

Stop Worrying

Italics represent quotes from The

Charter of Aged Care Rights: ██████████

word count 583

I learnt to stop worrying and to love the New Age Care Act when I realised it was all about placing the consumer at the centre of everything and protecting the rights of the older person to safe, quality care. How comforting it is to know that I will have '*safe and high- quality care and services*' especially knowing that my domestic help is set at 52 hours of help per annum and that I will now only have to pay 17.5% of those 52 hours because the Department has thoughtfully reduced the hours and my payments are capped. I omitted to add gardening help, which I will also have to contribute towards is also thoughtfully reduced and capped.

I am to '*be treated with dignity and respect*' because the department will provide a supported decision- maker of their choice to 'help' me make the 'right' decisions about my care.

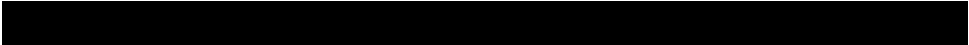
Despite having a sink full of dirty dishes and slops spilt on the floor, I know that I can '*live without abuse and neglect*' because of the New Age Care Act.

I can read about the New Age Care act in the newspaper or see programs about it on the TV because I am on the Digital Divide and my HCP does not cover a computer nor pay for its upkeep, although if I can somehow find 'Be Connected,' a program mostly on line, and government supplemented, I could learn how to use a computer. Then '*I can access all information about myself, including information about my rights, care and services.*' And of course I will have the advantage then of using the single entry online assessment which makes access to the aged care system so much easier for older people.

'I will have control over, and make choices about my care, and personal and social life, including where the choices involve personal risk.' Although I can't purchase smart devices for the purpose of online engagement, I can get support in community life by participating in online social interactions. I wonder if that includes dating as it involves a certain amount of risk. Ooh this breath of freedom is going to my head. Calm down my beating heart, all this must be accessed from the library using their computers for my money is disappearing, paying for my thoughtfully limited domestic and gardening care and there are no funds left for purchasing devices, let alone necessities like rent and food. . It has been suggested at a recent information session that we ask our neighbours for help with gardening problems. That after all is a choice which might well involve some personal risk

According to my Support at Home Service List I can have help to improve my digital literacy so I can connect with digital social programs. No doubt that means I can set up a zoom program to talk to anyone. I will be able to join a ██████████ and learn about Dementia from Wicking Tasmania Uni because Memory clinics are closing and dementia was not even mentioned in the new Age Care Act . Already my granddaughter is caring for her new Father in Law who has signs of dementia and my daughter's husband is showing signs of dementia also.

How comforting to know the New Age Care Act has all my interests at its core. Even Palliative care has given me 12 weeks of tenderness. There will be no lingering longer than the estimated 12 weeks, for if I over live my allocated 12 weeks it will be back to the basic budget to speed up the final termination. If I complain it is comforting to know that *I can exercise my rights without it adversely affecting the way I am treated.*

 I am a consumer on a level 2 HCP and I used CHSP for seven years prior to changing to HCP. I am 87 years of age (average age of woman in 2025 is 93 so I deduce I will be using the new Age Care act for a few years (should I live so long) yet