

Advances in health care and standards of living mean we are living longer and as a result Australia's population is ageing. At the same time demand for aged care services continues to grow.

Older people have always managed their lives and yet when they need aged care services they can find themselves unable to make the sort of everyday choices that we all take for granted. They want to have greater control over their lives, including making choices about the aged care supports they receive.

Current Aged Care Reforms recognise this.

### **What does this mean for home care in Australia?**

There have been a number of changes made to the way government subsidised Home Care is delivered. From July 2015 all home care packages will be delivered under a consumer directed care framework. These changes give consumers more choice on the services and supports available and more control if they wish in the management of their Home Care Package.

These reforms also include the introduction of Home Care Package monthly statements for consumers and means testing for home care services.

### **How can you find out more?**

COTA Australia has been funded by the Commonwealth Department of Social Services (DSS) to deliver information sessions to older people in the community including those who are in receipt of, or who may be considering a consumer directed care (CDC) Home Care Package. Sessions are open to family members, advocates and carers.

The sessions provide practical information that will assist consumers to make the most of their package. They are facilitated by trained peer educators who are supported by the state and territory COTAs.

Handouts are provided. Sessions are free.

### **Book your session today**

**If you want to learn more about how you can get the best from consumer directed care contact COTA in your state or territory to book a FREE session for your group or club.**

## **Consumer Directed Care**

- **Take control**  
– your life – your choice
- **Work together**  
– you and your care provider
- **You have the right to have your wishes for lifestyle and support respected**
- **Information and assistance are available to guide you with your decisions.**

## Who is COTA?

COTA Australia is the peak national organisation representing the rights, needs and interests of older Australians. COTA Australia is the national policy and advocacy arm of the COTA Federation which comprises COTAs in each state and territory.

COTA Australia is working in partnership with members of the COTA Federation to deliver the peer education sessions.

The key roles of state and territory COTAs include policy and advocacy representation, programs, services and member benefits.

[www.cota.org.au](http://www.cota.org.au)

Home Care Today is the name of the service created by COTA Australia that helps consumers, or their representatives, understand how home care packages work when they are provided using a consumer directed care approach.

[www.homecaretoday.org.au](http://www.homecaretoday.org.au)

**To book a free information session contact COTA in your State or Territory.**

### **COTA ACT**

P.O. Box 5566,  
Hughes ACT 2605  
(02) 6282 3777  
communityed@cotaact.  
org.au

### **COTA NT**

GPO Box 852,  
Darwin NT 0801  
(08) 8941 1004

### **COTA SA**

16 Hutt Street,  
Adelaide SA 5000  
(08) 8232 0422  
bookings@cotasa.org.au

### **COTA TAS**

'Westella',  
181 Elizabeth Street,  
HOBART TAS 7000  
(03) 6231 3265

### **COTA New South Wales**

Education Team  
Level 6 280 Pitt Street,  
Sydney NSW 2000  
(02) 9286 3868  
spec@cotansw.com.au

### **COTA Victoria**

4th Floor,  
Block Arcade,  
98 Elizabeth Street,  
Melbourne VIC 3000  
1300 135 090

### **COTA Queensland**

P.O. Box 15525,  
City East QLD 4002  
1300 738 348  
bookings@cotaqld.org.au

### **COTA Western Australia**

P.O. Box 7896,  
Cloisters Square  
Perth WA 6850  
(08) 9321 2133



home**care**today

**Controlling  
My Own Life:**

**Making the  
most of CDC**

**CONSUMER DIRECTED CARE**

The way home care is delivered in Australia has changed. Older people now have more choice and control over the services they receive and how they are delivered.

**Free information sessions**

July 2014