illnesses, or long-term conditions that are relevant.

WRITE DOWN YOUR SUPPORT SYSTEM

- Include details about family members, carers, or anyone who helps with your care.

## DURING THE ASSESSMENT

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PROVIDE ACCURATE INFORMATION

- Be open and clear about your health, symptoms, and any difficulties you're facing in your daily life.

DISCUSS YOUR NEEDS

- Talk about any physical, mental, or emotional support you need to maintain your well-being.

ASK QUESTIONS:

If you're unsure about anything during the assessment, don't hesitate to ask for clarification or more information.

TAKE NOTES

- Jot down key points from the discussion, including any follow-up actions.

## AFTER THE ASSESSMENT

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REVIEW RECOMMENDATIONS

- Go through the assessor's suggestions, and make sure you understand what services or support have been offered.

START SEARCHING FOR PROVIDERS:

- If approved for a home care package or residential care, start looking for providers to begin the services.