

POSITIVE AGEING IN BAYSIDE

Information, Planning and Support Program



My Aged Care is a free Federal Government service that helps older Australians find the support they need to live safely, independently, and well at home.

Come along to learn about the services available and how to access the support that is right for you.

At this session, you will learn:

- ▶ What My Aged Care is
- ▶ Whether you are eligible for support
- ▶ How to register and arrange an assessment
- ▶ What services may be available to meet your needs

Services may include:

- ▶ Help at home, including personal care, cleaning, home maintenance, and home modifications
- ▶ Meals and food services
- ▶ Social support and transport

- ▶ Allied health services, such as physiotherapy, podiatry, and dietitian support
- ▶ Respite support when your carer needs a break

My Aged Care Information Sessions:

Tuesday 15 September
1:30pm – 2:15pm

Eastgardens Library

Thursday 17 September
10:00am – 10:45am

Alf Kay Community Centre
Eastlakes

Wednesday 23 September
1:00pm – 1:45pm

Rockdale Library

Light refreshments will be provided.
Registration is essential! To register please call 02 9562 1617.



The Eastern Suburbs
Healthy Ageing Hub

