

Aged care

What you need to know

Whether considering options for yourself or deciding how best to help someone close to you, aged care is a complex area requiring careful thought. The uncertainty surrounding where to move, how much it will cost and where the money will come from can be overwhelming and stressful.

This guide provides the basics. You will understand the steps you need to take, where to find answers and how Golden Age Advisory (ABN 29 401 532 318) can help you make an informed decision.



There are typically three steps you need to take before moving in to an aged care facility.

STEP 1: Approval

Before entering an aged care facility your health must be assessed to determine your eligibility for care. The assessment can be performed by any doctor, nurse or social worker who is a member of an Aged Care Assessment Team (ACAT, or ACAS in Victoria). You can visit myagedcare.gov.au to request an assessment.

ACAT assessment

STEP 2: Find a home

To make sure you find a home that you are comfortable in and that will suit your needs, you may like to visit a few different places. You can apply to as many homes as you like. The accommodation costs for all aged care facilities are published on the Government's aged care website myagedcare.gov.au. This website also provides description of the rooms and services available at the facility.

Find a home

Consider what is important to you in a home. You may like to visit a few.

STEP 3: Organise your finances

On entry to a facility, you will be required to pay an accommodation contribution or accommodation payment. Some people will have their accommodation costs met in full or part by the Government, while others will need to pay the accommodation price agreed with the aged care home. The Department of Human Services (DHS) will advise which applies to you based on an assessment of your assets and income.

There will also be a basic daily fee to pay and there may be a means-tested care fee which is determined by your level of income and assets. Some facilities offer you a higher level of service or a higher standard of accommodation or food for an additional daily fee.

Accommodation contribution

You may be required to pay part of the cost of your accommodation and the Government will pay the rest.

Accommodation payment

You pay for the full cost of your accommodation.

Basic daily fee
Means-tested care fee
Additional daily fee

Golden Age Advisory (ABN 29 401 532 318) can help with the decisions you need to make and which strategies are best suited to your circumstances. They can also help you keep your plans on track with an annual review, in case your circumstances, or external factors such as legislation, change.

How your adviser can help

My question is...	What do I need to do?	How can my adviser help?	Who else can help?
What upfront costs will I need to pay?	Understand if there is an accommodation payment payable and determine what assets you can use to meet the cost.	Your adviser can help you determine how to pay for your accommodation. This may involve a lump sum payment, regular instalments or a combination of both.	DHS (Centrelink) assess your income and assets.
How much will I pay for ongoing care?	Determine which ongoing fees apply to you. This could include the basic daily fee, a means-tested care fee and any additional daily fees.	There are strategies to minimise the fees you pay. Keeping or selling your home often forms part of the strategy as does how you invest. A poorly executed plan can result in a lower Age Pension and higher aged care costs.	The aged care facility and Centrelink can assist in determining your fees.
Can I keep my home or is it better for me to sell it?	Understand the various options available to you regarding your primary residence.	Your adviser can explain what to consider if you are thinking of keeping or selling the family home. If kept, they can discuss strategies to pay the agreed accommodation costs and explain how the family home will be treated for social security and aged care purposes. If sold, they can also help identify the best way to invest the proceeds and get the balance right between generating an income, maximising the Age Pension and minimising aged care fees.	Your financial adviser can help you to understand your options.
How do I maximise my social security benefits?	Determine how the social security Income and Assets Tests apply to you.	Your choice of investments may help you to access or retain benefits, including the Commonwealth Seniors Health Card.	Centrelink determines your eligibility for Government benefits.
How can I afford to pay for ongoing care?	Determine if your capital can be invested to provide enough cash flow to meet ongoing care costs.	Your financial adviser can assess your investment options and help you maximise your income.	Your financial adviser is best placed to help you understand your options.
Will I have something to leave for my family?	Consider which assets you would like to form part of your estate and those that would go directly to a beneficiary.	Your financial adviser can help identify what assets form part of your estate and ensure relevant beneficiary nominations are used.	Your lawyer can ensure you have a will that reflects your wishes.
How much tax will I need to pay?	Identify what tax offsets are available and which apply to you. You also need to be aware of any issues that may arise if you sell your home or change your investments.	An overall review of your situation will identify the various tax offsets that may be available to you, including the low income, seniors and net medical expense offsets. A tax adviser can also flag issues concerning land tax and capital gains tax that may affect you.	Your tax adviser/ accountant is best placed to advise on your tax position.

How to contact us

To talk over the best way forward, call us today

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