

ACAT Assessments

Explained

What is an ACAT assessment?

An ACAT assessment (aged care assessment) is an assessment organised by an Aged Care Assessment Team and is required for a person who needs to be approved for Government-funded services including; an aged care home, home care, residential aged care, or respite care. An ACAT assessment is used to make a recommendation for the type and level of care that will best meet your needs.

The ACAT assessment can be used for three different purposes:

1. To be assessed for full-time residential aged care.
2. To be assessed for respite in residential aged care.
3. To be assessed for a Home Care Package to support you to continue to live at home (please note, you will need to request a HCP assessment when asking for an ACAT, as they will not do both automatically).

You can organise an ACAT assessment through My Aged Care:

My Aged Care – 1800 200 422 | www.myagedcare.gov.au

ACAT Home Care Package

Once approved for a Home Care Package, you will need to choose a Home Care Package provider. The Home Care Package provider will 'house' the funds and organise carers on your behalf. You can discuss what type of support you require with your provider. This could include social support, clinical care, cooking, cleaning, etc.

Some potential HCP providers are:

- Home Instead – 1300 008 018
- Daughterly Care – 02 9970 7333
- Catholic Care – 1800 225 474
- HammondCare – 1300 426 666



Find out more
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Some important things to mention to your ACAT assessor, regardless of what you are applying for:

Personal Care

- Individual needs prompting for showering.
- Supervision required to ensure proper hygiene.

Hydration

- Individual requires prompting to increase water intake.
- Can increase chance of UTI.

Meals/Eating/Nutrition

- Individual requires full assistance for meal preparation, otherwise will not eat nutritionally.
- Extreme health risk.

Medication Management

- Individual requires full assistance and prompting to manage medications.
- Cannot be left alone.

Falls Risk

- Individual has a falls risk if left unattended or alone.
- House layout is not safe for individual to be left alone.

Community Access

- Individual requires full assistance to get out into the community, inclusive of prompting for socialization.
- Individual not being able to drive.

Carers Fatigue

- Individual requires full assistance with most daily activities, causing carers fatigue.
- Unable to leave individual unattended at any time.



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