

NON-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

Navigating the aged care system can be overwhelming, especially when preparing for your assessment. This checklist is designed to help you stay organized and ensure you don't miss any crucial steps. It will guide you through the key things to do before, during, and after your assessment, so you can feel confident and well-prepared for each stage.

WHEN TO USE THE CHECKLIST

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

Stay Organized: Keep all your important documents in one place, so nothing gets forgotten.

Stay on Track: Avoid confusion by knowing exactly what's required at each stage.

Save Time: Having everything prepared will make the assessment process smoother, saving you time and stress.

& most importantly:

Feel Confident: By knowing what to expect and being fully prepared, you can approach your assessment with confidence.

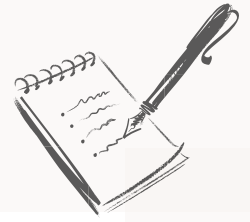
Quick Tips

Don't rush the process – Take your time to gather all the information you need.

Be honest and detailed about your care needs.

Reach out to family or friends for support during the assessment process.

NON-CLINICAL
AGED CARE ASSESSMENT
checklist



BEFORE THE ASSESSMENT

- GATHER RELEVANT DOCUMENTS
 - Medicare Card
 - Pension Card
- WRITE DOWN YOUR SUPPORT NEEDS AND GOALS
 - What support do you require (e.g., personal care, nursing, transport)?
 - What goals do you want to achieve (e.g., remain independent, receive help with daily tasks)?
- PREPARE A LIST OF QUESTIONS
 - Think about what you need to ask the assessor during your appointment.

DURING THE ASSESSMENT

- BE HONEST WITH THE ASSESSOR ABOUT YOUR CARE NEEDS AND CAPABILITIES
- EXPLAIN YOUR CARE NEEDS CLEARLY
 - Be open about any challenges you face at home or in your daily routine.
- ASK ABOUT AVAILABLE SERVICES
 - Inquire about what types of care and support are available through My Aged Care.
- REQUEST CLARIFICATION
 - If anything is unclear, don't hesitate to ask for more information.

AFTER THE ASSESSMENT

- REVIEW THE ASSESSMENT OUTCOME
 - You can request that your support plan be emailed or mailed to you after the assessment
- FOLLOW UP IF NECESSARY
 - If you don't agree with the decision or need further information, follow up with My Aged Care.
- BEGIN THE SERVICE PROCESS
 - Your assessor will guide you through choosing a provider and receiving services.
- KEEP A RECORD
 - Save any documents, communications, or notes related to the assessment for future reference.