

How the Aged Care Quality and Safety Commission can help make sure you or your family are getting the right care



Good aged care is different for different people. It means respecting connection to family, community and Country.



If you're worried about your aged care, you can talk to your family and the people who give you your aged care.



If you don't want to talk to your service provider, you can call the Older Persons Advocacy Network (OPAN) or the National Aboriginal Community Controlled Health Organisation (NACCHO) Elder Care Support Program. Both services are free.



You can also contact the Aged Care Quality and Safety Commission. It's their job to make sure you're getting aged care that is safe and works for you and your family.



The Commission can give you advice about your choices. They can speak to your aged care provider if you want them to.



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



You can call

- OPAN: **1800 700 600**
- Elder Care Support: **02 6246 9300**
- Aged Care Quality and Safety Commission: **1800 951 822**



Or you can email the Commission at info@agedcarequality.gov.au or visit the website for more information agedcarequality.gov.au/FirstNations



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