



## Useful Resources Ageing

**My Aged Care** helps you find the information you need about aged care services. It is part of the Australian Government's changes to the aged care designed to give people more choice, more control and easier access to a full range of aged care service. Ph. 1800 200 422 or visit [www.myagedcare.gov.au](http://www.myagedcare.gov.au)

**Aged care Alternatives** Face to face & phone help to navigate & connect to aged care systems, info & support [www.agedcarealternatives.net.au](http://www.agedcarealternatives.net.au), Ph. 8271 3888

**Aged Care Information Line** Information on fees, charges, programs and procedures for Commonwealth funded residential and community care options. Ph. 1800 500 853

**COTA (Council on the Aged)** Aus. largest advocacy body for senior [www.cota.org.au](http://www.cota.org.au) Ph. 8232 0422

**Palliative Care Australia** PCA undertakes a wide range of activities to help palliative care patients and their families. [www.palliativecare.org.au](http://www.palliativecare.org.au) Ph. (02) 6232 4433

**Palliative Care Council South Australia** Face to face & phone help to navigate & connect to palliative care systems, info & support. [www.pallcare.asn.au](http://www.pallcare.asn.au) Ph. 8271 1643

**Advanced Care Directives print off forms** and DIY Kits; information and support at [www.advancecaredirectives.sa.gov.au](http://www.advancecaredirectives.sa.gov.au)

**Seniors Information Service Info** re accommodation, aged care facilities, home care [www.seniors.asn.au](http://www.seniors.asn.au) Ph. 8168 8776

**Aged Care Complaints Commissioner** provides a free service for anyone to raise their concerns about the quality of care or services being delivered to people receiving aged care services subsidised by the Australian Government..

<https://www.agedcarecomplaints.gov.au/> Ph. 1800 550 552

**Aged Rights Advocacy Service (ARAS)** provides consumer rights information and support to users of aged care services. [www.sa.agedrights.asn.au](http://www.sa.agedrights.asn.au), Ph. 8232 5377

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