

Resource List for Supporting Older Australians

This resource list is designed to help identify valuable tools and organisations that can support information and resources when looking for home-based care for older people.

A. Advocacy and Support

- **Aged Rights Advocacy Service (ARAS):** <https://www.aras.org.au/> - Advocacy service supporting the rights of older Australians, providing information and support.
- **Alzheimer's Association Australia:** <https://www.alz.org/au/dementia-alzheimers-australia.asp> - Provides support services, education and information about Alzheimer's disease and other dementias.
- **Carers Australia:** <https://www.carersaustralia.com.au/> - National peak body representing Australia's unpaid carers.
- **COTA (Council on the Ageing) Australia:** <https://www.cota.org.au/> - National policy and advocacy organization for older Australians.
- **Dementia Australia:** <https://www.dementia.org.au/> - Provides resources, support, and advocacy for people living with dementia, their families, and carers.
- **Dementia Support Australia:** <https://www.dementia.com.au/> - Offers support services for people with dementia who are experiencing behavioural and psychological symptoms.
- **ESDT Wellness and Reablement:** <https://esdt.com.au/> - Offers resources and training to support wellness and reablement in aged care.
- **Federation of Ethnic Communities' Councils of Australia (FECCA):** <https://www.fecca.org.au/> - Advocates for culturally and linguistically diverse communities in aged care.
- **National Aboriginal Community Controlled Health Organisation (NACCHO):** <https://www.naccho.org.au/> - Represents Aboriginal Community Controlled Health Services across Australia.
- **National Seniors Australia:** <https://www.nationalseniors.com.au/> - Provides advocacy, support, and services for older Australians.
- **Older Persons Advocacy Network (OPAN):** <https://www.opan.org.au/> - National network of organizations providing advocacy for older people.
- **Seniors Rights Service:** <https://www.seniorsrights.org.au/> - Protects the rights of older people through advocacy, legal and educational services.

B. Aged Care Assessment

- **Aged Care Assessment Team (ACAT):** <https://www.myagedcare.gov.au/assessment> - Information on the aged care assessment process.

C. Aged Care Complaints and Feedback

- **Aged Care Quality and Safety Commission - Make a Complaint:** <https://www.agedcarequality.gov.au/contact-us/complaints-concerns/make-complaint> - Information on how to lodge a complaint about aged care services.

D. Aged Care Consumer Resources

- **Aged Care Guide:** <https://www.agedcareguide.com.au/> - Comprehensive online directory and information source for aged care services in Australia.
- **Aged Care Online:** <https://www.agedcareonline.com.au/> - Online resource providing information about aged care services and providers across Australia.

- **Combined Pensioners and Superannuants Association (CPSA):** <https://cpsa.org.au/> - Advocacy organization for pensioners and low-income retirees.
- **My Aged Care:** <https://www.myagedcare.gov.au/> - Government portal providing information and access to aged care services.

E. Aged Care Education and Training

- **Australian College of Nursing (ACN) – Free Webinars:** <https://www.acn.edu.au/> - Provides free webinars on topics relevant to aged care and nursing.
- **Australian Government – Health Education:** <https://www.health.gov.au/> - Offers a range of free and subsidized training programs and resources for the aged care workforce. Just enter 'Education' in the search bar to find interested topics.
- **Australian Skills Quality Authority (ASQA):** <https://www.asqa.gov.au/> - Lists accredited aged care training providers that may offer affordable courses.
- **Coursera:** <https://www.coursera.org/> - Offers free access to course materials on aged care and health topics.
- **Courses.com.au:** <https://www.courses.com.au/> - Lists affordable aged care courses and provides comparisons between different training providers.
- **edX:** <https://www.edx.org/> - Provides free access to course materials on health care and related subjects.
- **Open Colleges – Free Resources:** <https://www.opencolleges.edu.au/> - Provides free resources and webinars on aged care topics.
- **TAFE Digital:** <https://www.tafesa.edu.au/courses> - Offers online courses in aged care with affordable pricing.
- **Training.com.au:** <https://www.training.com.au/> - Offers a range of low-cost courses in aged care and related fields.
- **Torrens University Australia – Free Short Courses:** <https://www.torrens.edu.au/> - Offers free short courses on aged care and related subjects.
- **Udemy:** <https://www.udemy.com/> - Offers various low-cost courses related to aged care and health care.

F. Aged Care Financing and Funding

- **Aged Care Financing Authority (ACFA):** <https://www.health.gov.au/committees-and-groups/aged-care-financing-authority-acfa> - Authority overseeing financing and funding in aged care.
- **Aged Care Subsidies and Supplements:** <https://www.servicesaustralia.gov.au/age-pension> - Information on financial support available for aged care providers and recipients.

G. Aged Care Governance

- **Aged Care Quality and Safety Commission - Governance:** <https://www.agedcarequality.gov.au/providers/provider-governance> - Resources and information on governance for aged care providers.
- **Australian Institute of Company Directors - Aged Care Resources:** <https://www.aicd.com.au/> - Governance resources specific to the aged care sector.

H. Aged Care Housing

- **Retirement Villages:** <https://www.retirementliving.com.au/> - Information on retirement village options and considerations.

I. Aged Care Meal Services

- **Meals on Wheels:** <https://www.mealsonwheels.org.au/> - National association representing meal services for older Australians.

J. Aged Care Policy and Advocacy

- **National Aged Care Alliance (NACA):** <https://naca.asn.au/> - Coalition of peak national organisations in aged care, representing providers, consumers, unions, and health professionals.

- **National Seniors Australia:** <https://www.nationalseniors.com.au/> - Membership-based organization that represents the interests of older Australians.

K. Aged Care Policy and Reform

- **Aged Care Reform:** <https://www.health.gov.au/our-work/aged-care-reforms> - Information on current and upcoming reforms in the aged care sector.

L. Aged Care Quality and Safety

- **Aged Care Quality and Safety Commission - Resources:** <https://www.agedcarequality.gov.au/resource-library> - Offers free resources, including guides and fact sheets on aged care quality standards.
- **Aged Care Quality and Safety Commission - Serious Incident Response Scheme (SIRS):** <https://www.agedcarequality.gov.au/providers/serious-incident-response-scheme> - Provides guidance and requirements for aged care providers to manage serious incidents.
- **Aged Care Quality Bulletin:** <https://www.agedcarequality.gov.au/news-publications/quality-bulletin> - Regular updates on aged care quality and compliance issues.
- **Aged Care Quality Standards:** <https://www.agedcarequality.gov.au/providers/quality-standards> - Detailed information on the standards that aged care services must meet.
- **Royal Commission into Aged Care Quality and Safety:** <https://www.royalcommission.gov.au/aged-care> - Provides findings and recommendations for improving aged care in Australia.
- **Self-Assessment Tools for Aged Care Providers:** <https://www.agedcarequality.gov.au/resource-library/self-assessment-tool-aged-care-quality-standards> - Tools to help providers assess their performance against the Aged Care Quality Standards.

M. Aged Care Research and Innovation

- **Aged Care Industry Information Technology Council (ACIITC):** <https://www.aciitc.com.au/> - Promotes the use of technology in aged care to improve outcomes.
- **Aged Care Research & Industry Innovation Australia (ARIIA):** <https://www.ariia.org.au/> - Promotes innovation and research in the aged care sector.
- **Australian Association of Gerontology (AAG):** <https://aag.asn.au/> - National peak body linking professionals working across the multidisciplinary fields of ageing.
- **Australian Centre for Social Innovation (TACSI):** <https://www.tacsi.org.au/> - Provides research and support for social innovation in aged care.
- **Grattan Institute:** <https://grattan.edu.au/> - Provides research and policy recommendations on aged care and health services.
- **Live Up:** [Welcome to the Upside of Ageing | LiveUp](#) Provides a comprehensive list of suggestions to help older people age their way.
- **National Ageing Research Institute (NARI):** <https://www.nari.net.au/> - Conducts research to improve health outcomes and aged care practice.

N. Aged Care Standards and Accreditation

- **Aged Care Quality Standards:** <https://www.agedcarequality.gov.au/providers/quality-standards> - Detailed information on the standards that apply to aged care services.
- **Aged care and Digital Strategy:** <https://www.health.gov.au/resources/collections/aged-care-data-and-digital-strategy-2024-2029> - This strategy is working towards enabling a digitally connected aged care system that empowers older people and grows the sector's digital capability.

O. Aged Care Technology and Innovation

- **Aged Care Industry Information Technology Council (ACIITC):** <https://www.aciitc.com.au/> - Promotes the use of technology in aged care to improve outcomes.

P. Aged Care Workforce Resources

- **Aged Care Workforce Reform:** <https://www.health.gov.au/our-work/aged-care-reforms/roadmap> - Information on reforms and initiatives related to the aged care workforce.

Q. Dementia-Specific Resources

- **Dementia Support Australia:** <https://www.dementia.com.au/> - 24/7 service providing support for people caring for someone with dementia.
- **Dementia Training Australia:** <https://dta.com.au/> - Provides nationwide education and training on dementia care.

R. Diversity and Inclusion

- **Centre for Cultural Diversity in Ageing:** <https://www.culturaldiversity.com.au/> - Provides resources and training to support cultural diversity in aged care.
- **Inclusive Practice in Aged Care:** <https://www.health.gov.au/topics/aged-care/providing-aged-care-services/training-and-guidance/working-with-diverse-groups> - Resources for providing inclusive care to diverse populations in aged care settings.

S. End of Life Directions for Aged Care (ELDAC)

- **ELDAC:** <https://www.eldac.com.au/> - Provides information, guidance, and resources for palliative care and advance care planning in aged care.

T. Equipment and Aids

- **Independent Living Centres Australia:** <https://www.ilcaustralia.org/> - Provides information about assistive technology and equipment.

U. Falls Prevention

- **Australian and New Zealand Falls Prevention Society:** <https://www.anzfallsprevention.org/> - Provides resources and research on falls prevention for older adults.
- **Staying On Your Feet:** <https://www.activeandhealthy.nsw.gov.au/preventing-falls/staying-active-and-on-your-feet/> - NSW Health's falls prevention program for older people.

V. Financial and Legal Resources

- **AFCA:** <https://www.afca.org.au/> - Offers dispute resolution services for financial complaints.
- **Centrelink – Age Pension:** <https://www.servicesaustralia.gov.au/individuals/services/centrelink/age-pension> - Government service providing financial assistance and planning resources for retirees.
- **Financial Information Service (FIS):** <https://www.moneysmart.gov.au/> - Free service to help people make informed decisions about investment and financial issues.
- **Legal Services Commission SA:** <https://www.lsc.sa.gov.au/> - Offers legal advice and resources for seniors.
- **National Debt Helpline:** <https://www.ndh.org.au/> - Free financial counselling hotline.
- **ATO Seniors:** <https://www.ato.gov.au/individuals-and-families/income-deductions-offsets-and-records/tax-offsets/seniors-and-pensioners-tax-offset> - Provides tax-related information and resources for seniors.

W. Infection Control

- **Infection Control - Department of Health:** <https://www.health.gov.au/our-work/infection-prevention-and-control-leads> - Guidelines and resources for infection control practices in aged care settings.

X. Mental Health and Wellbeing

- **Beyond Blue - Older People:** <https://www.beyondblue.org.au/> - Mental health resources and support for older Australians.
- **Older Persons Mental Health Services:** <https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/services/mental+health+>

[and+drug+and+alcohol+services/mental+health+services/older+persons+mental+health+services](#) -

Information on mental health services for older people in SA.

- **SANE Australia:** <https://www.sane.org/> - Offers mental health resources and support for older adults.

Y. Nutrition and Diet for Older Adults

- **Dietitians Australia - Older Adults:** <https://www.dietitiansaustralia.org.au/> - Offers dietary advice and resources for older Australians.
- **Nutrition Australia - Older Adults:** <https://nutritionaustralia.org/category/programs/aged-care/> - Provides nutritional advice and resources specifically for older adults.

Z. Palliative Care in Aged Care

- **End of Life Directions for Aged Care (ELDAC):** <https://www.eldac.com.au/> - Provides information, guidance, and resources for palliative care and advance care planning in aged care.
- **Palliative Care Australia - Aged Care:** <https://www.palliativecare.org.au/> - Resources for providing palliative care in aged care settings.

AA. Physical Activity and Exercise

- **Exercise & Sports Science Australia (ESSA) - Older Adults:** <https://www.essa.org.au/> - Provides guidelines and resources for physical activity in older adults.
- **Heart Foundation - Physical Activity for Seniors:** <https://www.heartfoundation.org.au/> - Offers resources and guidelines for physical activity for seniors.

AB. Reablement Information

- **ARIIA – Rehabilitation, Reablement, and Restorative Care:** <https://www.ariaa.org.au/> - Provides information on rehabilitation, reablement, and restorative care practices.
- **Catalyst Foundation – Wellness and Reablement Framework:** <https://catalystfoundation.com.au/> - Framework and resources to support wellness and reablement in aged care services.
- **My Aged Care Learning Environment (MACLE):** <https://www.myagedcare.gov.au/> - eLearning modules including Foundations in wellness and reablement, Wellness and reablement in practice, and Reablement planning and strategy development.
- **Reablement – A Cultural Change:** <https://keepable.com.au/> - Resources for implementing reablement practices in aged care, focusing on cultural change.
- **Wellness and Reablement Summary of Consultations Across the Home Care Sector:** <https://www.health.gov.au/resources/publications/wellness-and-reablement-summary-of-consultations-across-the-home-care-sector> - Summary of consultations on wellness and reablement practices within the home care sector.

AC. Spiritual Care

- **Meaningful Ageing Australia:** <https://meaningfulageing.org.au/> - Peak body for spiritual care and ageing, providing resources and advocacy.
- **Spiritual Health Association:** <https://www.spiritualhealth.org.au/> - Peak body for spiritual care in health services, including aged care.

AD. Travel and Mobility

- **Seniors Card - Benefits and Discounts:** <https://www.seniorsonline.vic.gov.au/seniors-card/> - Provides cards offering discounts and benefits for seniors.

AE. Volunteer Programs

- **Community Visitors Scheme:** <https://communityvisitorscheme.sa.gov.au/> - Provides companionship to socially isolated people receiving aged care services.

- **Volunteering Australia:** <https://www.volunteeringaustralia.org> - National peak body for volunteering, working to advance volunteering in the Australian community.

AF. Workplace and Safety Standards

- **Safe Work Australia – Aged Care Industry:** <https://www.safeworkaustralia.gov.au/> - Provides workplace safety guidelines and standards for the aged care industry.
- **Work Health and Safety for CHSP Providers:** <https://www.safeworkaustralia.gov.au/> - Guidelines and resources for CHSP providers on work health and safety, including harm and risk mitigation.

AG. Younger People in Residential Aged Care

- **Younger People in Residential Aged Care:** <https://www.health.gov.au/our-work/younger-people-in-residential-aged-care> - Information on the initiative to reduce the number of younger people living in residential aged care.

Quick Links:

- **CHSP Manual:** <https://www.health.gov.au/resources/publications/commonwealth-home-support-programme-chsp-manual>
- **Aged Care Quality Standards:** <https://www.agedcarequality.gov.au/resource-library/aged-care-quality-standards-fact-sheet>
- **My Aged Care:** <https://www.myagedcare.gov.au/>
- **Safe Work Australia - Aged Care Industry:** <https://www.safeworkaustralia.gov.au/>
- **Dementia Training Australia:** <https://dta.com.au>
- **SA Health:** <https://www.sahealth.sa.gov.au/> - SA Health has numerous resources for older people, including information on CHSP, care services, and community programs.
- **SA Government Seniors Information:** <https://www.sa.gov.au/topics/family-and-community/seniors> - This page provides access to various resources and support for seniors in SA.
- **SA Department for Human Services:** <https://www.dhs.sa.gov.au/> - The Department for Human Services in SA oversees many social services and programs, including those related to aged care and home support.
- **South Australia's Plan for Ageing Well 2020-2025:** <https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/about+us/department+for+health+and+wellbeing/office+for+ageing+well/south+australias+plan+for+ageing+well+2020-2025/south+australias+plan+for+ageing+well+2020-2025> -

This strategic plan outlines the government's approach to supporting older South Australians.