

# Yarning about your aged care



Artwork by Chern'ee Sutton - proud Kalkadoon woman.

If you need help with everyday jobs around your home or looking after yourself, and you are aged over 50 or over, **aged care services can help you.**

You can get help in your own home, or some people might live in an aged care home.

You have the right to good and safe aged care that respects your **connection to family, community and Country.**

You can make **choices** about your care – like what you want help with and how you get that help.



Sometimes, things may not be right with your aged care.

**It's OK to speak up.** It's good to try and fix problems before they get bigger.

Have a yarn with your service provider (the people looking after you). Most times, the problem can be fixed quickly and with no fuss.

Or you can talk to the **Aged Care Quality and Safety Commission.** The Commission can give you advice about your choices and help you fix the problem.

Talking to the Commission is **free and private.** You don't have to give your name if you don't want to.



Call **1800 951 922** or email **info@agedcarequality.gov.au**

Visit **agedcarequality.gov.au/FirstNations**



Australian Government  
Aged Care Quality and Safety Commission

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