



Aged Care, Plainly

Which services might I need?

Tick what could help. Bring this list to your assessment.

These are the kinds of help Support at Home can pay for. The assessor works out what you are approved for. Ticking a box doesn't mean you will get it.

♥ Clinical supports

- ☐ **Nursing** wound care, medicines, checking health conditions
- ☐ **Allied health** physio, OT, podiatry, dietitian, speech pathology
- ☐ **Personal care** showering, dressing, eating, continence
- ☐ **Help with my own medicines** like Webster packs from a pharmacist
- ☐ **Nutrition** prescribed nutrition products

🔧 Everyday living

- ☐ **Cleaning** vacuuming, mopping, dishes
- ☐ **Laundry** washing and ironing clothes
- ☐ **Shopping** with me or for me
- ☐ **Gardening** mowing, pruning, a safe yard
- ☐ **Small repairs** gutters, light bulbs, door handles
- ☐ **Help to cook** making meals at home
- ☐ **Meals** delivered or pre-prepared

🔗 Other things I need help with

🧑 Independence

- ☐ **Social support** visits, phone check-ins, outings
- ☐ **Someone to go with me** to appointments or activities
- ☐ **Cultural support** joining in cultural activities
- ☐ **Help with technology** paying bills online, telehealth
- ☐ **Therapies** remedial massage, chiropractor, acupuncture
- ☐ **Respite** someone else cares for me so my carer gets a break
- ☐ **Transport** a driver, or taxi or rideshare vouchers

🕒 Short-term help

- ☐ **Equipment** walking frame, walking stick, wheelchair
- ☐ **Home changes** handrails, ramps, grab rails
- ☐ **Restorative Care** up to 16 weeks of help to get stronger
- ☐ **End-of-Life care** extra care at home in the last 3 months of life

Bring this list to your assessment, with your Medicare card.

Call My Aged Care:
1800 200 422

General information only, not advice. Aged Care, Plainly is an independent guide, not a government website. Checked 27 Oct 2026. agedcareplainly.pages.dev

Sources: health.gov.au Support at Home service list (24 Sep 2026) · myagedcare.gov.au/support-at-home · myagedcare.gov.au/aged-care-programs · myagedcare.gov.au/preparing-your-assessment