



Places to get help.

You are old.



You are more than 55 years old.

Like

- 58
- 75.



Cerebral palsy can make life hard.



You may have

- pain
- health problems
- mental health problems.

It is hard to do every day things.



You think about things. Like

- you work. You want to stop.
- you live by yourself.

You want to change where you live.



Your health may change.

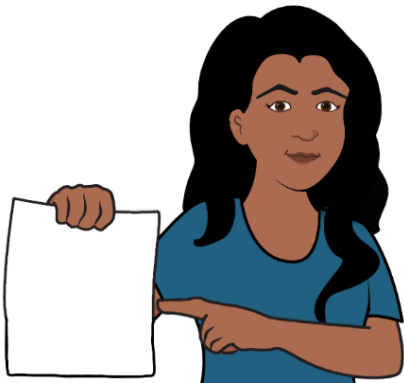
You may need

- more help
- different help
- more checks with your doctor.



There may be changes to

- your body. Like it is hard to stand now
- what you can do. Like how you drink.



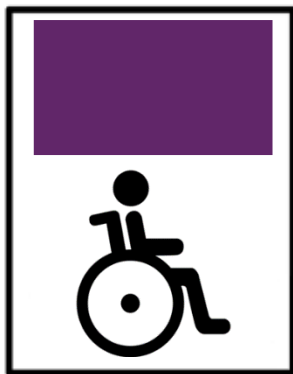
You can get help.



Government help



It is free.



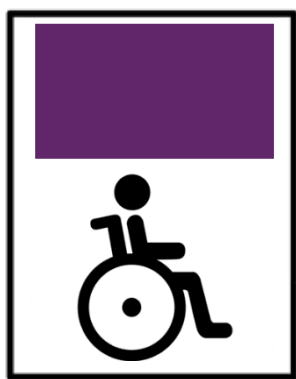
NDIS

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My Aged Care

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NDIS



You can get help from the NDIS.

You tell them what you

- need
- want.

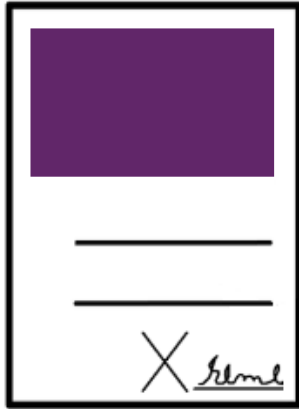


Your health team can help you.

They write reports.

They tell the NDIS what you

- need
- want.



The NDIS make a plan.

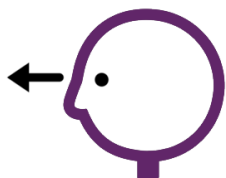
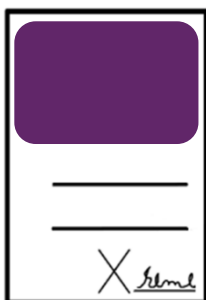
It helps you do what you

- need
- want.



There is money in your NDIS plan.

It is for 1 year.



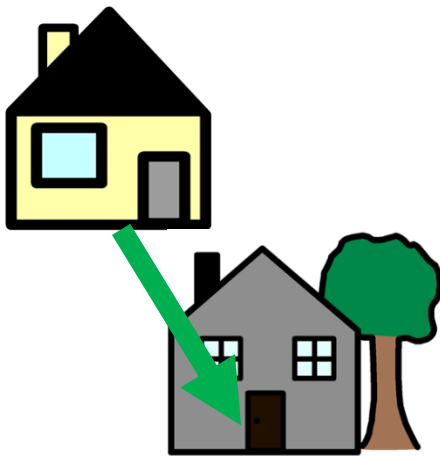
Each year the NDIS look back.

They look at

- the help you had
- the help you need.



You get a new plan.



You need to plan ahead.

It is for big things.

Like you want to move house.

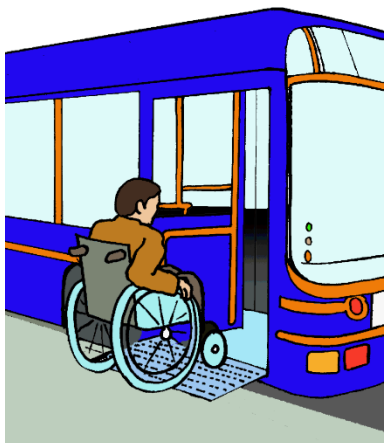
There is lots to think about.

It is more than other people.



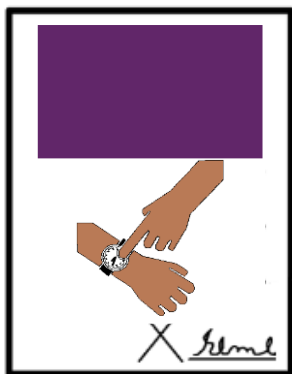
You may need things. Like

- a toilet you can use
- ramps.



You need to think about

- where you need to go
- how you will get there.



The NDIS need time. Like 2 years.

Write it in your plan now.



You need help to use your plan.

A social worker can help you.

Go to page 12.



My Aged Care



You are

- 65 years old
- more than 65 years old.



You can ask for My Aged Care.

They help you to stay at home.

Like a worker to help in the shower.



You can ask for help. Like

- a person to help you shop



- help to move. Like physio.



You get a plan.

It pays for the things you need.

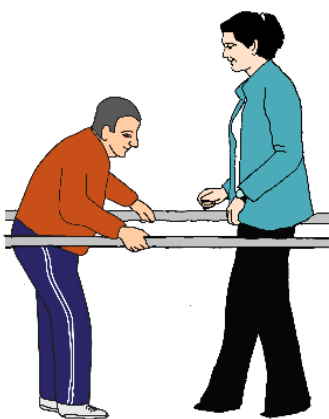


Help in the community



You have money in your NDIS plan.

This money pays for your help.



You have people in your health team.

Like

- an OT
- a speechie
- a physio.



You may have

- a social worker
- a therapist.



You get different help from them. Like
talk to a speechie about your swallow.



Talk to a social worker about a
new home.



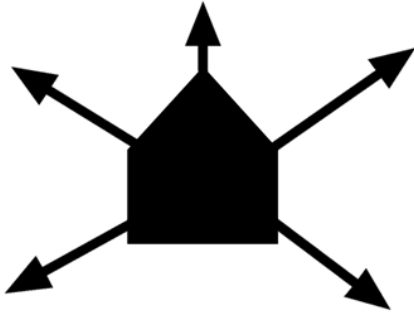
You can get other help. Like

- help to go to the doctor.
- help at home.



You get the help you need.

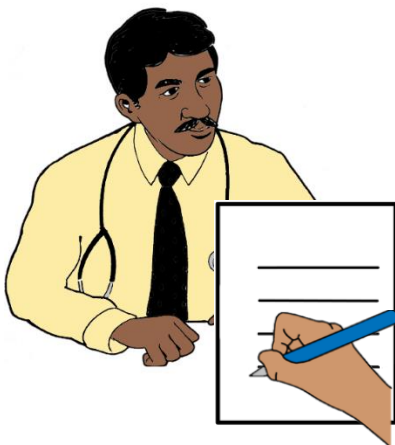
You feel better.



You go to a different place.



You may need to pay.

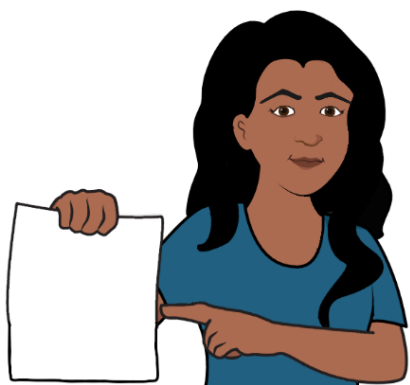


Your new place may need a letter.

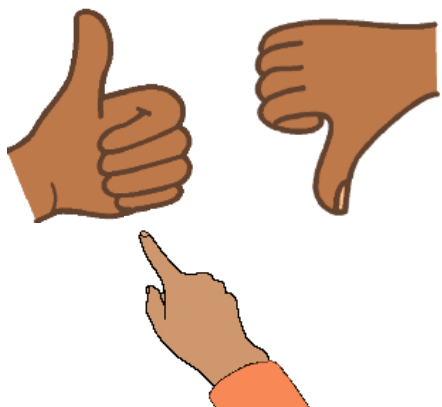
It may be from your doctor.

It says what help you have had.

It says what you want to do now.



Other help



You can get help to

- choose what you want
- find the help you want
- do more things for yourself.



They help you speak up.

We call them an advocate.



You may need help with the law. Like
you want your sister to sign your forms.



You ask a lawyer.



You may need to pay for this help.



What can you do?



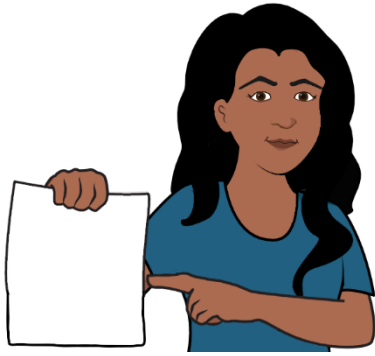
Go to your doctor.

You are **not** sick.

You talk about what has changed.



You do this 1 time each year.

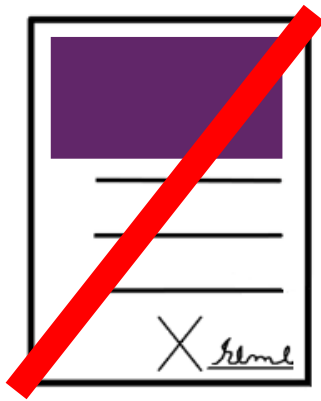


You want to know about help

- from the government
- other places.



Talk to a social worker.



You do **not** have a NDIS plan.

Or



Your needs change.

You need a new NDIS plan.



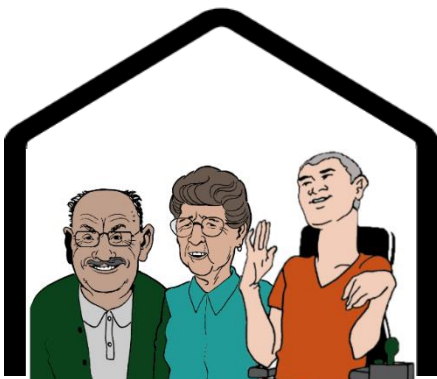
Talk to a social worker.



You want a My Aged Care plan.



Talk to your doctor.



You want to move to a nursing home.

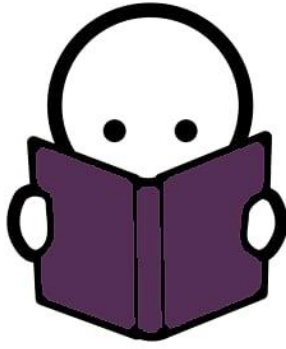
You live with other people.

They may **not** have cerebral palsy.



Talk to your health team. Like

- social worker
- doctor.



You want to know more



Read

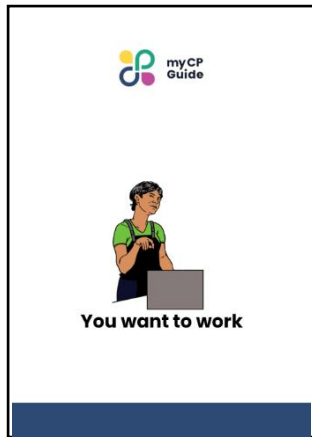
You do things for yourself. You are old.



Read

You want to meet people.

You are old.



Read

You want to work.