

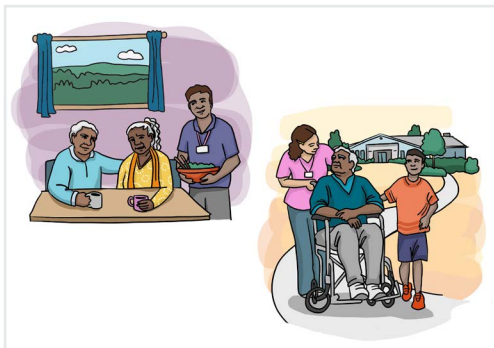
# Aged care and your rights

This storyboard explains aged care, what your rights are and what to do if you're worried your rights aren't being met.

Artwork by Chern'ee Sutton - proud Kalkadoon woman. Please know there may be images of, or images that look like people who have passed into the Dreaming.



If you're aged **50** or over and need help around your home or looking after yourself, aged care services could help you.



Some mob don't know you can get aged care in **different ways**. You can get it in your own home or in an aged care home.



Good aged care means you are safe and cared for the **right way**. It means respecting your **connection to family, your community and your Country**.



**Have a yarn** with your family and the people who look after you about your care and **what's important to you and your culture** - like ceremony, cooking or eating bush tucker, visiting special places on Country, painting or fishing.



If you're worried about the way you or your family is being looked after, **it's OK to talk to someone about it**.



Have a yarn with the people who look after you or your family. You might be able to sort out the problem with them first.



Or you can contact the Aged Care Quality and Safety Commission. This can be private. You don't have to give your name if you don't want to. They can help solve the problem or give advice.



Australian Government

Aged Care Quality and Safety Commission



Call  
**1800 951 822**



Visit  
**[agedcarequality.gov.au/FirstNations](https://agedcarequality.gov.au/FirstNations)**

If you're going through a tough time, you can also call **13 YARN (13 92 76)** to speak to a First Nations crisis supporter at any time of the day or night.