



Australian Government
Department of Social Services
Department of Health and Aged Care



Your toolkit for moving out of aged care

Overview



Australian Government
Department of Social Services

This Easy Read document was written by the Australian Government Department of Social Services.

We say **DSS** for short.

When you see the word **we** it means DSS.

We wrote this with help from the

- Department of Health and Aged Care.
We say **DOHAC** for short.
- National Disability Insurance Agency
We say **NDIA** for short.



This is an Easy Read summary of another document.

This means it has the most important ideas.

We use pictures to explain some ideas.

Bold

Not bold

We have some words in **bold**.

This means the letters are thicker and darker.

These are important words.

You can have support to read this summary.

You can ask



- Someone you trust
- A family member
- Someone who cares for you
- A support person.



This Easy Read summary is very long.

You do **not** have to read it all at once.

You can take your time.



We recognise Aboriginal and Torres Strait Islander people as the **Traditional Owners** of the land we live on.



They were the **first people** to live on and use the

- Land
- Waters.

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What is the toolkit



Your **toolkit** for moving out of aged care is for

- Younger people with disability who live in aged care.

We say the **toolkit** for short.

It has all the information you need.

Younger people means people with disability who



- Are younger than 65



- Do **not** have a special reason for needing aged care.



The toolkit has information from groups who support people with disability.



The toolkit is for younger people in aged care who

- Have NDIS
- Do **not** have NDIS.



The people who might use the toolkit are

- You
- Someone who cares for you
- A family member
- Your **nominees**.

Nominees are people you choose to



- Make decisions for you
- Do things for you.

This is an **overview** of the toolkit.



An **overview** tells you the most important information.

The toolkit has 5 chapters.

We will also write an Easy Read for each chapter.



They will be put on this website when they are ready

dss.gov.au/ypirac

This website is **not** Easy Read.

You can have support to read the website.

Why we made this toolkit



The Australian Government thinks everyone should live in a home that is right for them.



The Australian Government has made a **goal**.

A **goal** is something you want to do.

The goal is all younger people will have support to move out of aged care.



Aged care homes are **not** set up to support younger people with disability.



It is very important to know that you have the choice to

- Move out of aged care
- Stay where you live.

How we made this toolkit



We talked to younger people with disability who

- Live in aged care



- Used to live in aged care.



We talked to their families.



They wanted to know how to

- Find support



- Choose their new home



- Move to their new home



- Have a good life in their new home.

This toolkit can help you



You can learn about moving out of aged care.

The toolkit can help you make choices that are right for you.



You can choose

- Where you live



- Who you live with



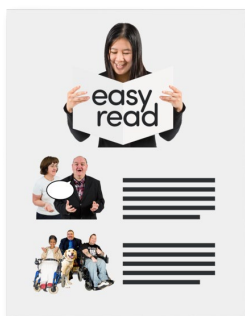
- Who will support you.

Information in the toolkit



There are 5 chapters in the toolkit.

Each chapter has



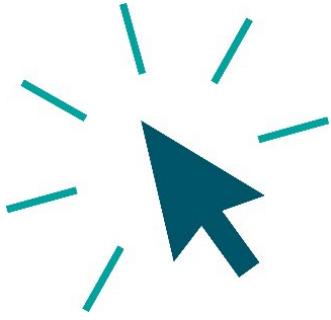
- Information



- Activities



- Stories from people with disability



- Links to helpful websites.

Chapter 1 Types of homes and support



This chapter has information about the **benefits** of moving out of aged care.

Benefits are good or helpful things.



Some benefits could be choosing

- Where you live



- Who you live with



- Who supports you



- How you spend your time.



This chapter has information about the **challenges** of moving out of aged care.

Challenges are hard things.



Some challenges could be

- It can be hard to find the right home



- You may need to learn new skills to be more independent in your new home



- You might worry about how your life will change.

There are people who can support you when you have a challenge.

This chapter also has information about different homes you could live in if you



- Have NDIS
- Do **not** have NDIS.

You may be able to live in a home that is



- Owned by the government



- Owned by the community
- Owned by a charity



- Owned by somebody else.



You may need to pay **rent**.

Rent is money you pay to the owner of the home so you can live there.



You may be able to buy a home to live in.



You may be able to live in **Specialist disability accommodation** if you have NDIS funding.

We say **SDA** for short.

SDA is for people who need lots of support.



This chapter also has information about different supports you can have in your new home.



If you have NDIS you may have funding for **NDIS supports**.

NDIS supports can be support for

- Mealtimes
- Showering and dressing
- Going to appointments.



Chapter 2 Moving to your new home



You can have support to move out of aged care.



You can talk to the **NDIA** about the support you need if you have NDIS.



The **NDIA** is the government organisation that manages the NDIS.

NDIA information is on page 43.



You can talk to **Ability First Australia** about the support you need if you do **not** have NDIS.

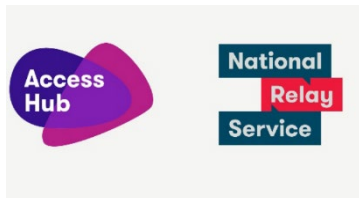


If you want to talk to Ability First Australia

- Email
enquiries@abilityfirstpirac.org.au



- Call 1800 771 663.



The National Relay Service can support you to call Ability First Australia if you are

- Deaf
- Hard of Hearing
- Have a speech or communication difficulty.

To use the National Relay Service go to

accesshub.gov.au



This chapter has information about the 5 stages of moving out of aged care.



We have written some information about the stages in this Easy Read.

1

Stage 1 of moving out of aged care.



- Think about moving



- Learn about your choices

Groups who support people with disability can help you



- Find information
- Understand your choices.

2

Stage 2 of moving out of aged care.



Choose to move.

You can have support to make this choice.



Think about the supports you will need in your new home.



You can have support to do this.

Apply for funding to support you.

You can have support to do this.

Talk to your **allied health professionals**.



Allied health professionals support people with disability to have a good life in their

- Family
- Community
- Work.

Your allied health professional could be a



- Occupational therapist
- Social worker.

Allied health professionals can



- Support you to think about what you need in your new home
- Write a report to tell the NDIS what you need.

3

Stage 3 of moving out of aged care.



Find a home that

- Meets your needs



- Is where you want to live



- That you have enough money to pay for.



Stage 4 of moving out of aged care.



Make sure your new home is ready.



Plan

- Your move
- Who will support you in your new home.



Pack your things.



Stage 5 of moving out of aged care



Move into your new home.



Learn how to be **confident** in your new home.

Confident means you feel safe doing what you want.

Chapter 3 Find the right home for you

You can have support to



- Find a new home
- Get the right supports in your new home



- Write a **housing plan**.

A **housing plan** tells the NDIS what you need to live in your new home.

You can have support with your housing plan from



- A support coordinator
- Allied health professionals.



You can choose

- Where you live



- The type of home you live in



- Who you live with.



You can make choices about life in your new home.



You can choose

- Who supports you



- What you do each day.



You might not be able to move in straight away.

You might need to wait for

- Your new home to be built
- Changes to be made to your new home.



Your NDIS plan may have funding for you to live in a different home while you wait.

Chapter 4 Move and settle into your new home



It can be hard to choose the right home.

There are lots of



- Ways to look for a new home
- People who can support you.

You can have support from



- Someone you trust
- Someone who cares for you
- Your support coordinator.



It is important to think about

- The type of home you want
- Where you want to live
- What your home needs to have.



It is a good idea to visit a home to check it is right for you.



A **transition plan** can make your move easier.

A **transition plan** is a list of what you need to do when you move.

Your transition plan can list



- What to take to your new home



- What you need to buy



- When you will do each task



- Who will support you with each task.



You may get **financial support** in your new home.

Financial support is money to help you pay for

- Rent



- Furniture



- Food



- Electricity

Chapter 5 If your support needs change

The logo for the National Disability Insurance Agency (NDIA) consists of the lowercase letters 'ndia' in a sans-serif font. The letters 'n', 'd', and 'i' are purple, while the letters 'a' and the dot on the 'i' are blue.

The **NDIA** make decisions about what is in your NDIS plan.

The **NDIA** is the government organisation that manages the NDIS.

The NDIA decides

The logo for the National Disability Insurance Agency (NDIA) consists of the lowercase letters 'ndia' in a sans-serif font. The letters 'n', 'd', and 'i' are purple, while the letters 'a' and the dot on the 'i' are blue.

- What supports you will have

- How much support you will have



If you are **not** happy with a decision the NDIA has made you can ask for a **review**.

This is called an **internal review**.



A **review** is when your plan is checked to see if

- The right decisions were made
- Different supports should be in your plan.



This NDIS website has information about how to ask for a review.

www.ndis.gov.au/participants/request-review-decision



This website is **not** Easy Read.

You can have support to read the website.

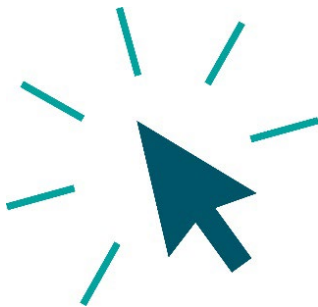


If you are still **not** happy with the NDIA decisions you can ask for another review.

This is called an **external review**.

An **external review** is **not** done by the NDIA.

An external review is done by someone outside of the NDIA.



More information about NDIS reviews is on the Housing Hub website.

www.housinghub.org.au/resources/article/request-a-review-of-an-ndis-decision-that-i-dont-agree-with

This website is **not** Easy Read.

You can have support to read the website.



Your support needs **might change** when you move into your new home.

You might need

- More support
- Less support
- Different support.



Your NDIS plan may need to be changed.

It is important to talk about your NDIS plan with people who support you.

You can talk about

- What is working well
- What needs to change.

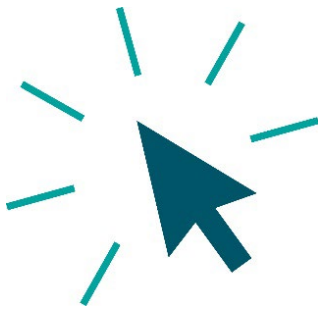
If your support needs change it is called a **Change in Circumstances**.

You can tell the NDIS if you have a **Change in Circumstances**.



This NDIS website has information about

- What is a Change in Circumstances
- How to tell the NDIS about your Change in Circumstances.



www.ndis.gov.au/participants/using-your-plan/changing-your-plan/change-circumstances

This website is **not** Easy Read.

You can have support to read the website.

Contact us



There are different ways you can

- Talk to us
- Ask us questions
- Get more information.



If you have questions about the toolkit you can email

ypirac@dss.gov.au

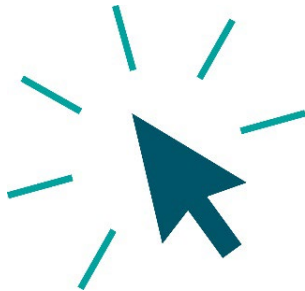


If you have questions about getting support from the NDIA you can email

ndia.ypirac@ndis.gov



Australian Government
Department of Social Services



If you have questions about living in aged care you can email

health.ypirac@health.gov.au

You can look at DSS website for more information.

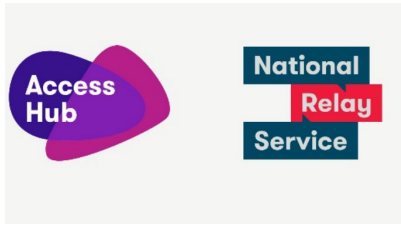
www.dss.gov.au/suitable-accommodation-and-supports

This website is **not** Easy Read.

You can have support to read the website.

You can call the NDIA to talk about moving out of aged care on

- **1800 800 110**



The National Relay Service can support you to call the NDIA if you are

- Deaf
- Hard of Hearing
- Have a speech or communication difficulty.

To use the National Relay Service go to

www.accesshub.gov.au



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