



My Aged Care Support Program

The My Aged Care Support Program is a project funded by Country SA Primary Health Network (PHN) and facilitated by COTA SA.

About the program

Between July 2017 and 30 March 2018, the project will be trialling the delivery of practical one-on-one peer support to older people in:

- **Kadina**
- **Victor Harbor**
- **Murray Bridge**

and surrounding locations

with understanding and navigation of the My Aged Care gateway.

Program outcomes

Through project evaluations, it is anticipated there will be an increased understanding, access and use of the My Aged Care systems by older people in each region. Older people will also be better informed about local services and options available to them.

Findings from the trial project aim to inform the development, components and delivery of future aged care support projects including a national aged care consumer platform.



Why the program is being delivered

While there has been an increase in the understanding of the aged care system since the reforms in 2015, there is still an ongoing and significant need for support and assistance with how the aged care system operates, including the differing levels of care and support available locally.

The project will provide this support through trained Aged Care Peer Champions.

The Peer Champions will assist older people still living independently to access the information they need and help them navigate the My Aged Care system.

Free assistance is available over the telephone initially, with the option of a local Peer Champion meeting face to face if required.



Free community information sessions

In each region a community information session for the public, will deliver presentations on Commonwealth Home Support Program and Home Care Packages.

The sessions will also present local service providers an opportunity to share what services they offer to older people in the local community. The Peer Champions will be in attendance and be available to book or provide support sessions.

The project will provide this support through trained Aged Care Peer Champions.



Key messages

FREE

Local Peer Assistance

One on One support

**Community
Information Session**



Would you like to hear more?

Please contact

COTA SA Country free call 1800 182 324 or
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Who is COTA SA?

COTA SA is powered by 600,000 older South Australians #ReframingAgeing

COTA SA engages daily with older people across the state, and through engagement with decision makers and national COTA federation, COTA SA influences policy and programs at both the state and national level.

For more information on Country SA Primary Health Network (PHN) visit <http://countrysaphn.com.au>



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Are you a Service Provider or an older person living in Kadina; Murray Bridge or Victor Harbor?

COTA SA

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