



About Your Care Plan

Care Plans are a vital part of an aged care facility's ongoing records.

Residents and/or their representatives are entitled to view their individual Care Plan as needed.

Whether it is a paper document or stored on a computer your Care Plan should be readily accessible to you and/or your representative, care staff, medical staff, doctor and other health care practitioners (e.g. physiotherapist, podiatrist, dentist).

Update Your Care Plan

Care Plans need to be reviewed regularly. Facilities will schedule these reviews and involve you in the process.

You can also request changes to the Care Plan based on alterations to your preferences.

Your doctor and other health care practitioner(s) will consult with you to update your care plan when changes are necessary.

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aged rights advocacy service inc.

For information on your rights in relation to care plans or any other aspect of your care please contact ARAS.

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National Aged Care Advocacy Program

The National Aged Care Advocacy Program is funded by the Australian Government Department of Health and Ageing

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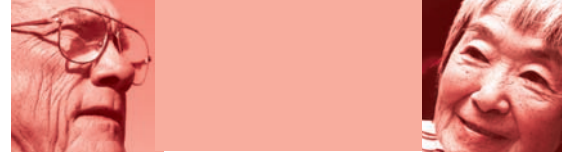
aged rights advocacy service inc.

Your Care Plan In Residential Care



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Know Your Care Plan

All residential aged care facilities are required under the Aged Care Act 1997 to maintain accurate and up-to-date records that provide evidence of the quality of care residents receive. Your Care Plan is part of that process. It is also a working document which provides guidance to all those involved in your daily care and activities.

When you enter an aged care facility you or your representative will be involved in discussions with staff about the development of your Care Plan. It is essential that your Care Plan is individually tailored to reflect your capabilities, your needs and your wishes.

Your Care Plan:

- Contains details about your medical, physical, social, emotional, lifestyle and spiritual care needs.
- Outlines how you wish services to be delivered.
- Can also contain information about family arrangements (e.g. who visits you regularly, emergency contacts and information about Advanced Directives).

What You Can Do

Provide complete and accurate information

Offer your opinions

Formulate some goals

Make your preferences clear

Provide information about activities that you want to continue/commence.

Review and update your Care Plan

How You Can Do It

Let staff know about prescription and non-prescription medications that you are taking. Inform staff about any other health or well-being services that you want to continue (e.g. massage therapy, exercise classes).

Talk with staff, your doctor or other health care practitioners (e.g. physiotherapist, podiatrist, dentist) about how you think your care can be managed.

Consult with your doctor or other health care practitioners about your mobility, personal skills and independence goals.

Tell staff when you like to get up in the morning, if you like to rest during the day and when you like to go to bed at night. Let staff know when you like to shower. Provide information about any food sensitivities, allergies or preferences. Inform staff about any religious practices, cultural traditions or customs that you wish to observe.

Talk with staff about any club or social/ church group that you wish to remain connected with. Let staff know if there is a new activity you would like to commence.

Ensure that your Care Plan is accurate. Ask for your Care Plan to be reviewed and updated whenever you wish to make alterations or amendments.