

Live Well Longer workshops build on the general information provided at a Live Well Longer introductory Navigating Aged Care seminar.

The workshops provide information and practical strategies to assist those who are starting their aged care journey, are supporting ageing family members, or are currently grappling with the aged care system.

Live Well Longer workshops are limited to 30 people, interactive in design, and provide participants with the opportunity to focus on their own situation and ask questions. The workshops aim to help participants clarify their future actions.

Consideration should be given to attending a Live Well Longer Navigating Aged Care seminar prior to registering for a workshop, however this is not essential.

The workshops are relevant to individuals who wish to remain living at home as they age, family members and carers.

**See over for more information ...**



*Live Well Longer*  
ageing at home

## WORKSHOPS

Email us to find out more about  
upcoming workshops

**[contact@livewelllonger.com.au](mailto:contact@livewelllonger.com.au)**



# WORKSHOP DETAILS

## **Home Care 101 – Know the who, what, where and cost of home care and the steps to get started** (2 hours, Cost \$40)

This workshop provides an overview of the steps required to commence accessing aged care services and supports in your own home. The workshop will provide participants with practical information, tips and strategies to develop their own personalised 'to do' list to get started. The workshop will help answer questions such as:

- How do I recognise when help might be needed?
- Are there aged care providers available in my suburb?
- How do I choose an aged care provider that will suit my/our needs?
- How do I access a government aged care subsidy?
- Which Centrelink or My Aged Care government assessments and forms do I need to complete?

**Email [contact@livewelllonger](mailto:contact@livewelllonger) to find out more.**

## **Have a Plan - Developing a plan to remain living at home** (2 hours, Cost \$40)

This workshop provides participants with the information, strategies and tools required to develop a comprehensive individual plan for ageing at home. The Live Well Longer planning approach is based on respecting the wishes and rights of the individual whilst ensuring safety and security. Topics covered include:

- Identifying the essential components of an effective whole of life plan
- Engaging with family and managing the 'sometimes tricky' dynamics
- Deciding when to start planning and asking the right questions
- The planning and ongoing review process
- Sample plans and planning templates

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## **Just for You - Making sure your home care package meets your needs** (1 hour, Cost \$20)

This workshop provides participants with an understanding of what 'consumer directed care' means, and how they can have 'choice and control' over the services they receive as a part of their home care package. It is helpful both for people accessing a government subsidised home care package, as well as those self-funding their own home care services. Topics covered include

- Understanding your rights and responsibilities when receiving a government subsidised home care package
- How to be an informed consumer
- What does being in charge of your home care package mean?
- How to work with your service provider to plan a home care package around your needs

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